



Fall Prevention
Community of Practice
ADULT+JUNIOR

Loop Fourth Year Report – September 2019



Background

The Fall Prevention Community of Practice (CoP) is a community of practitioners, program and policy planners, researchers and others who have an interest and/or work in the area of fall prevention.

CoP Facts

- In October 2010, the CoP was first established through the Seniors Health Knowledge Network and was initially funded by the Ministry of Health and Long-Term Care and sponsored by the Ontario Neurotrauma Foundation (ONF).
- ONF provides ongoing sponsorship of the CoP and manages its operations.

Loop and Loop Junior Facts

- Loop was launched in September 2015 and it focuses on fall prevention among adults and older adults.
- Loop Junior was created in September 2018 and it focuses on fall prevention among children.
- Both Loop and Loop Junior serve as bilingual online communication platforms of the CoPs.
- Loop and Loop Junior are freely available nationally at fallsloop.com and jr.fallsloop.com, respectively.
- They can also be accessed in French at fallsloop.com/fr and jr.fallsloop.com/fr.

About this Report

This report provides a snapshot of Loop and Loop Junior's members and their use of the CoPs' services from October 1, 2018 to September 30, 2019. It is important to note that this is the first year of Loop Junior and therefore, its first reporting cycle.

Acknowledgements:

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. Their ongoing practice, expertise in fall prevention and large professional networks help shape the CoP's growth and activities.

We also acknowledge the contribution of all the members of the [Ontario Childhood Injury Prevention Committee](#) as well as the [National Childhood Fall Prevention Advisory Committee](#) to Loop Junior.

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Fall Prevention Community of Practice ADULT+JUNIOR

Loop and Loop Junior Features

Loop and Loop Junior members find answers, network and work together by accessing:



Webinars and Bi-Weekly E-Newsletters:

Members can consistently learn about innovations in fall prevention and the latest resources.



Active Discussion Board: Members can share resources and information, ask questions and can harness the knowledge of other members to find answers to their fall prevention questions.



Events: Members can find education and training opportunities on fall prevention and can advertise their own organizations' events.



Members Across Canada: Members can search for experts, mentors, or collaborators by area of expertise, location or name and can contact them directly.



Private Groups: Members can use private groups to create networks, committees and project teams for their own ongoing discussions, planning and project work. Members can also store and share documents that are only visible to private group members.



Knowledge Centre: Members have free access to a skilled knowledge broker and useable knowledge reviews with summaries of evidence-based information.

Sponsor



Ontario Neurotrauma Foundation
Fondation ontarienne de neurotraumatologie

Loop and Loop Junior are sponsored by the Ontario Neurotrauma Foundation (ONF). ONF is a non-profit organization funded by the Ontario government that works to prevent neurotrauma, and to ensure that Ontarians with spinal cord and brain injuries lead full, productive lives. ONF is the leader in moving research evidence into practice to improve quality of life and population health outcomes.

“ It is great to have it [in] one place... it is great to network with the community of practice. ”
- Loop Member



Fall Prevention Community of Practice ADULT+JUNIOR

Executive Summary

Compared to last year...



Loop membership **INCREASED** by 26%.



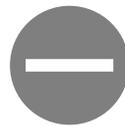
FEWER Loop members posted new discussions and events. Page views decreased.



A **GREATER PERCENTAGE** of Loop members reported being involved in the direct care of older adults.



MORE Loop members sent messages among each other and replied to ongoing discussions.



There were **SIMILAR TRENDS** in where members live and work.

Loop

- As of September 30, 2019, 2,974 people are active Loop members, with most residing in Ontario.
- The majority of Loop members work in the community health care, long-term care, and rehabilitation sectors, with over half being involved in the direct care of older adults.
- Compared to last year, more members were engaged in posting comments, and sending messages between each other. However, discussion posts, event submissions and page views have declined.
- The Loop newsletter has 2,611 subscribers and an average open and click rate above the industry average.
- On average, 136 people participated in each Loop webinar. Almost half of the participants found the webinars to be of high quality and were highly confident in using the information gathered. Presenters were reported to be knowledgeable while providing helpful materials and keeping participants interested. The majority of participants planned to share the webinar information with colleagues.
- The Knowledge Centre received 29 information requests from Loop members, primarily from Ontarian members. Overall, the Knowledge Centre received positive feedback from users including high satisfaction and quality scores.

