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The Canadian Falls Prevention Curriculum into a Web-Based Course
Anne Higginson, PT, MA, Dr. Vicky Scott, RN, PhD

For seniors, the risk of falling and sustaining an injury is influenced by a broad set of health determinants, including physical, behavioural, environmental, social and economic factors. These wide-ranging contributors to falls can only be ameliorated by the coordinated and sustained approach of a multisectoral team of health professionals and community leaders who are well informed in evidence-based practices for prevention.

The Canadian Falls Prevention Curriculum (CFPC) was developed through a national collaborative effort under the direction Dr. Vicky Scott to meet an expressed need for a comprehensive, evidence-based education program on fall and related injury prevention for older persons in Canada. The purpose of the CFPC is to enhance existing skills by integrating current knowledge and best practice evidence and to promote collaboration among those working with older adults and fall prevention. The CFPC uses a public health approach with the aim that fall prevention programs will be developed that are applicable to participants' work or community setting, easily integrated and sustainable.

Currently the curriculum is delivered as a two day workshop coordinated through the BC Injury Research & Prevention Unit. To meet the growing demand for this course by busy health care providers and those unable to attend a two-day workshop, a new online, self-paced alternative is being developed. This will be ready by the Spring of 2009 as a distance education course through the University of Victoria.

A demonstration of the CFPC web-based version will be presented, featuring multimedia flash components, interactive activities and moderated discussion forums.