



Fall Prevention
Community of Practice
ADULT+JUNIOR

Loop and Loop Junior

2022 Annual Report

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Background

The Fall Prevention Community of Practice (CoP) comprises members across Canada who share information, network, problem-solve together and discuss how to implement evidence-informed and promising fall prevention practices.

In October 2010, the CoP was first established through the Seniors Health Knowledge Network to foster knowledge sharing among members with the intent of informing practice. It was initially funded by the Ministry of Health and Long-Term Care and sponsored by the Ontario Neurotrauma Foundation (ONF). In 2021, while funding continued from the Ministry of Health and Long-Term Care, sponsorship was transitioned to Parachute following the closure of ONF.

Loop and Loop Junior were launched in September 2015 and 2018, respectively to serve as bilingual online communication platforms of the CoP. The primary difference between Loop and Loop Junior is the population of focus and thereby the different stakeholders involved – Loop focuses on fall prevention among adults and older adults while Loop Junior seeks to prevent falls among children.

Loop and Loop Junior are available at fallsloop.com and jr.fallsloop.com, respectively.

About this Report

This report provides a snapshot of Loop and Loop Junior's members as of October 1st, 2022, and their use of the platforms between October 1st, 2021, and September 30th, 2022. This timeframe aligns with the inception of Loop and Loop Junior (i.e., September 2015 and 2018). This report also includes findings from the Loop and Loop Junior Needs Assessment – a survey conducted to inquire about the members' information needs.

Acknowledgments:

The Fall Prevention CoP would like to thank its Core Team, a passionate group who advises on the CoP's strategic directions. The Core Team members come from different sectors, roles, and geographic locations across Canada. Their ongoing practice and expertise in fall prevention, and large professional networks help shape the CoP's growth and activities.

This report was authored by
Michelle Dueckman.

For questions relating to this
report, contact
mdueckman@parachute.ca.

Features & Services

Loop and Loop Junior are the bilingual, no-cost platforms that enable their members, the intermediaries who work with adults, older adults, caregivers, and/or parents of children to innovate, learn, share, and implement fall prevention best and promising practices. Loop and Loop Junior members can access:

- **Webinars:** Ongoing education opportunities where members gain new knowledge on fall prevention research, policy, and practice.
- **Discussion Forums:** Where members can ask questions; gain practical, how-to advice; share information to inform their fall prevention practice and research.
- **Event Calendar:** Where members can feature their own fall prevention events, find out about conferences and Loop webinars.
- **Knowledge Centre:** Where members can access evidence-based information through existing knowledge products or literature search consultations with the Loop Knowledge Broker.
- **Private Groups:** Where members can collaborate in private on specific fall prevention projects and initiatives.
- **Networking Opportunities:** Where members can develop lasting relationships with other members across disciplines, sectors, and Canada.
- **Newsletters:** Where members can receive 'heads up' on the latest Loop activities.
- **Tutorial Videos:** Where members can learn how to use Loop services and functions efficiently.

Sponsor:



Loop and Loop Junior are sponsored by Parachute. Parachute is Canada's national charity dedicated to injury prevention. Our mission is to create a safer Canada by preventing serious and fatal injuries through evidence-based solutions that advocate and educate. Our vision is *A Canada free of serious injuries, with Canadians living long lives to the fullest.* For more information, visit www.parachute.ca.

Executive Summary

Loop

As of October 1, 2022, there are 1,871 active Loop members, with 45 per cent residing in Ontario. This is a 56 per cent increase in active membership compared to Oct 1, 2021. Over 50 per cent of members work in the community health care, rehabilitation, and long-term care sectors, with 61 per cent being involved in providing direct care to older adults and program development and support.

Compared to 2020/21, fewer members were engaged in posting discussions and comments. However, more messages were sent between members and three additional private groups were created by members. Website users and unique page views increased by 46 and 91 per cent, respectively.

The Loop newsletter has 3,167 subscribers, an increase of 370 subscribers since last year, and an average click rate of 4.6% - above the industry average (2.6%¹).

Loop facilitated 12 webinars (10 in English, two in French) with an average attendance of 143² attendees per webinar. Over 90 per cent of post-webinar respondents rated the overall quality of the webinar as high and very high and nearly three quarters of respondents noted that they were confident or very confident in using the information shared. Two thirds of participants planned to use the webinar information by sharing it with a colleague.

The Knowledge Centre received 29 requests with various trends and themes. One new evidence summary was released on 'Wearable Devices for Fall Prevention', and two evidence summaries were translated into French.

Loop Junior

As of October 1, 2021, there are 419 active Loop Junior members, with 60 per cent residing in Ontario. Almost half of all members work in the community health care, public health, and non-governmental sectors, with 80 per cent being involved in program development and support, research or evaluation, advocacy, and policy development.

Compared to 2020/21, more events were submitted, and more comments were posted, but fewer members were engaged in posting discussions.

The Loop Junior newsletter has 425 subscribers and an average click rate of 5.4% - above the industry average (2.6%).

Loop Junior facilitated two webinars which had 60 participants and 160 recording views on YouTube at the time this report was written.

¹This value is based on [MailChimp data last updated in 2022](#).

²This value excludes the two French webinars which had 140 and 76 attendees.

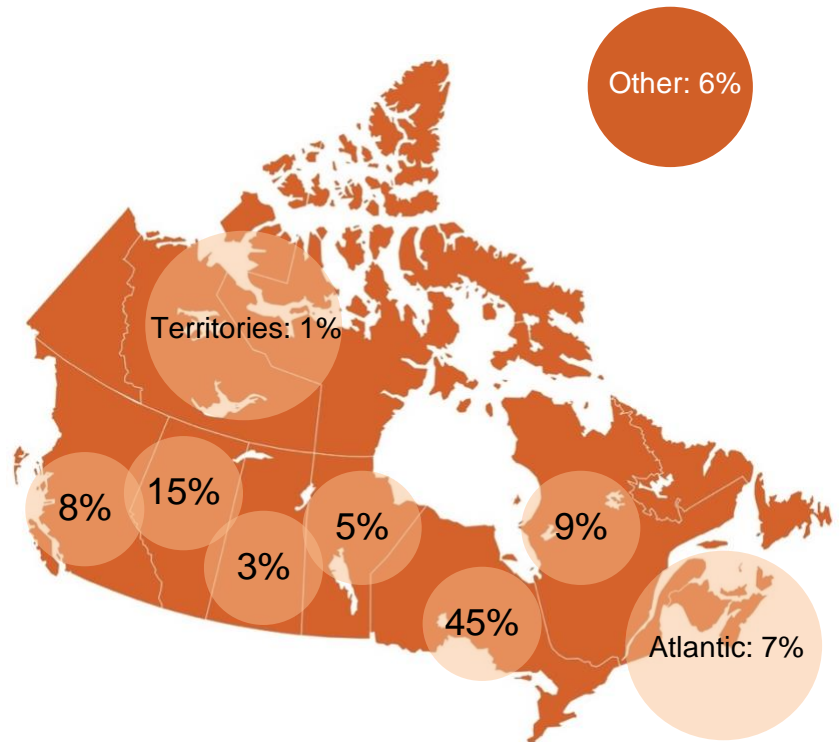
Loop

Loop Members

Where do members live?

