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Over the past seven years Dr. Scott has worked with a team of dedicated practitioners and researchers across B.C. to turn a handful of isolated initiatives into a province-wide coalition for coordination and facilitation of regional evidence-based initiatives in each health region.

**Promoting Active Living (PAL): Pilot Study for Development of Fall Prevention Best Practice Guidelines in Assisted Living Residences**

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**Introduction**

Assisted Living Residences (ALRs) are a priority setting for fall prevention due to the rapid growth among older persons that are at high risk of falling and are choosing to remain in living in the community. An action research methodology was employed to determine the feasibility of implementing evidence-based falls prevention strategies that are sustainable in the routine delivery of care in ALRs. The one-year project, titled: Promoting Active Living (PAL), consisted of a consultative planning process, six-month intervention pilot study, and a collaborative process for the development of Best Practice Guidelines for Fall Prevention in Assisted Living.

**Methods**

The 6-month PAL intervention pilot was conducted at two ALR sites within the Fraser Health Authority, where 161 of 188 residents consented to participate. Study measures included focus groups, surveys, balance and gait assessments, and fall surveillance. Surveillance data were gathered using a Fall Report form to track falls and fall-related injuries. Interventions included staff and resident training on fall tracking, fall prevention education for both staff and residents, and physical activity interventions.

**Findings**

A total of 155 (N=155) falls were recorded during the six-month PAL study, with 38% (N=73) of residents identified as having at least one fall. 43% (N=72) of all falls were reported as resulting in an injury. There was a statistically significant reduction in the rate of falls per 1,000 resident days between the first and second three-month periods (X²=11.98, p=0.001). A significant difference (t=3.16, p=.002) was also noted in the TUG findings pre and post PAL study, with fewer residents with scores above the high-risk cut-off for falling.

**Discussion**

The PAL study demonstrated that falls prevention guidelines can be implemented within routine service delivery in ALRs. Further testing of these guidelines on a larger scale is planned for greater generalizability.