Loop Junior

- As of September 30, 2019, 178 people are active Loop Junior members, with most residing in Ontario.
- The majority of Loop Junior members work in the public health sector and in the area of program development and support.
- Members have been engaged in posting discussions, comments, events and sending messages between each other. Only one private group has been created.
- The Loop Junior newsletter has 141 subscribers and an average open and click rate above the industry average.
- The Knowledge Centre received 4 information requests from Loop Junior members, primarily from Ontarian members.

LOOP REPORT

(pages 6-11)

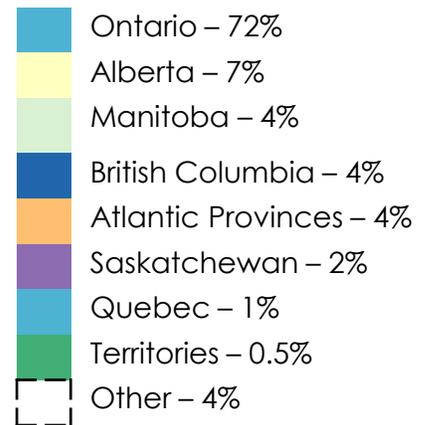
Who Are Loop Members?

Where do Loop members live?

The majority of Loop members live in Ontario, but we continue to expand our reach nationally and beyond with the help of provincial representatives and key partnerships.



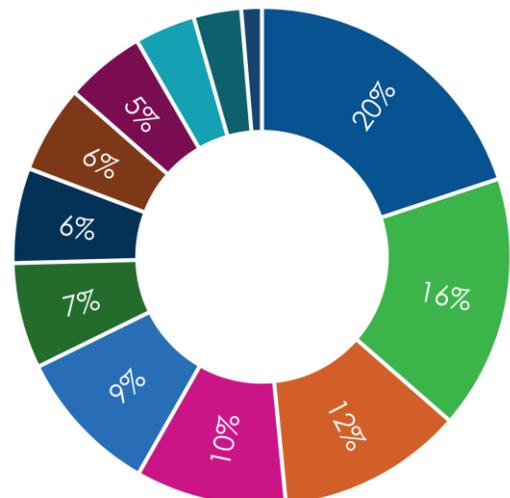
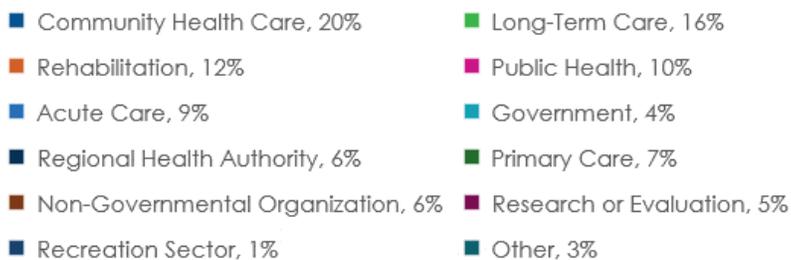
As of September 30, 2019, there are **2,974** active Loop members, an increase of **26%** since last year.



Numbers are rounded to the nearest percentage.

Where do Loop members work*?

