



Fall Prevention  
Community of Practice  
ADULT+JUNIOR

LOOP AND LOOP JUNIOR

# Annual Report – September 2020

# 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).

Loop and Loop Junior were launched in September 2015 and September 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 freely available nationally at [fallsloop.com](http://fallsloop.com) and [jr.fallsloop.com](http://jr.fallsloop.com), respectively.

ONF provides ongoing sponsorship of Loop and Loop Junior and manages all operations.

## About this Report

This report provides a snapshot of Loop and Loop Junior's members as of October 1, 2019 and their use of the platforms.

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

This report was authored by Shameeza Allard. For questions relating to this report, contact [shameeza.allard@onf.org](mailto:shameeza.allard@onf.org).

# Features & Services

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

- **Webinars and Bi-Weekly E-Newsletters:** Members can consistently learn and maintain their fall prevention knowledge.
- **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.
- **Membership database:** Members can search through the community of practice platform for experts, mentors, or collaborators by area of expertise, location across Canada and abroad, 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 only visible to private group members.
- **Knowledge Centre:** Members have free access to a skilled knowledge broker and useable knowledge products 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 ensure 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 health outcomes.

Through collaborations and partnerships, ONF connects healthcare practitioners, researchers, policy planners and stakeholders including those living with neurotrauma to the information they need to make positive changes in health practices, outcomes and policies.

# Executive Summary

## Loop

As of October 1, 2020, there are 1,033 active Loop members, with 48 percent residing in Ontario. Over 50 percent of members work in the community health care, rehabilitation and long-term care sectors, with 62 percent being involved in providing direct care to older adults and program development and support.

Compared to 2018/19, fewer members were engaged in posting discussions and comments, submitting events, and sending messages among each other. While unique page views declined from the previous year, website users increased by 10 percent. A potential explanation for the reduced engagement is the COVID-19 pandemic and member redeployment.

The Loop newsletter has 2,772 subscribers and an average open and click rate well above the industry average.

Loop facilitated 8 webinars – one of which had a record 351 participants. Each webinar had an average of 167 attendees. Ninety percent of participants found the webinars to be of high quality with three quarters noting that they were confident in using the information shared. Two thirds of participants planned to use the webinar information by either sharing it with a colleague or learning more about the topic.

The Knowledge Centre received 21 requests with various trends and themes. Overall, 9 knowledge products and 3 discussion summaries were released.

## Loop Junior

As of October 1, 2020, there are 191 active Loop Junior members, with 62 percent residing in Ontario. Almost half of all members work in the public health and non-governmental sectors, with 80 percent being involved in program development and support, research or evaluation, advocacy, and policy development.

Compared to 2018/19, more members were engaged in posting discussions; however, fewer were engaged in posting comments, submitting events, and sending messages among each other. A potential explanation for the reduced engagement is the COVID-19 pandemic and member redeployment.

The Loop Junior newsletter has 166 subscribers and an average open and click rate well above the industry average.

Loop Junior facilitated 2 webinars and 1 Town Hall – one more than 2018/19. Each webinar had an average of 32 attendees. Ninety-seven percent of participants found the webinars to be of high quality with over 80 percent noting that they were confident in using the information shared. Almost two thirds of participants planned to use the webinar information by either sharing it with a colleague or increasing their involvement with Loop Junior.

The Knowledge Centre received 2 requests falling under 2 primary themes. Three knowledge products were released.