The majority of Loop members live in Ontario, but Loop continues to expand its reach nationally and beyond through organic growth.

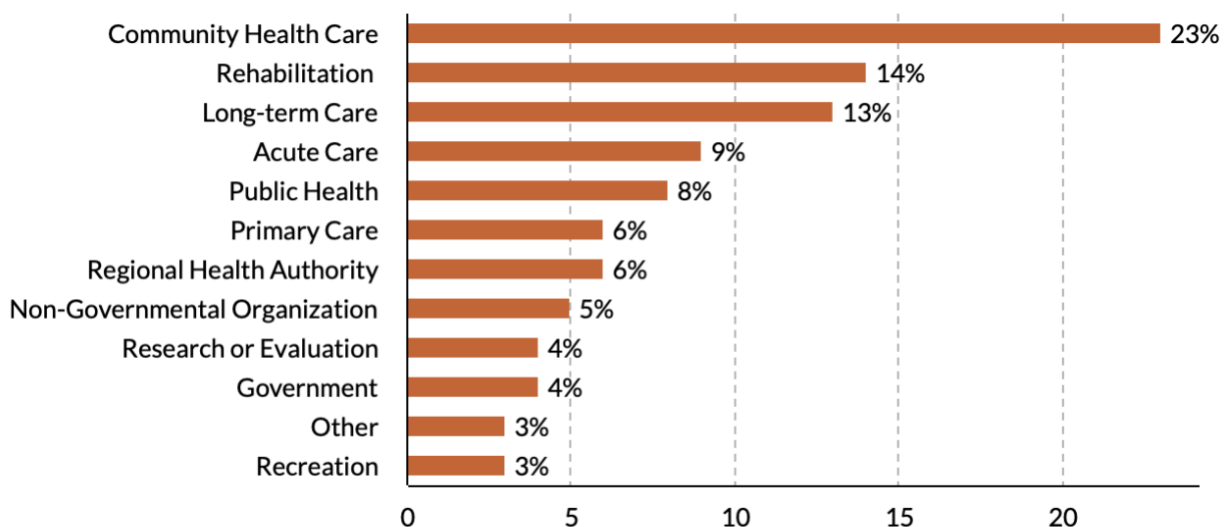
As of October 1st, 2022, there are **1,871** active Loop members. This is a 56.4% increase in active membership compared to 2021 membership (i.e., 1,196 active members as of Oct 1st, 2021).



Note: Due to rounding, percentages may not add up to 100%

Where do members work*?

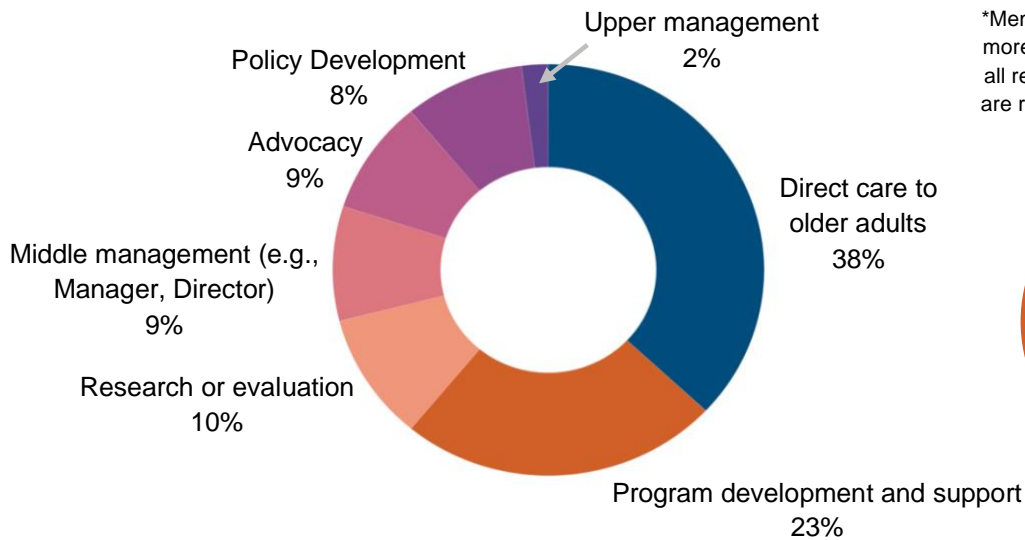
Over half of Loop members reported working in the community health care, rehabilitation, and long-term care sectors.



*Members can report working in one or more sectors. Data reflect percentage of all reported sectors (n= 3,178). Numbers are rounded to the nearest percentage.

What do members do*?

Almost two thirds of Loop members reported working in the areas of direct care to older adults and program development and support.