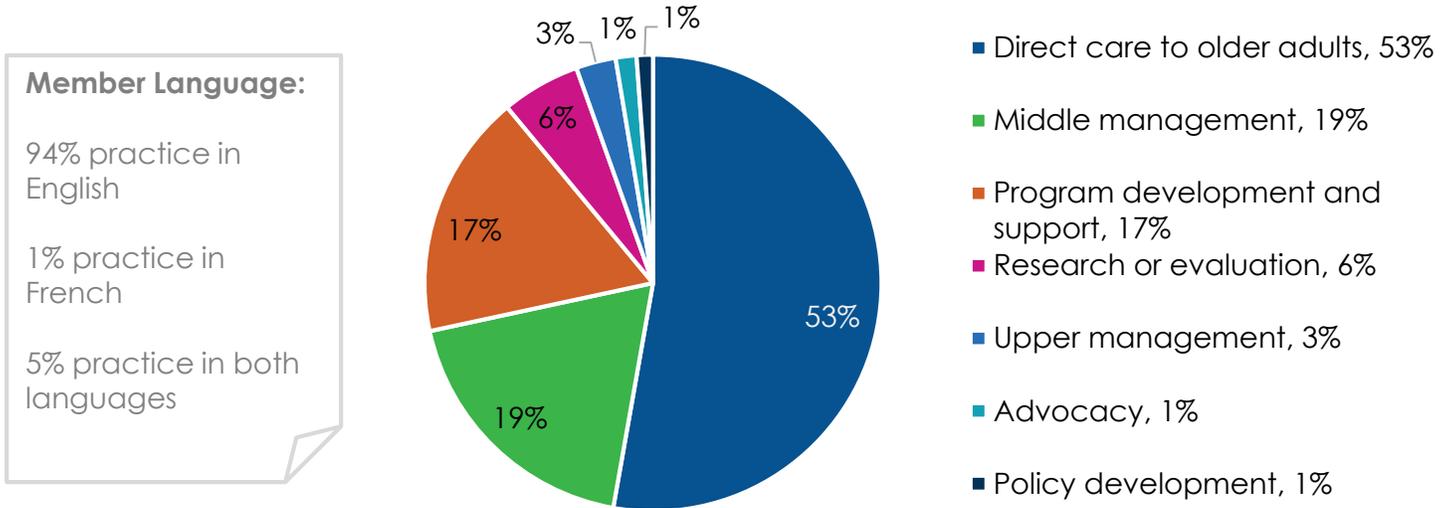
Almost half of Loop members reported working in the community health care, long-term care and rehabilitation sectors.



*Members can report working in one or more sectors. Data reflects percentage of all reported sectors (n=4,658). Numbers are rounded to the nearest percentage.

What do Loop members do*?

Over half of Loop members provide direct care to older adults.



*Members can report working in one or more areas. Data reflects percentage of all reported areas (n=1,561). Numbers are rounded to the nearest percentage.

Members' job titles include: care coordinators, clinical educators, consultants, dietitians, directors, executive directors, fitness instructors, health promoters, injury prevention practitioners, kinesiologists, managers, nurses, occupational therapists, pharmacists, physical therapists, physiotherapists, professors, project and program managers/officers/coordinators, recreation therapists, researchers, speech language pathologists, students, and more.

How Were Loop Members Engaged?

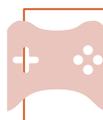
Over the past 12 months, Loop members engaged* in the following ways:



*Data reflects engagement between October 1, 2018 and September 30, 2019 and are compared against the previous year (October 1, 2017 to September 30, 2018).

What discussions did Loop members have?

 "Are you interested in joining our Indigenous Fall Prevention Network?"
68 COMMENTS

 "Wii Balance Board Donation"
15 COMMENTS

 "Are Ugg low boots safe on stairs?"
13 COMMENTS

 "Falls risk due to oxygen tubing"
11 COMMENTS

 "Can anyone recommend a short video demonstrating chair exercises for older adults living in the community?"
9 COMMENTS

Top 5 discussions that were posted on Loop and garnered the highest number of comments since October 1, 2018.

What Did Loop Members Read?

Loop E-Newsletter

Loop mini e-newsletters are sent bi-weekly and they keep members informed about discussion posts, upcoming webinars and events. Below are the top 5 newsletters* (based on click rate).



AVERAGE OPEN RATE** **22.4%** AVERAGE CLICK RATE*** **4.9%**



2,611 SUBSCRIBERS

*Data reflects newsletters distributed between December 14, 2018 and September 27, 2019.

**Percentage of total recipients (successful deliveries) who opened the Loop newsletter.

*** Percentage of total recipients who clicked any tracked link in the newsletter.

Subject	Click Rate	Industry Average
New Cochrane Review - exercise preventing falls in community dwelling older adults	8.7%	1.8%
New Funding to Support People Living with Dementia	7.9%	1.8%
Fear of Falling the Globe and Mail Opinion Article	7.4%	1.8%
From Soup to Tomatoes... Have you heard of it?	7.4%	1.8%
Best Practices in Footwear Suggestions for Older Adults?	7.0%	1.8%

What Do We Know about Loop Webinars?

Webinar Topics

Over the past 12 months, Loop has offered 10 webinars* – 3 fewer than last year.



Total number of webinar participants



Average number of participants per webinar

*Data reflects webinars held between October 1, 2018 and September 30, 2019.

