



ProFouND: Prevention of Falls Network for Dissemination

DELIVERABLE D4.1

ONLINE VIDEOS ON EVIDENCE BASED STRENGTH AND BALANCE EXERCISES (ENGLISH LANGUAGE VERSION)

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Executive summary

1	Description of deliverable, tasks and Milestones for WP4.....	3
2	Online videos on evidence based strength and balance exercises (English language version)	4
2.1	Videos addressing older people.....	5
2.1.1	Evidence based strength and balance exercises to prevent falls	5
2.1.2	Basic information about risk, assessment and intervention	7
2.2	Videos addressing health professionals	8
2.2.1	Evidence based strength and balance exercises to prevent falls	8
2.2.2	Basic information about risk, assessment and intervention	8
3	Online videos on evidence based strength and balance exercises (other languages)	9
3.1	Videos in German language	9
3.1.1	Videos addressing older people.....	9
3.1.2	Videos addressing health professionals	9
3.2	Videos in Italian language	9
3.2.1	Videos addressing older people.....	9
3.3	Videos in French language	9
3.3.1	Videos addressing older people.....	9
3.4	Videos in Norwegian language	10
3.4.1	Videos addressing older people.....	10
3.5	Overview	10
4	References	10

1 Description of deliverable, tasks and Milestones for WP4

Objectives:

A central objective of ProFouND is to construct a system for providing customised information to users, be they health care provider organisations, health or social care professionals, non-governmental organisations, or older people themselves. WP4 will provide the content for ProFouND Fall Prevention App PFPApp. This will be done by constructing a library of evidence based best practice objects for each domain of the customisation tool, based on reviews of evidence. WP4 will also be responsible for ensuring these objectives are available in the various languages used by partners and supported by the customisation engine. Although the information provided in the actual tailored leaflets will be fairly minimal, there will be options for the professional to signpost older people to online information that is more indepth or print out other examples of evidence based lay person information that is in their language. This includes online strength and balance videos to support those wanting to exercise at home.

The deliverable for WP4 month 6 has been completed:

D4.1) Online videos on evidence based strength and balance exercises (English language version):
Online videos on evidence based strength and balance exercises (English language version) available on website, followed by other language versions as they are voiced over by partners.
[Month 6]

WP4 has performed the following task the first 6 months to complete this deliverable:

Task 4.3: As a quick win area, WP4 will provide a series of videos (using e. g. YouTube format to permit accessibility) on evidence based strength and balance exercises which can be accessed by older people themselves. Partners may be required to provide a local language commentary to these videos, but as far as possible these will be video demonstrations requiring no language component. (M1-M6)

WP4 has also started to perform the following tasks the first 6 months:

Task 4.1: WP4 will draw on existing systematic reviews and evidence synthesis to identify and operationalize best practice in requisite aereas. (M1-M24)
Task 4.2: We will unashamedly go for some quick wins in producing guidance. Thus the first guidance will be generic but customisable by each partner to their own house style. This will be based on the review and evidence synthesis undertaken as part of Task 4.1. (M1-M8)

WP4 has reached the following Milestones the first 4 months:

MS20 Identification of existing online videos and gaps
MS21 Consensus meeting on evidence synthesis

This report focuses on the description of the work regarding Task 4.3, but also describes what has already been performed concerning Task 4.1 and Task 4.2.

2 Online videos on evidence based strength and balance exercises (English language version)

For the identification of suitable online videos on evidence based strength and balance exercises (English language version) the following two-step procedure is being followed:

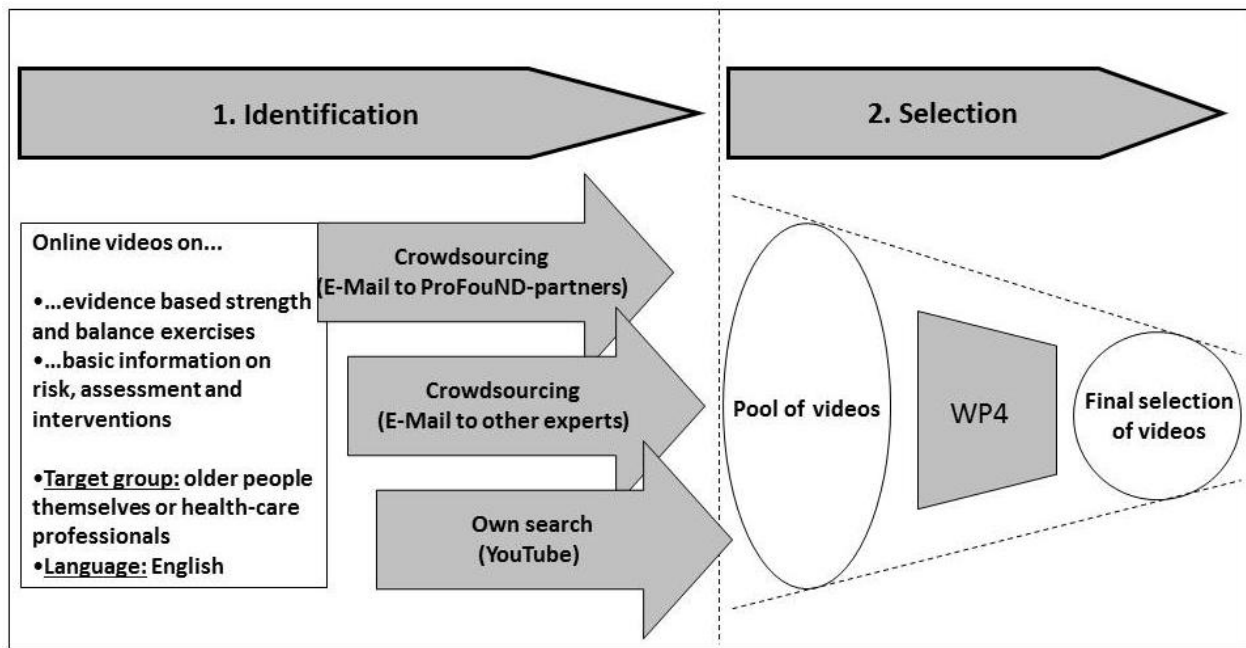


Chart 1. Identification-Process

1. Identification of online videos on evidence based strength and balance exercises (English language version):

We first made use of the expertise of our ProFouND partners and other established falls prevention experts. According to the crowdsourcing method we sent them our request and complemented their findings subsequently with own search results on YouTube. Here our search keywords were “strength (exercises) older people”, “balance (exercises) older people”, “falls older people”, “falls prevention”, “information falls older people”, “fall risk older people”, “falls assessment older people”, “falls (functional) tests older people”.

2. Selection:

Second step was to define general as well as target group-specific selection criteria.

General criteria	Description of criteria
High quality of content	Evidence based strength and balance exercises
Simple	Not too long/divided into sequences Appropriate speed Logical structure
High quality of technical realisation	Professional preparation of the video

Target group-specific criteria (older people)	Description of criteria
Multi-sensory approach	Clearly visible Clearly audible Subtitles
Proactive/motivating	Meaningful/reference to everyday life
Imparting of know-how	Individual training control (effectiveness, progression, safety precautions)

Target group-specific criteria (health professionals)	Description of criteria
Didactics and methodology	What does a health-care professional have to consider when imparting training know-how to older people? (e. g. motivation)

Chart 2. Selection criteria

A group of experts (WP4) selected the following videos. A crucial prerequisite for the choice of a video was high quality content, i.e. evidence based strength and balance exercises to prevent falls.

2.1 Videos addressing older people

2.1.1 Evidence based strength and balance exercises to prevent falls

- <http://vimeo.com/48017706>
Falls Prevention Exercises: Part 1 – Introduction



- <http://vimeo.com/48014858>
Falls Prevention Exercises: Part 2 – Strengthening



- <http://vimeo.com/48014859>
Falls Prevention Exercises: Part 2 – Balance work



- This Australian video is about integrating falls prevention exercise into the daily routine.
- <http://www.youtube.com/watch?v=4V0f4kCiQbw>
This video gives you a mix of balance and strength exercises.



- <http://www.youtube.com/watch?v=YJisTCwzhJM>
This video gives you a snapshot of balance exercises.



2.1.2 Basic information about risk, assessment and intervention

- <http://vimeo.com/58973784>
This online video is a short documentary style film, highlighting the impact that the falls preventions classes of the 'Good Neighbour Project', a registered charity in Tunbridge Wells (UK), have on its participants.
- http://nihseniorhealth.gov/falls/personalchanges/video/fall1_na_intro.html
"Be physically active": Getting regular exercise is one way to prevent falls.
- http://nihseniorhealth.gov/exerciseandphysicalactivityhowtostayactive/makeexerciseahabit/video/e3d_na_intro.html
"Exercise with a Buddy"
- <http://www.youtube.com/watch?v=5WWSqsJrvpM>
- <http://www.youtube.com/watch?v=93EkFvNyqvl>
- <http://www.youtube.com/watch?v=4MWrTPBNMh4>
- <http://www.youtube.com/watch?v=cF9oaq0X1XU>
These four short videos give information about falls and home safety.
- http://nihseniorhealth.gov/falls/homesafety/video/fall3_na_intro.html
"Home safety tips": Here are some tips to make your home safer.
- http://nihseniorhealth.gov/falls/personalchanges/video/fall2_na.html?intro=yes
"Have your medicines reviewed": Ask your doctor or pharmacist if any of your medicines or over-the-counter products could increase your risk of falling. Never stop taking your medications unless you talk with your doctor first.
- The video "Falls Prevention and Bone Health" demonstrates the importance of bone health. This video will be hosted on vimeo.com and a link provided on the ProFouND website (kind permission of the author).