LOOP

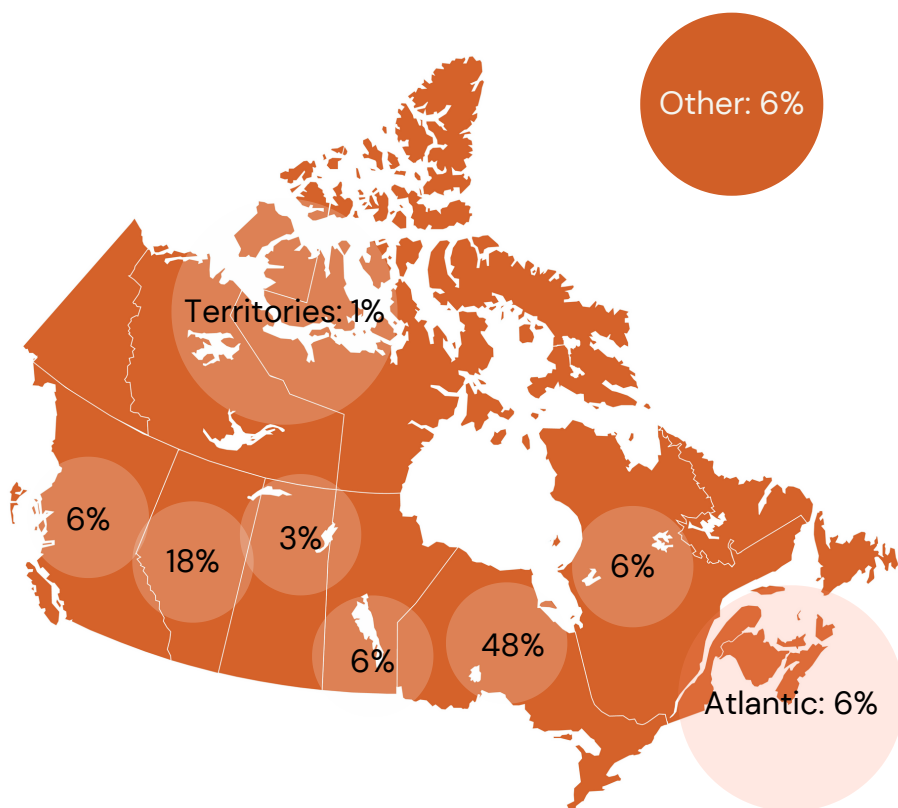
# Loop Members

## Where do members live?

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

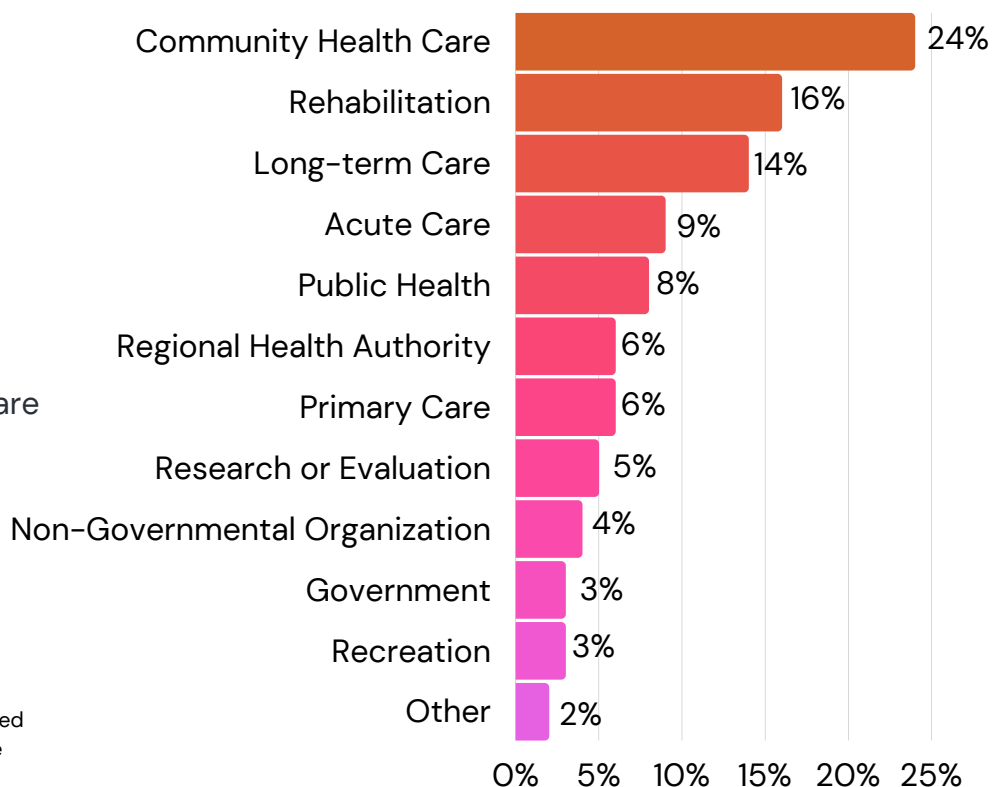
As of October 1, 2020, there are **1,033** active Loop members.

Note: 2020 membership numbers are not comparable to 2019 as a system was implemented to identify *active* members (active: logged on to the platform in the previous 6 months). Thus, numbers are lower but more representative of active Loop members. Numbers are rounded to the nearest percentage.