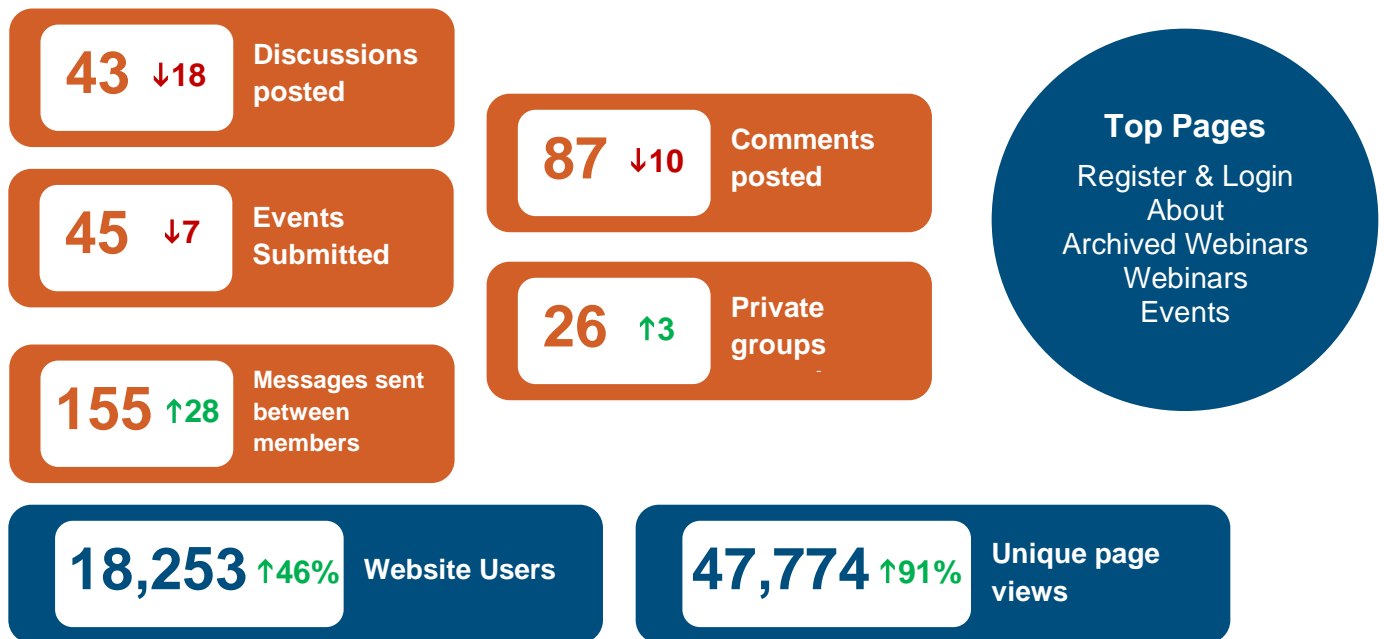


*Members can report working in one or more areas. Data reflect percentage of all reported areas (n=2,820). Numbers are rounded to the nearest percentage.



How were members engaged?

Over the past 12 months, Loop members had the following types of engagements*:



*Data reflect engagement between October 1, 2021, and September 30, 2022, and are compared against the previous year (October 1, 2020, to September 30, 2021). Unique page views, website users, and top pages are for both Loop and Loop Junior combined.

Loop Discussions, Newsletters, Webinars

What did members discuss?

Below are the top five discussions posted on Loop, that had the highest number of comments between October 1, 2021, and September 30, 2022.

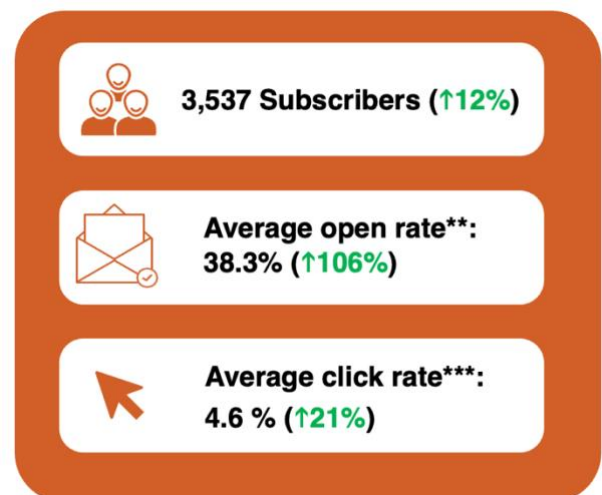
Top discussions

- | | |
|---|------------|
| 1. Funding Sources | 6 comments |
| 2. Are there any falls prevention videos available for free that can be used for training for older adults, caregivers and staff? | 5 comments |
| 3. Canadian Injury Prevention Conference - Nov 2-4, 2022 in Vancouver, Canada | 4 comments |
| 4. Hey! Do you see the link between oral health and falls? Do you think older adults should have better dental care? | 4 comments |
| 5. Who is using telesitters or videomonitoring for fall and injury reduction? | 4 comments |

What did members read?

Loop e-newsletters are sent bi-weekly and help keep members in the loop about discussion posts, upcoming webinars, and events. The Loop newsletter's look and functionality were revamped in September 2022 to make the newsletter easier to navigate.

To the right are some key metrics from Loop newsletters in the last year. The industry average click rate is considered 2.6%.



* Data reflect newsletters distributed between Oct 1, 2021, and Sept 30, 2022.

**Percentage of total recipients (successful deliveries) who opened the Loop newsletter. Data reflect newsletters distributed between Dec 1, 2021, and Sept 30, 2022, due to limitations with the MailChimp platform analytics feature.

***Percentage of total recipients who clicked any tracked link in the newsletter. Data reflect newsletters distributed between Dec 1, 2021, and Sept 30, 2022, due to limitations with the MailChimp platform analytics feature.

What webinars were hosted?

Between October 1st, 2021, and September 30th, 2022, Loop facilitated 12 webinars (including two webinars in French). Below is a list of the five webinars with the highest attendance. On average, these webinars have 393 recording views following the event.

Top webinars	Attendees
1. The Ins and Outs of Hip Protectors for Fracture Prevention (Sept. 28, 2022 - Dr. Caitlin McArthur)	250
2. Preventing Falls in At-Risk Older Adults (July 13, 2022 - Dr. Teresa Liu-Ambrose)	234
3. Fall and Fall-Related Injury Prevention Screening and Assessment Webinar Series: the “Now What?” of fall risk assessment (Mar. 8, 2022 - Brian Hyndman, Denise Beaton and Dr. Richard Louis)	218
4. Fall and Fall-Related Injury Prevention Screening and Assessment Webinar Series: Where to begin? It starts with screening (Jan. 18, 2022 - Brian Hyndman, Denise Beaton and Dr. Richard Louis)	205
5. Mise en place de programmes d’activité physique adaptée dans le soin d’âinés à risque de chute pour prévenir le déconditionnement physique (Mar. 31, 2022 - Mylène Aubertin-Leheudre) - French webinar	140



Total number of participants

1,652 ↑781

Average number of participants per webinar

143* ↑11



Total recording views following webinars

6,902 ↑2,159

*This value excludes the two French webinars which had 140 and 76 attendees.

What did members think about the webinars?