2.2 Videos addressing health professionals

2.2.1 Evidence based strength and balance exercises to prevent falls

- The teaching tutorial for the Otago Exercise Program (OEP), which is provided from “Later Life Training”, shows exercises as well as didactic and methodological aspects of training older people.
- <http://elearning.laterlifetraining.co.uk/PSI/class/>
This Tutorial gives an overview of the 7 components of the evidence based FaME-program (Skelton et al., 2005)

2.2.2 Basic information about risk, assessment and intervention

- <http://www.cdc.gov/HomeandRecreationalSafety/Falls/steady/webinar.html>
This webinar “The Stopping Elderly Accidents, Deaths & Injuries (STEAR) Tool Kit for Health Care Providers” gives some good basic information about falls.
- <http://www.youtube.com/watch?v=MOr9xJzqOdQ>
This webinar gives an overview of assessment tools and intervention
- <http://www.youtube.com/watch?v=HcjHt7XmmpA>
This video gives a short overview of basic information about falls.
- <http://www.cdc.gov/homeandrecreationalafety/Falls/steady/videos.html>
This website gives an overview of tests one can use to assess fall risk.
- <http://elearning.laterlifetraining.co.uk/PSI/test/functionaltest.htm>
This tutorial gives an overview of functional tests.

As such, WP4 has reached the following Milestone in the first 4 months:

MS20 Identification of existing online videos and gaps.

Regarding videos in English language there are no gaps. We have found enough high quality material.

3 Online videos on evidence based strength and balance exercises (other languages)

Regarding online videos on evidence based strength and balance exercises (other languages) we again invited our ProFouND-partners to send us videos in their own language. Concerning German videos we started our own search on YouTube. The following videos have been collected from YouTube and from partners. The full search is not yet concluded.

3.1 Videos in German language

3.1.1 Videos addressing older people

Evidence based strength and balance exercises

- <http://bewegung-bei-demenz.de>
This website leads the viewer through some functional tests and suggests some exercises depending on the results.
- <http://www.bfu.ch/German/haus/senioren/Seiten/default.aspx/>
This video gives a snapshot of some exercises.

Basic information about risk, assessment and intervention

- <http://www.youtube.com/watch?v=N9GZJhKT6f8>
This video describes falls prevention in a geriatric rehabilitation clinic in Germany.
- <http://www.youtube.com/watch?v=-KRdpwOPxpQ>
This video gives information about falls in general and shows some Tai Chi exercises.
- <http://www.youtube.com/watch?v=NSAIVNxtb0Y>
This video gives information about home safety.
- <http://www.youtube.com/watch?v=wvyHG1aOeGg>
This video gives information about home safety and who can give advice on that matter.

3.1.2 Videos addressing health professionals

Basic information about risk, assessment and intervention

- <http://www.springermedizin.de/ecurriculum-geriatrie>
This e-tutorial is primarily aimed at resident physicians. Module 1 mainly focuses on issues such as mobility, immobility and falls risk in older people.

3.2 Videos in Italian language

3.2.1 Videos addressing older people

Evidence based strength and balance exercises

- <http://www.bfu.ch/italian/haus/senioren/Pagine/default.aspx>
This video gives a snapshot of some exercises.

3.3 Videos in French language

3.3.1 Videos addressing older people

Evidence based strength and balance exercises

- <http://www.bfu.ch/French/haus/senioren/Pages/default.aspx>
This video gives a snapshot of some exercises.

3.4 Videos in Norwegian language

3.4.1 Videos addressing older people

- <http://www.stolav.no/Om-oss/Organisering/Divisjon-og-klinikk/Medisinsk-klinikk/Kompetansesenter-for-bevegelsesvansker-og-fall-hos-eldre/>

This video shows participants of an exercise group reporting on their experience.

3.5 Overview

The following online videos have been identified:

Language	Older people		Health professionals	
	Exercise	Basic information	Exercise	Basic information
English	X	X	X	X
German	X	X	X	
Italian	X			
French	X			
Norwegian		X		

Chart 3. Overview

Future revisions will ensure inclusion of further evidence based videos about strength and balance exercises in these and other languages accessible via the ProFouND website.

4 References

Skelton D, Dinan S, Campbell M, Rutherford O. (2005). Tailored group exercise (Falls Management Exercise-FaME) reduces falls in community-dwelling older frequent fallers (an RCT). *Age & Ageing*, 34(6), 636-9.