Top 5 Webinars with Highest Attendance

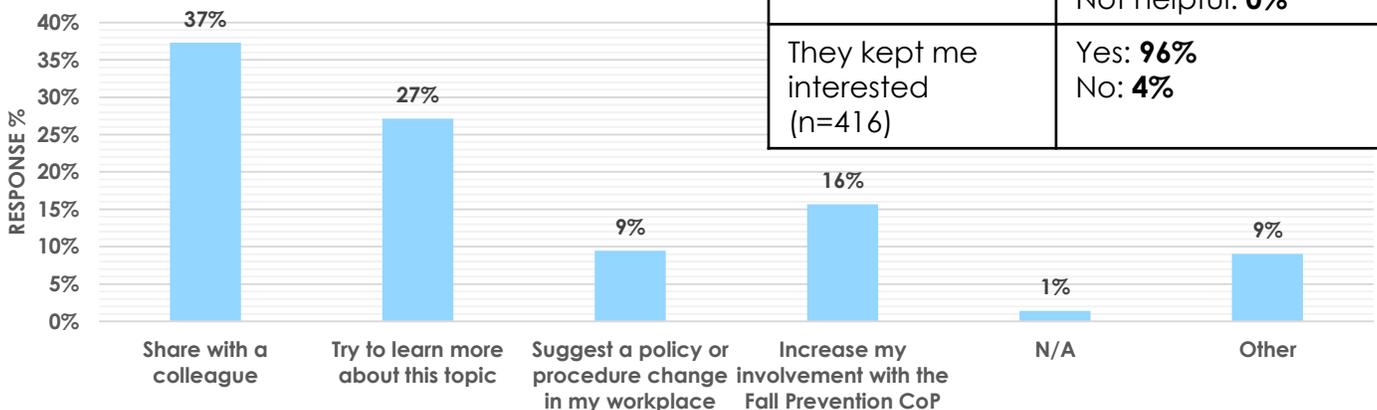
- Understanding the relationship between fear of falling and mobility in older adults
- Advancing best practice in balance and mobility testing for fall risk assessment in older Canadians
- Motivating action: going beyond awareness raising to have an impact
- Post fall- preventing future falls. A look at process- everyone's responsibility.
- A team approach to deprescribing and preventing medication related falls

Webinar Evaluations

After each webinar, all **Loop** and **Loop Junior** webinar participants are invited to participate in a post-webinar survey. Here's what they thought about the webinars**:

Confidence Level to use information (n=418)	Webinar Quality (n=419)	Presenter Ratings	
Very high: 22% High: 45% Moderate: 30% Low: 3% Very Low: 0%	Very high: 41% High: 46% Moderate: 13%	They were knowledgeable (n=418)	Very: 25% Knowledgeable: 73% Neutral: 1%
		The slides and materials were helpful (n=418)	Very helpful: 47% Helpful: 42% Little help: 2% Neutral: 9% Not helpful: 0%
		They kept me interested (n=416)	Yes: 96% No: 4%

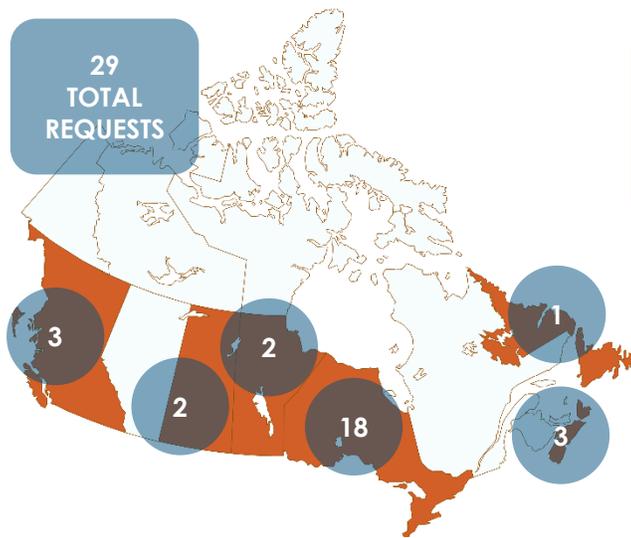
How do you plan to use this information?