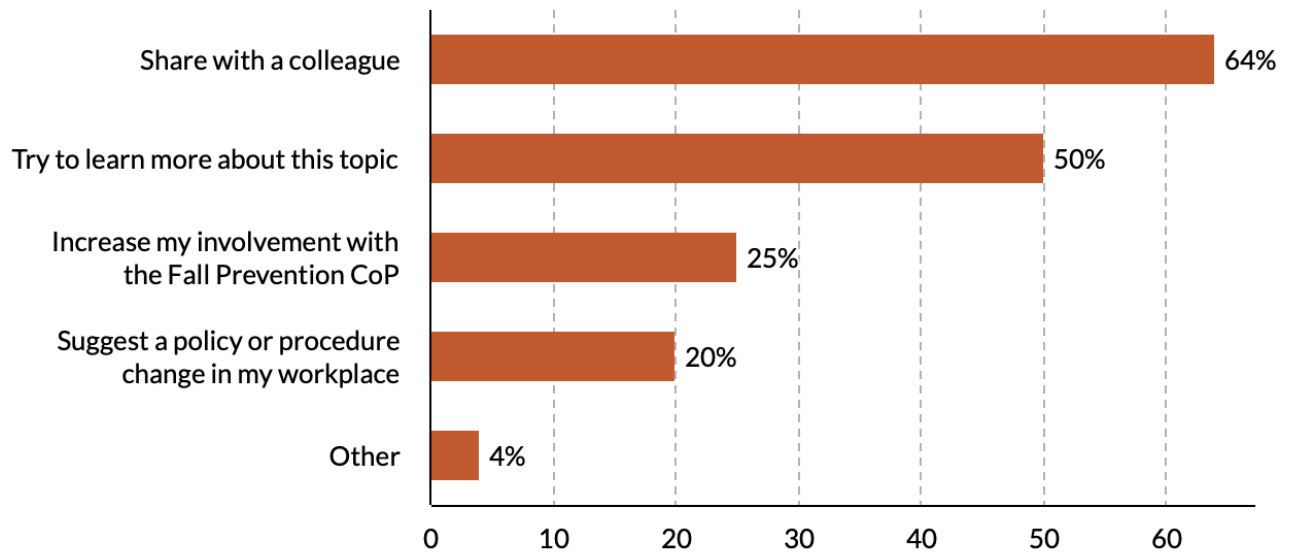
After each webinar, all Loop webinar participants are invited to participate in a post-webinar survey. Here’s what they thought about the webinars. The below findings are based on questions that use a 5-point scale format.

72%	of survey respondents rated their confidence level to use the information in the webinar as high and very high
98%	of survey respondents rated the presenters as knowledgeable and very knowledgeable
93%	of survey respondents thought that the webinar materials were helpful and very helpful
96%	of survey respondents felt the presenters kept them interested throughout
91%	of survey respondents rated the quality of the webinar as high and very high



The post-webinar survey had a 44% response rate

When asked how they plan to use the webinar information, here's what respondents said:



Knowledge Centre

What questions did members have?

The Knowledge Centre received **15*** formal information requests through the Loop/Loop Junior submission form and **14** informal requests via Loop discussion posts. This is 14 more requests than 2020/21. *This includes one Loop Junior information request.

What sectors do our requesters work in?

Public health, regional/provincial health agencies, community health /social services, hospital, long-term care, and consultant services

What part of the country do our requesters work in?

British Columbia (1), Alberta (5), Ontario (4), Quebec (2), Nova Scotia (1), New Brunswick (1) and Newfoundland and Labrador (1)

What were the trends and themes of requests?

The table below illustrates the primary trends and themes of all new requests.

Common themes
Fall injury-prevention technologies (e.g., wearable sensors, hip protectors, restraints)
Built environments and home safety
Fall prevention education in community and health care settings
Fall risk assessments, measures and research
Statistics, research and funding on falls and fall prevention (e.g., comparative data, falls definition, funding opportunities for lift assists)

What types of products were updated and/or developed?

The Knowledge Centre released three new or translated Loop Evidence Summaries.

- **New:** [Wearable Devices for Fall Prevention](#)
- **Translated into French:** [La peur de tomber \(Fear of Falling\)](#)
- **Translated into French:** [À propos des chutes: différences entre sexes et genres \(Sex and Gender Differences in Falls\)](#)

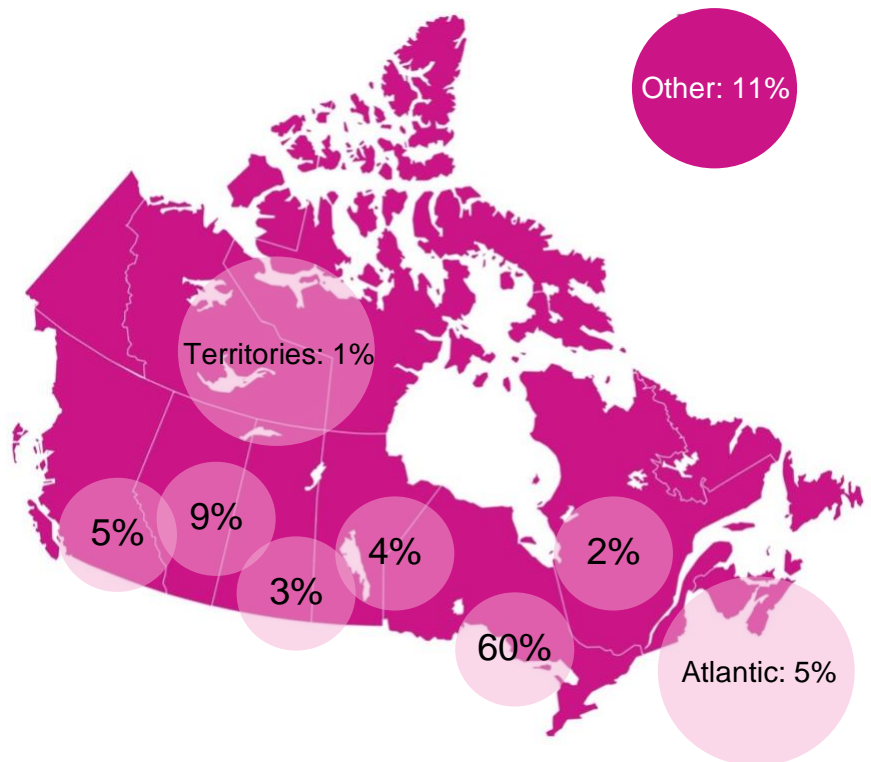
Loop Junior

Loop Junior Members

Where do members live?