## Where do members work\*?

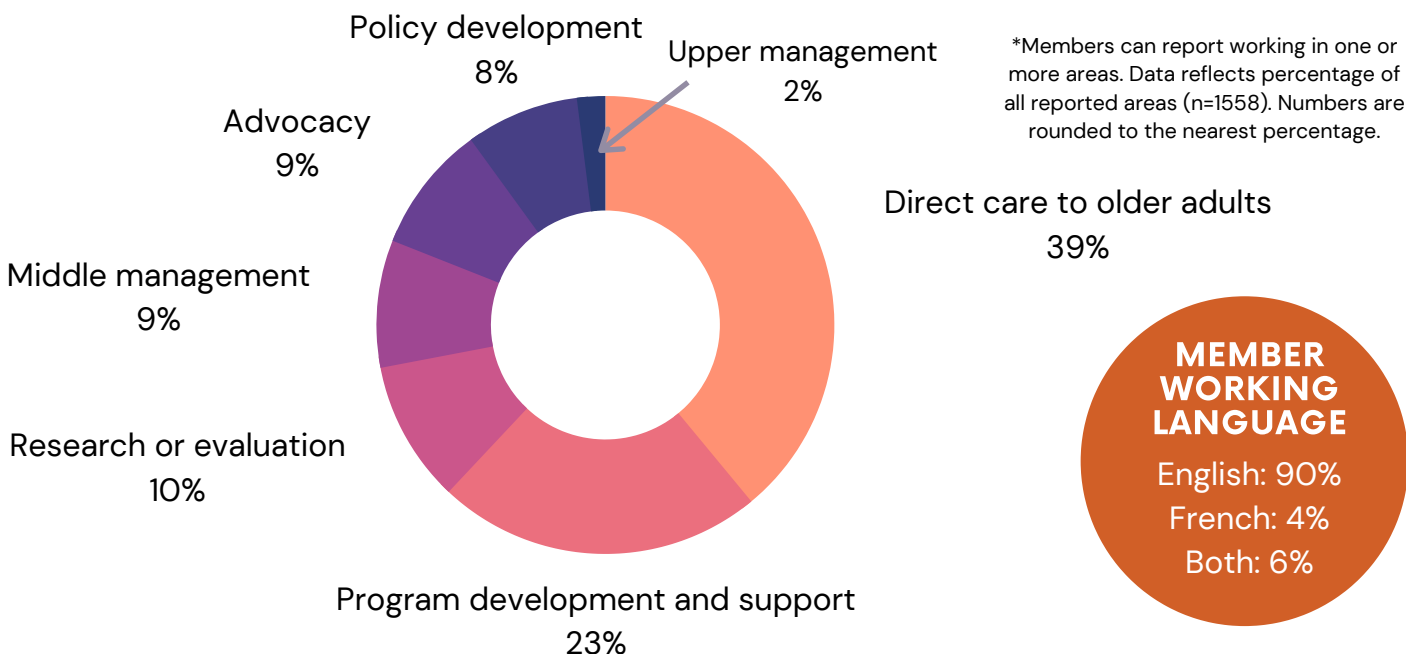
Over half of Loop members reported working in the community health care, rehabilitation and long-term care sectors.



\*Members can report working in one or more sectors. Data reflects percentage of all reported sectors (n=1748). Numbers are rounded to the nearest percentage.

# What do members do\*?

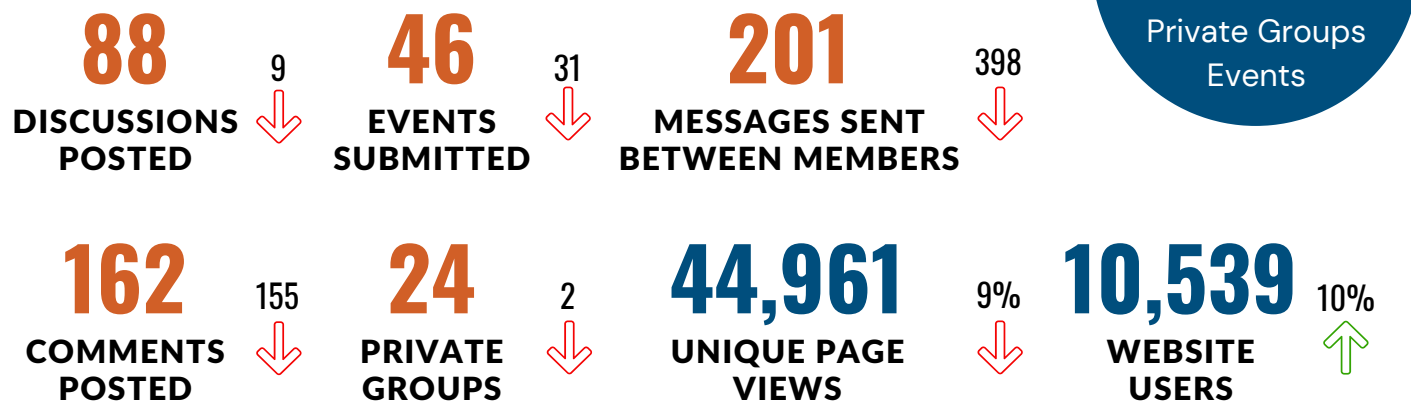
Almost two thirds of Loop members reported working in the area of direct care to older adults and program development and support.