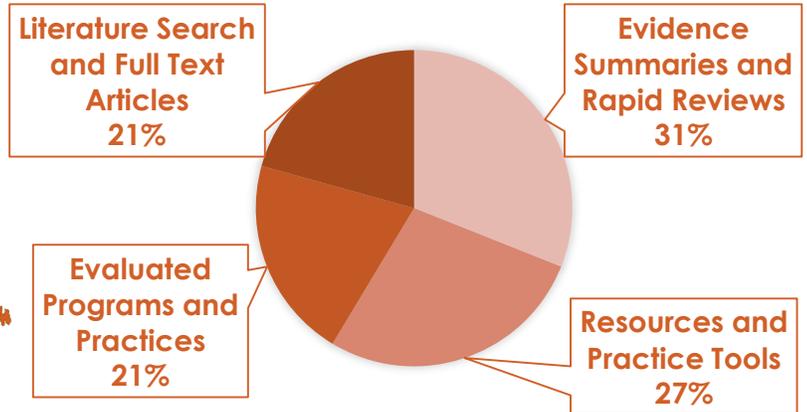
**Data reflects webinars held between February 1, 2019 and July 31, 2019. Numbers are rounded to the nearest percentage.

What Do Loop Members Want to Know?

Knowledge Centre Requests for Information



Types of Knowledge Products* Requested



*Data reflects percentage of all products requested between October 2018 and September 2019. Numbers are rounded to the nearest percentage.

Trends and Themes

What do we know about who falls and where in communities?

- E.g., statistics on falls in home, assisted living; post-fall report processes in community; paramedics referring fallers to community resources

Guidelines & Protocols about falls in acute & long-term care and use of devices

- E.g., video monitoring of falls in hospital; monitoring post-fall head injury; value of non-slip socks; bed-exit alarms

Implemented and evaluated fall prevention and assessment models and tools to help decision-makers

- E.g., clinical practice model or fall prevention framework; decision-tree/flow-chart for falls in long-term care; fall prevention strategies, policies, screening tools used in hospitals, clinics, and in long-term care

Diverse populations engaged in fall risk screening and practices

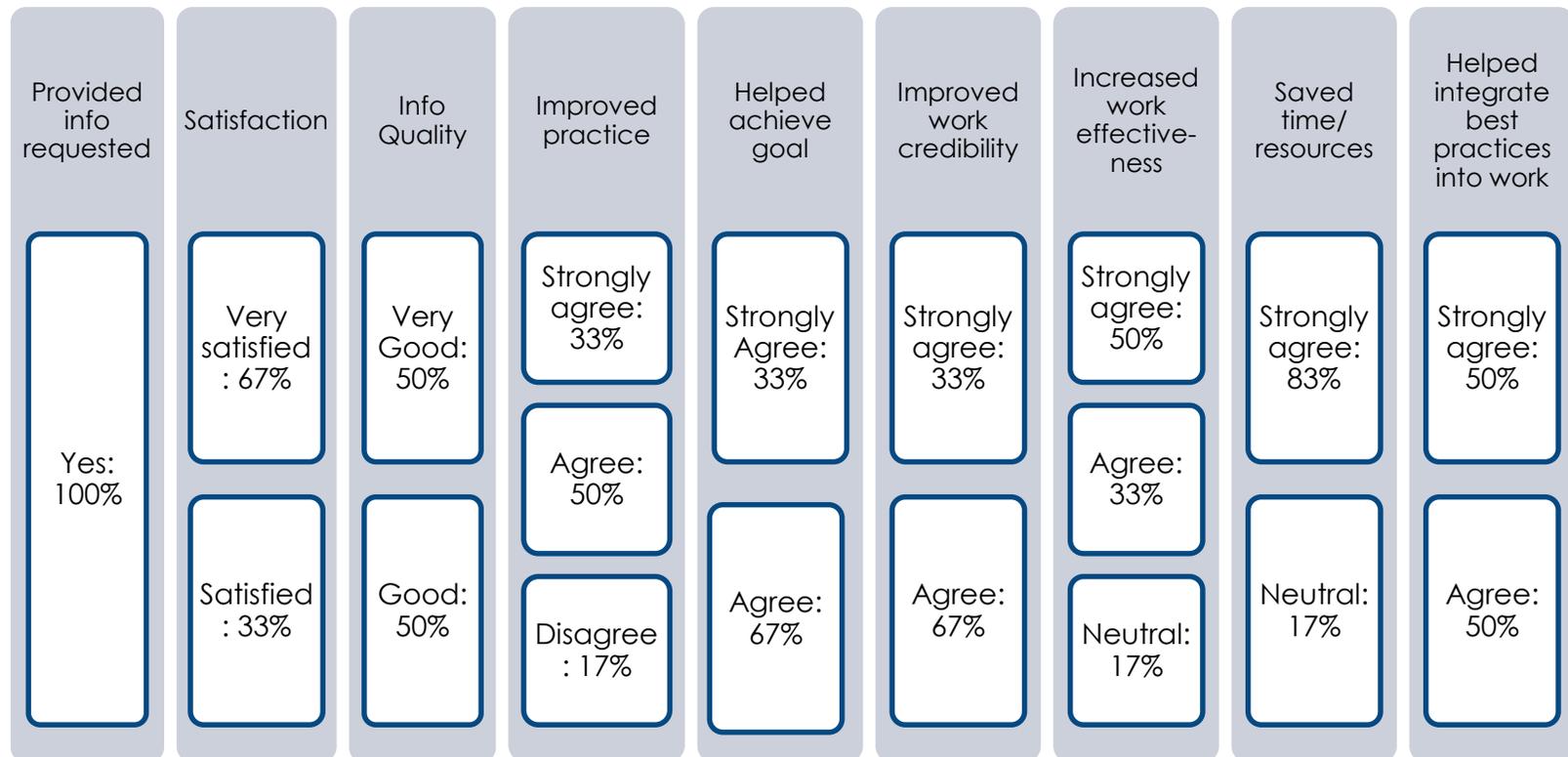
- E.g., indigenous population participating in regional health fair; new mothers and infants in maternity units need for screening; detoxing adults in short stay medical social care facility