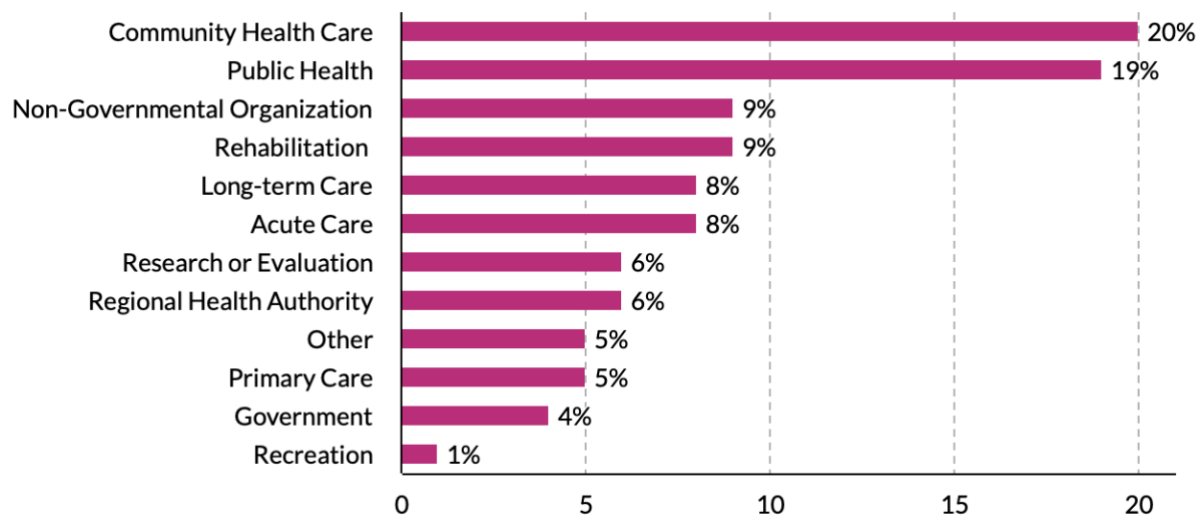
The majority of Loop Junior members live in Ontario, but Loop Junior continues to expand its reach nationally and beyond.

As of October 1st, 2022, there are **419** active Loop Junior members. This is a 19% increase in active membership compared to 2021 membership (i.e., 352 active members as of Oct 1st, 2021).



Where do members work*?

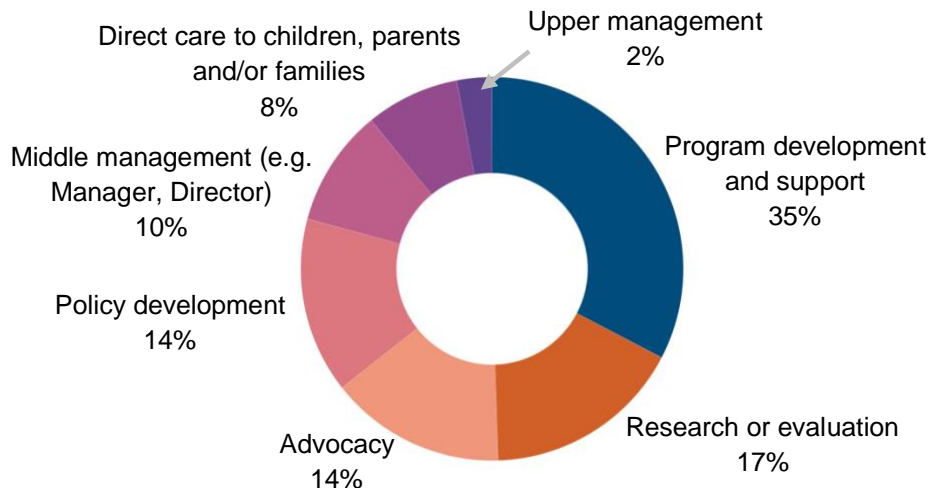
Almost half of Loop Junior members reported working in the community health care, public health, and non-governmental sectors.



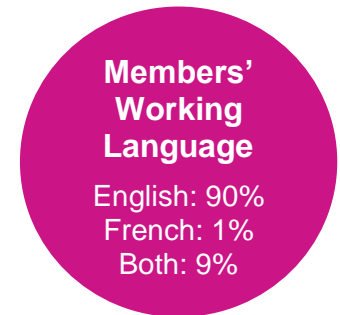
*Members can report working in one or more sectors. Data reflect percentage of all reported sectors (n= 595). Numbers are rounded to the nearest percentage.

What do members do*?

Half of Loop Junior members reported working in the areas of program development and support, and research or evaluation.

