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 Elderly Falls



Evaluation Research

**Evaluation of an evidence-based education program for health professionals: The Canadian Falls Prevention Curriculum® (CFPC)**

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**Abstract**

**Introduction**

A staged, mixed methods approach was applied to the development and evaluation of an evidence-based education program for health care professionals and community leaders on how to design, implement and evaluate a fall prevention program. Stages included pre-development, development, pilot testing and impact on practice. The goal of the evaluation was to determine if the Canadian Falls Prevention Curriculum met the needs of the target audience and had an impact on learning and practice.

**Methods**

Methods included a needs assessment, systematic reviews, pre-post tests of learning, follow-up surveys and interviews, and descriptive reports of stakeholder involvement. The needs assessment and systematic review of existing programs indicated that there was a demand for a comprehensive, evidence-based curriculum on fall prevention and that no similar curricula existed. Pre-post test findings showed significant increases in learning and follow-up surveys showed a positive impact on practice.

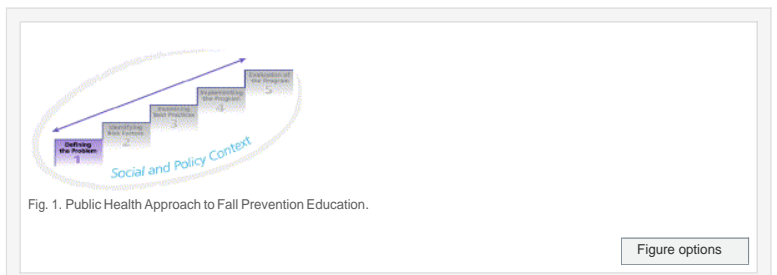
**Impact on industry**

Evidence shows that the most effective fall prevention efforts are those that address the multifactorial nature of fall risk, with proven interventions provided by trained clinicians. The Canadian Falls Prevention Curriculum provides evidence-based training for clinicians and community leaders using a public health approach to fall prevention that includes instruction on how to define the problem, assess the risk, examine best practices, implement the program, and conduct evaluation of the program's effectiveness.

**Keywords**

Education; Curriculum; Evaluation; Fall prevention; Health care providers

**Figures and tables from this article:**



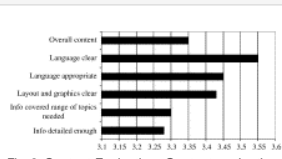


Fig. 2. Content Evaluation. Content evaluation as scored by CFPC pilot participants, on a scale of 1-4 (1 = poor; 2 = fair; 3 = good; 4 = excellent).

Figure options

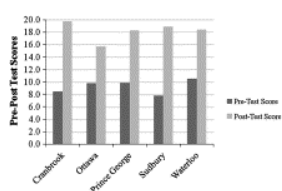


Fig. 3. Pre-Post Test Content Quiz Scores by Site.

Figure options

Table 1. Post-hoc T-Test Pre-Post Content Quiz Location.



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Table 2. Six and Eighteen Month Surveys.



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**Dr. Vicky Scott** is the Senior Advisor on Fall and Injury Prevention for the province of British Columbia (BC) with the BC Injury Research and Prevention Unit and the Ministry of Health. Her academic appointment is with the University of British Columbia, Faculty of Medicine as a Clinical Associate Professor with the School of Population and Public Health. She is Director of the Centre of Excellence on Mobility, Fall Prevention and Injury in Aging (CEMFIA) at the Centre for Hip Health and Mobility; Chair of the BC Fall and Injury Prevention Coalition; and Principal Investigator for the Canadian Falls Prevention Curriculum. Dr. Scott is the author of the World Health Organization's background paper on Falls Prevention Policy, Research and Practice, and co-author of the WHO Global Report on Falls Prevention in Older Age. In 2007, she was awarded the regional Canadian Institutes of Health Research Knowledge Translation Award.

**Dr. Elaine Gallagher** has an international record relating to research on falls and injury prevention among older people. A professor in the University of Victoria (UVic) School of Nursing, she served as the Director of UVic's Centre on Aging and holds an adjunct appointment in the gerontology program at Simon Fraser University. In 2002 she was named "Researcher of the Year" by the Canadian Association of Nurse Researchers and has been awarded an Outstanding Alumni Award from SFU for 2007–08. Best known for her work on a project entitled "STEPS" (Studies of Environments which Promote Safety), she currently serves as the lead Canadian researcher for an international project on age-friendly communities.

**Anne Higginson** has a BSc in Physical Therapy and a MA in Health Education. Her current focus is training health care professionals in health promotion and injury prevention, specifically fall prevention, balance and mobility training in older adults. She has held positions as co-ordinator the development of the Canadian Falls Prevention Curriculum e-learning project and the Residential Care Fall Prevention Toolkit project.

**Sarah Metcalfe** is the Fall Prevention Research Assistant at the BC Injury Research and Prevention Unit. Sarah assists with the co-ordination and research of many fall prevention initiatives, projects and conferences in BC and across Canada. She is the co-ordinator of the Canadian Fall Prevention Education Collaborative (CFPEC) and the BC Fall and Injury Prevention Coalition (BCFIPC). In this capacity she provides resources and responds to questions and information requests from fall prevention stakeholders and members of the public. Sarah completed her Bachelor of Science in Biology and Population Health/Epidemiology at the University of Victoria.

**Fahra Rajabali** has been a researcher with BC Injury Research and Prevention Unit since 2000, following the completion of her Master's degree in Health Information Science at University of Warwick, England. She has experience in injury surveillance and data analyses, conference planning and project management. Her primary duties within the unit are to carry out information and data analysis for specialized reports and projects.