Issues in practice & standards what evidence for tools, how to implement

- E.g., mobilizing hip patients with dementia; standardizing non slip socks for hospitals; supports for community lift assist initiatives; impact of community fall prevention

Knowledge Centre Evaluation

After each **Loop** and **Loop Junior** information request is completed, the recipient is prompted to fill out an evaluation survey. The findings** (n=6) are outlined below.



**No comments were given about how the service can be improved. Data reflects responses received between October 2018 and September 2019. Numbers are rounded to the nearest percentage.

“It is good to know that there has been effort put into research and to have some tangible results. I do appreciate the information!”

“These resources are exactly what I was looking for. These leads will be helpful.”

For detailed description of the Knowledge Centre, visit: fallsloop.com/knowledge-reviews/request

LOOP JUNIOR REPORT

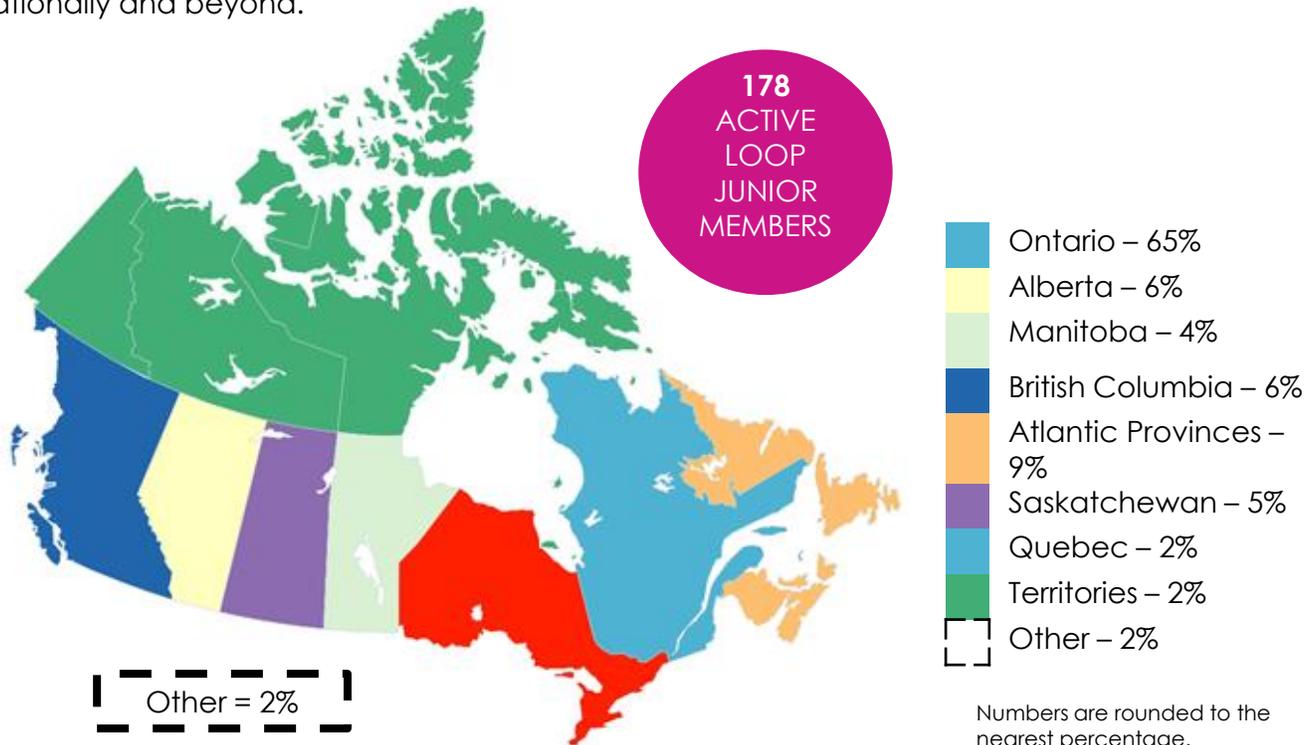
(pages 13-16)