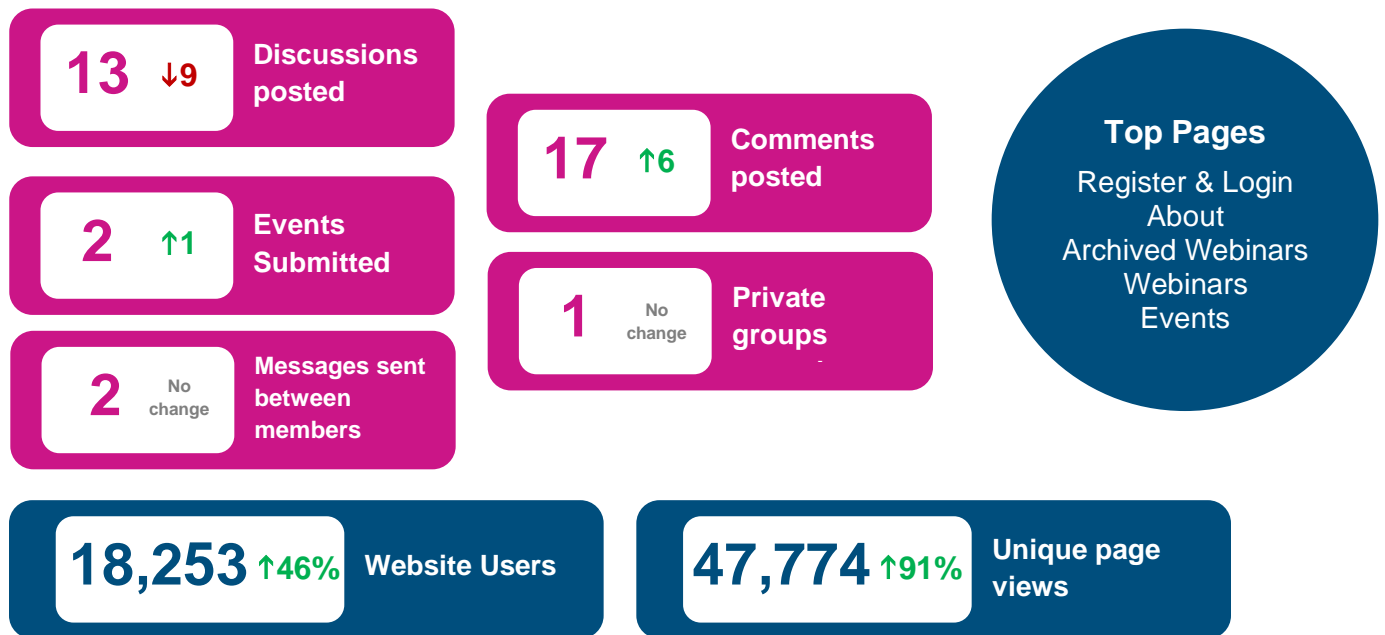


*Members can report working in one or more areas. Data reflect percentage of all reported areas (n= 545). Numbers are rounded to the nearest percentage.



How were members engaged?

Over the past 12 months, Loop Junior members had the following types of engagements*:



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Loop Junior Discussions, Newsletters, Webinars

What discussions did members have?

Below are the top five discussions posted on Loop Junior, that had the highest number of comments between October 1, 2021, and September 30, 2022.

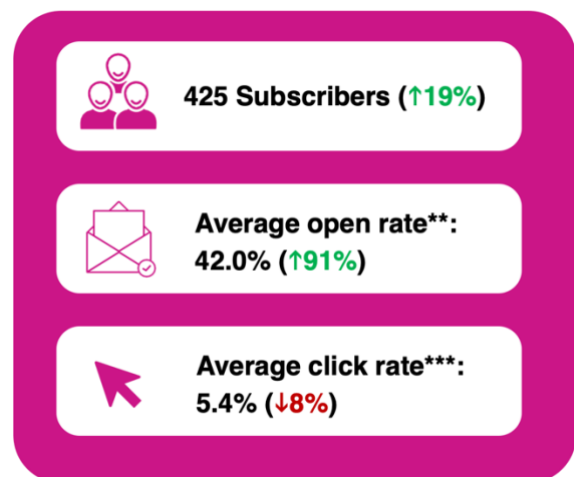
Top discussions

- | | |
|---|------------|
| 1. Has anyone used the ALTER child falls prevention program at a Health Unit? | 3 comments |
| 2. Supporting Risky Play - Free Workshop Now Available from the Child & Nature Alliance of Canada | 3 comments |
| 3. Canadian Injury Prevention Conference: November 2 to 4, 2022 in Vancouver, BC | 2 comment |
| 4. Working Together to Prevent Children's Falls - Join the Conversation! | 2 comment |
| 5. Fall Prevention Month 2021 - what are you up to? | 1 comment |

What did members read?

Currently, Loop Junior e-newsletters are sent monthly and help keep members in the Loop about discussion posts, upcoming webinars, and events. The Loop Junior newsletter's look and functionality were revamped in September 2022 to make the newsletter easier to navigate.

To the right are some key metrics from Loop Junior newsletters in the last year. The industry average click rate is considered 2.6%.



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***Percentage of total recipients who clicked any tracked link in the newsletter. Data reflect newsletters distributed between Dec 15, 2021, and Sept 30, 2022, due to limitations with the MailChimp platform analytics feature.

What webinars were hosted?

Between October 1st, 2021, and September 30th, 2022, Loop Junior facilitated two webinars - *Fall Prevention Indicators for use in Practice in Ontario: Childhood Falls Prevention* and *Townhall on Reframing Childhood Fall Prevention*. Together, these webinars had 60 participants and 160 views on YouTube at the time this report was written.

After each webinar, all Loop Junior webinar participants are invited to participate in a post-webinar survey. Based on the post-webinar survey, most respondents reported that the webinars speakers were knowledgeable and kept them interested.

Needs Assessment 2022

What is the Needs Assessment survey?

The Loop and Loop Junior Needs Assessment survey was designed to understand what members think about the communities of practice (CoPs) and how their fall prevention information needs can be better met. The Loop and Loop Junior Needs Assessment survey was open from Sept. 6, 2022, to Sept. 29, 2022.

Who completed the survey?

The survey was completed by 70 respondents in English and two respondents in French. The majority of respondents were from Ontario (Figure 1).

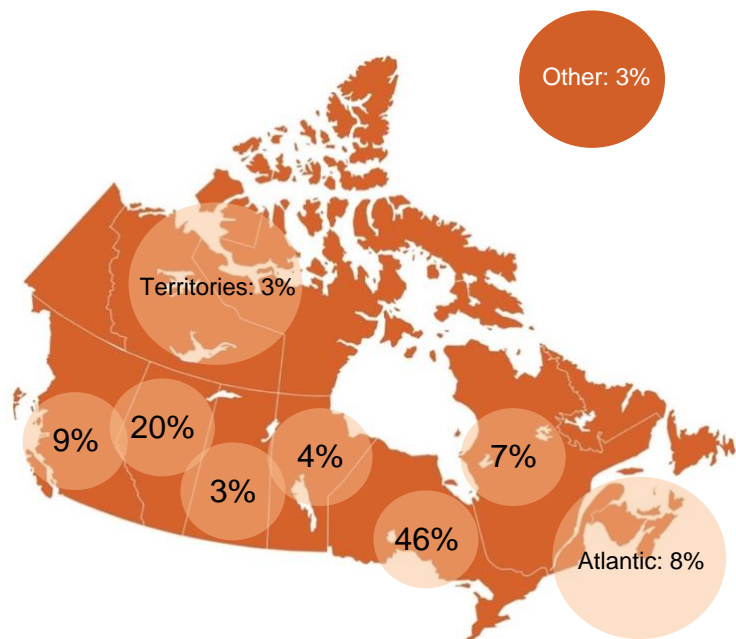


Figure 1: Location of respondents (English and French). Percentages are rounded.

Respondents reported working in a range of sectors (Figure 2). Sectors that were selected most were long-term care (17%), rehabilitation (15%), and community and social services (14%).

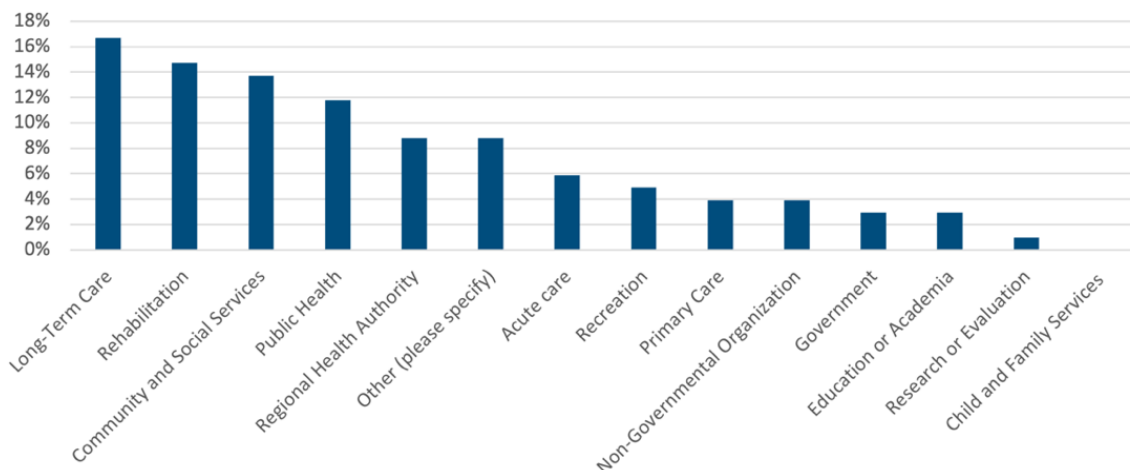


Figure 2: Respondents' sector of work (n= 102). Percentages are rounded

The majority of respondents described their role within their current organization as direct care to older adults, children, parents and/or families (47%), or prevention/health promotion (19%) (Table 1).

Table 1: Respondents' role at their organization. Percentages are rounded

Direct care to older adults, children, parents and/or families	47%
Prevention or health promotion	19%
Other	10%
Program development and support	8%
Middle management	8%
Advocacy	6%
Upper management	1%
Policy development	0%
Research or evaluation	0%

Respondents were asked to indicate services and/or information that they would like to see offered on Loop/Loop Junior that could improve their daily work or professional activities in fall prevention. Below is a curated list of services/information suggested:

- Best-practice interventions and learned experiences
- Education on specific topics like cognitive impairment, stroke, cancer, Parkinson's and fall risk
- Motor skill development activities for muscle strength and stability
- More Evidence Summaries (e.g., what types of exercise are needed for fall prevention in seniors)
- Services to bridge provincial leaders and communities of practice in fall prevention to compare notes on what the key actions are in community, acute care and long-term care
- More general information on fall prevention to share with colleagues
- More information on practical strategies for fall prevention (e.g., new innovations on fall detection as they become available)
- Case studies
- National repository for documents (e.g., fall and injury risk screening documentation, clinical practice guidelines and standards, client and family information) to easily access other Canadian examples
- Support to standardize tools and messaging nationally
- Article of the month for different settings (e.g., community, long-term care, etc.)
- Programming that can be shared directly with patients

Membership and usage

The majority of respondents (61%) reported using Loop and/or Loop Junior 'less than once per month', when asked on average, how often have they used Loop and/or Loop Junior in the last year (Figure 3). Loop and/or Loop Junior activities that respondents reported using most in the last year were browsing the Loop/Loop Junior website generally (23%), reading a Loop or Loop Junior newsletter (20%), viewing a past webinar (19%), and participating in a live webinar (17%).

Over half of respondents (52%) reported sharing or recommending a Loop and/or Loop Junior resource to a colleague.

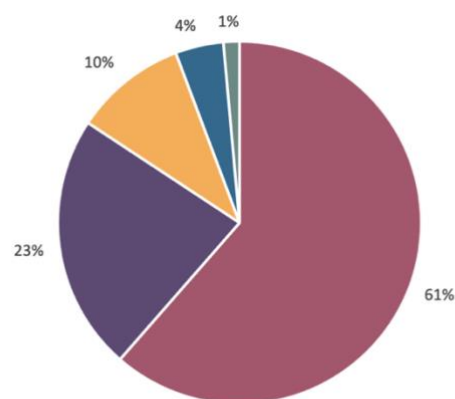


Figure 3: Membership usage. Percentages are rounded

Respondents were asked to rate the usefulness, quality, and degree of relevance of Loop and Loop Junior services and features including discussion posts, private groups, events calendar, direct messaging, evidence summaries, knowledge broker services, webinars, e-newsletters, and featured resources from the McMaster Optimal Aging Portal (only available on Loop).

Usefulness

The majority of respondents indicated that all services and features listed above were very or extremely useful, with the exception of private groups and direct messaging which the majority thought were moderately useful. Specifically, webinars had the highest percentage of respondents rating it as very or extremely useful (54%); this was followed by evidence summaries (42%), knowledge broker services (29%) and events calendar (27%). See Figure 4 for more detail.

Quality

The majority of respondents indicated that all services and features listed above were very good or excellent quality. Specifically, webinars had the highest percentage of respondents rating them as very good or excellent quality (83%). Followed by evidence summaries (78%), featured resources from the McMaster Optimal Aging Portal (71%), events calendar (68%), e-newsletters (67%) and knowledge broker services (67%). See Figure 5 for more detail.

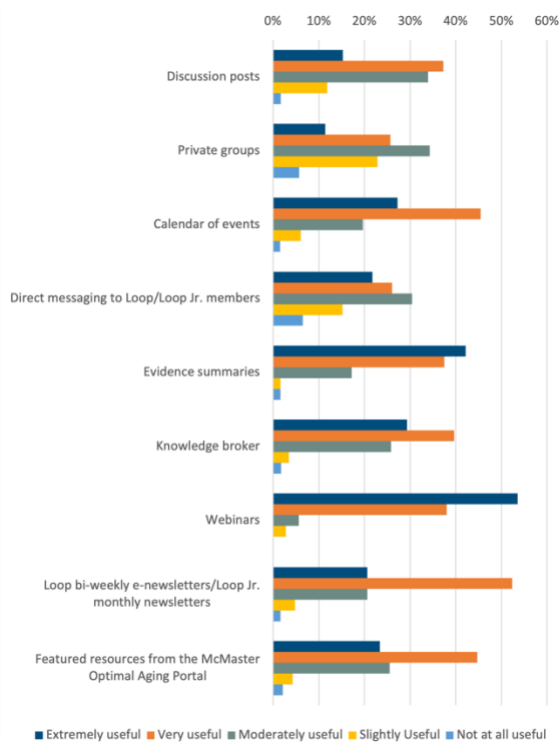


Figure 4: Usefulness rating of Loop and Loop Junior's services/features.