Loop Junior was launched in September 2018. This is the first reporting cycle.

Who Are Loop Junior Members?

Where do Loop Junior members live?

The majority of Loop Junior members live in Ontario, but we continue to expand our reach nationally and beyond.

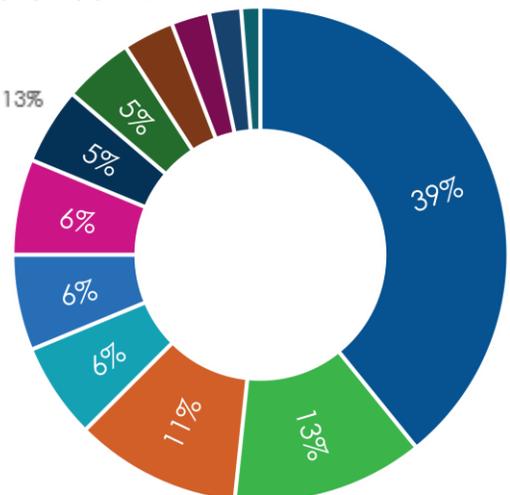


Where do Loop Junior members work*?

The majority of Loop Junior members reported working in public health.

- Public Health, 39%
- Community Health Care, 11%
- Research or Evaluation, 6%
- Government, 5%
- Primary Care, 3%
- Long-Term Care, 2%

- Non-Governmental Organization, 13%
- Regional Health Authority, 6%
- Other, 6%
- Acute Care, 5%
- Rehabilitation, 3%
- Recreation Sector, 1%



*Members can report working in one or more sectors. Data reflects percentage of all reported sectors (n=240). Numbers are rounded to the nearest percentage.

What do Loop Junior members do*?

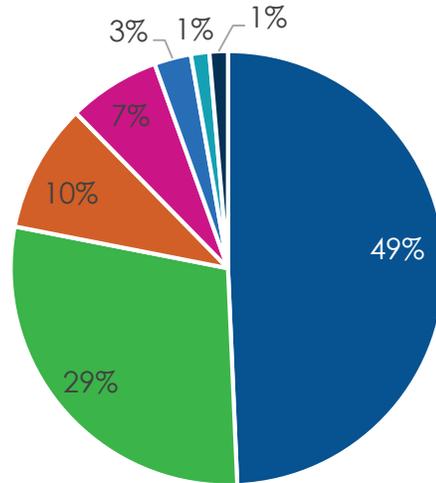
Half of Loop Junior members reported working in the area of program development and support.

Member Language:

89% practice in English

<1% practice in French

11% practice in both languages



- Program development and support, 49%
- Direct care to children, parents, and/or families, 29%
- Middle management, 10%
- Research or evaluation, 7%
- Advocacy, 3%
- Policy development, 1%
- Upper management, 1%

*Members can report working in one or more areas. Data reflects percentage of all reported areas (n=73). Numbers are rounded to the nearest percentage.