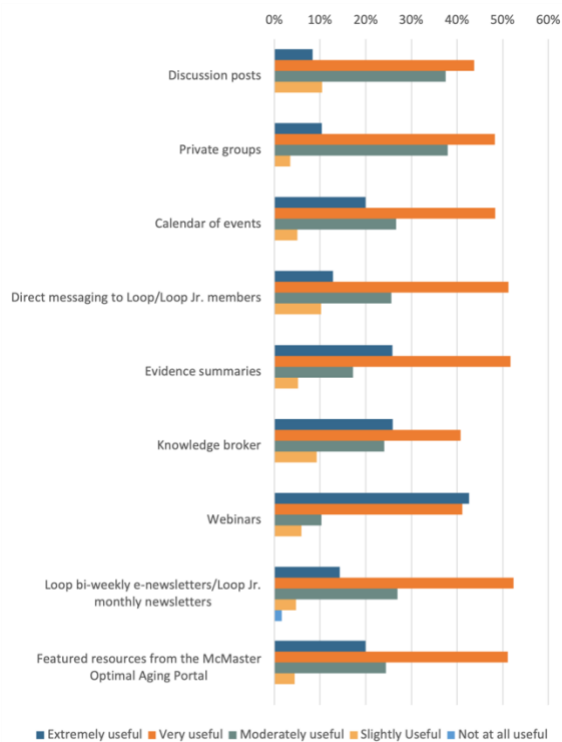


Figure 5: Quality rating of Loop and Loop Junior's services/features.

Relevance

The majority of respondents rated Loop and/or Loop Junior's degree of relevance to their daily work or professional activities as very relevant (40%). See Figure 6 for more detail.

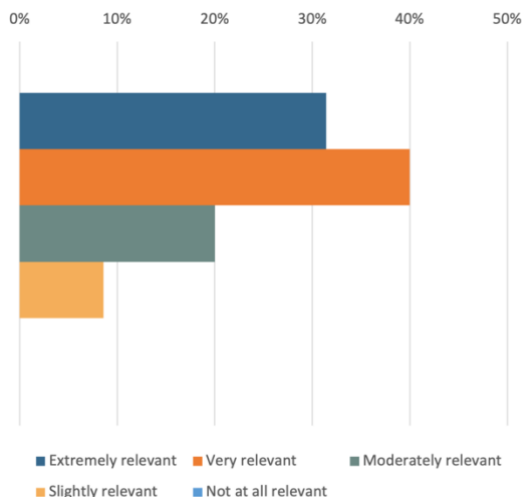


Figure 6: Degree of relevance of Loop and Loop Junior.

Factors to facilitate participation

Respondents were asked what factors, if any, would make it easier for them to participate in Loop and/or Loop Junior.

Half of respondents reported finding it easy to participate (50%). The remaining respondents answered if it took less time to find what I need (16%) and if the content offered was more relevant to my information needs (11%) as the top two factors that would make it easier to participate.

If respondents reported content that was more relevant to their information needs as a factor to facilitate participation, they were asked to specify the fall prevention content that would be relevant to them. Here is what respondents suggested as topic areas:

- home modifications
- fall precaution and restraint effectiveness

Respondents were asked if they had any ideas on how the usefulness, quality, and/or degree of relevance of Loop and/or Loop Junior services and features could be improved. Below is a curated list of suggestions:

- Continue to feature examples of fall prevention programs across Canada
- Input on the website from members working in specific sectors (e.g., physiotherapy) that applies to day-to-day work
- More information related to long-term care
- More information related to dementia
- More information relevant to allied health
- Ideas for client teaching
- Support the creation of more relationships across provinces to create a wider network of expertise to draw on (e.g., virtual meet 'n' greet, annual round-up event, key contact list for all provinces)
- Leader led discussion forum to elicit community participation and/or Expert Panel reviewed forum to ask questions and gather feedback from experts
- Continue to offer resources that address the full spectrum of fall prevention
- Enhanced ways of organizing/searching existing discussion posts
- More sharing of current statistics

- low vision
- dementia
- falls related to behaviours
- long-term care
- needs of Indigenous populations

Additional participant needs

Respondents were asked their preferred method of getting help when using Loop and/or Loop Junior. Over half of respondents reported that they do not require help (57%). The remaining respondents answered written instruction (e.g., instructional discussion posts, how-to guides) (29%) and watching the orientation and tutorial videos (14%) as their preferred method of getting help when using Loop and/or Loop Junior.

Respondents were asked whether there was a specific need not being addressed through Loop and/or Loop Junior. Below is a curated list of suggestions:

- A way to better inform members what fall prevention programs are being offered in their own city and/or province
- More client teaching ideas and support
- More interprovincial data comparisons
- Increased collaboration to facilitate the creation of needed materials, increase advocacy for better health and social services and address ageism and inequity

Final comments

Many respondents took the time to express their gratitude for the CoPs and their intent to use the Loop and/or Loop Junior platforms more frequently. Some also noted that the platforms are easy to navigate and offer helpful services. With respect to content, it was expressed that the CoPs provide useful, quality, and relevant fall prevention information. It was also suggested that expanding the focus, further improvements to access/navigation, and developing ways to break down silos and to work together should be adopted. Efforts to improve and promote the platforms should be continued.

The Fall Prevention CoP Core Team will use findings from the 2022 Needs Assessment survey to inform their annual workplan and associated activities and outcomes.

Share this report

Spread the word about the value of being a Loop and Loop Junior member. Consider sharing this report:

- ✓ At relevant meetings within and outside your organization;
- ✓ Via your organization's communication channels (website, newsletter, intranet, social media etc.); and
- ✓ With fall prevention stakeholders who are not yet familiar with Loop or Loop Junior.

**Join Loop, the Fall
Prevention Community
of Practice for adult fall
prevention:
fallsloop.com/registration**

**Join Loop Junior, the
Fall Prevention
Community of Practice
for childhood fall
prevention:
jr.fallsloop.com/registration**

Our strength is in our membership! Promote Loop and Loop Junior using the promotional postcard and PowerPoint presentations in English and French.

[Access Loop Promotional Materials](#)

[Access Loop Junior Promotional Materials](#)