Members' job titles include: health promoters, occupational therapists, nurses, injury prevention practitioners, physiotherapists, program managers, researchers, and more.

How Were Loop Junior Members Engaged?

Over the past 12 months, Loop members have engaged* in the following ways:

Posted **19** discussions

Posted **83** comments

Worked in **1** private group

Submitted **20** events

Sent **43** messages among members

*Data reflects engagement between October 1, 2018 and September 30, 2019.

What discussions did Loop Junior members have?

Below are the top 4 discussions that were posted on Loop Junior, which garnered the highest number of comments since October 1, 2018.



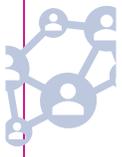
“Child Falls & Safe Kids Week 2019”
11 COMMENTS



“How to respond if your child has a fall”
9 COMMENTS



“How might you and your organization use the Infographic on Childhood Falls in Ontario?”
9 COMMENTS



“‘Lens tool’ to help address injury prevention using social policy”
7 COMMENTS

What Did Loop Junior Members Read?

What did members read?

Loop Junior mini-newsletters are sent bi-weekly and they keep members informed about discussion posts, upcoming webinars and events. Below are the top 5 newsletters* (based on click rate).



AVERAGE OPEN RATE** **35.6%** AVERAGE CLICK RATE*** **13.5%**



141 SUBSCRIBERS

Subject	Click Rate	Industry Average
Children's Falls Related to Consumer Products	30.5%	1.8%
PowerPoint Presentation on Preventing Childhood Falls	27.5%	1.8%
CPHA's Position Statement on Unstructured Play	25.5%	1.8%
Preventing Newborn Falls	21.3%	1.8%
A Social Policy Lens for Injury Prevention	21.1%	1.8%

*Data reflects newsletters distributed from January 4, 2019 to September 20, 2019.

**Percentage of total recipients (successful deliveries) who opened the Loop newsletter.

*** Percentage of total recipients who clicked any tracked link in the newsletter.

What Do We Know about Loop Junior Webinars?

Webinar Topics

Over the past 12 months, Loop Junior has offered 2 webinars.



Total number of webinar participants

Webinars

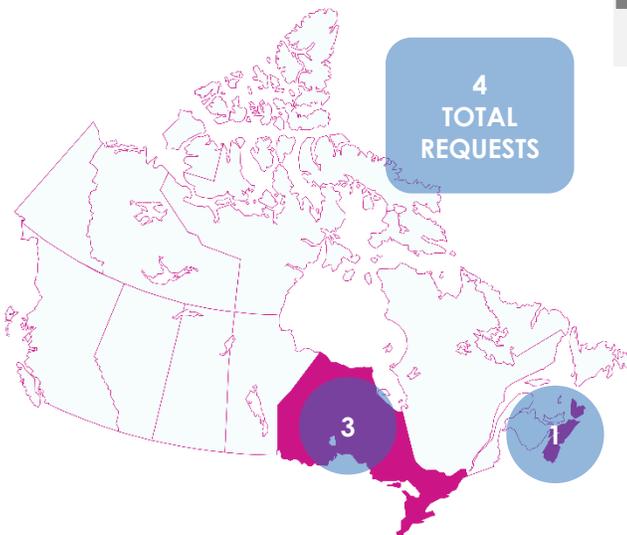
Rethinking risk: Are children too safe for their own good?

Fall Prevention Month 2019

Activity Implementation: Finding Hazards in the Home

What Do Loop Junior Members Want to Know?

Knowledge Centre Requests for Information



“Overall an extremely positive experience and greatly appreciated!”

Types of Knowledge Products* Requested

Literature Search and Full Text Articles
25%

Evidence Summaries and Rapid Reviews
25%

Evaluated Programs and Practices
25%

Resources and Practice Tools
25%

*Data reflects percentage of all products requested between October 2018 and September 2019. Numbers are rounded to the nearest percentage.

Trends and Themes

Young adolescents (10-14-year-old) fall risk and programs

How does unstructured play reduce falls?

Effect of free home safety equipment for low-income families



Fall Prevention
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Share This Report!

Please feel free to share this report to spread the word about the value of being a member of Loop and Loop Junior. 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 at
fallsloop.com
fallsloop.com/fr

Join Loop Junior at
jr.fallsloop.com
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