**Members' job titles include** professor, registered nurse, public health nurse, program coordinator, executive director, health promotor, kinesiologist, manager, occupational therapist, physical therapist, physiotherapist, therapist assistant, student, fitness Instructor, researcher, health promotion facilitator, policy analyst, and more.

# How were members engaged?

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



\*Data reflects engagement between October 1, 2019 and September 30, 2020 and are compared against the previous year (October 1, 2018 to September 30, 2019). Unique page views, website users, and top pages are for both Loop and Loop Junior combined. A decline in engagement can be explained by the COVID-19 pandemic and member redeployment.

# Discussions, Newsletters, Webinars

## What discussions did members have?

Below are the top 6 discussions that were posted on Loop, which garnered the highest number of comments since September 30, 2019.

### DISCUSSIONS

1.What are you doing for Fall Prevention Month?	21 comments
2.Thoughts on going virtual for assessment and intervention?	13 comments
3.Home exercises for homebound older adults, especially in this era of COVID-19	10 comments
4.What is the best tool for fall prevention for elders in the hospital?	8 comments
5.Fall prevention in long term care	6 comments
6.Planning for implementation – a checklist, or template?	5 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. Below are the top 5 newsletters\* (based on click rate). All rates were above the industry average of 2.8%.



2,772  
Subscribers



Average  
Open Rate\*\*:  
21.2%



Average  
Click Rate\*\*\*:  
5%

\*Data reflects newsletters distributed between October 11, 2019 and September 25, 2020.

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

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

NEWSLETTER TITLE	CLICK RATE
Home exercises for older adults during the COVID-19 pandemic	8.0%
HQO Hip Fracture Quality Standard	7.2%
Movement is Good Medicine	7.2%
Early Mobilization Resources, Exercise DVDs, and More!	6.6%
Adult Community Exercise Programs	6.5%



# What webinars were hosted?

Over the past 12 months, Loop facilitated 8 webinars\* – 2 fewer than last year. Below is a list of the top 5 webinars with the highest attendance. Participant numbers are shown, including a record 351 participants for 1 webinar.

## TOP 5 WEBINARS

1.Assessment of Safe 4-wheeled Mobility Aid Use for People Living with Dementia: The Safe Use of Mobility Aid Checklist	351
2.Mobility Aids as a Falls Risk Factor for People Living with Dementia	250
3.Backward Chaining Approaches to Gain Skills to Get down and up from Floor, Avoid Long Lies, Reduce Fear, and Enjoy a Bath Again!	186
4.Fall Prevention and Vision Aids	177
5.Physical Literacy for Older Adults	109



Total number of participants: 1330  
(-31 2018/19)

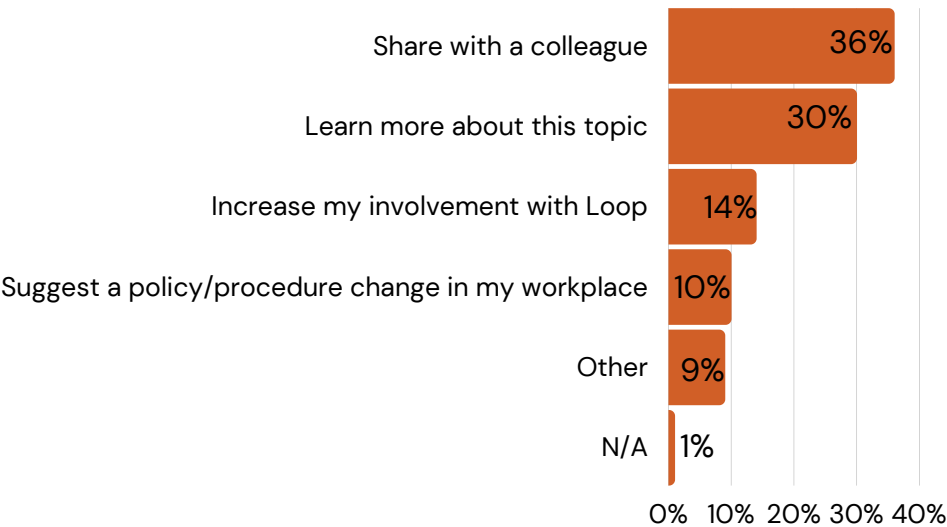
Average number of participants per webinar: 167  
(+31 2018/19)

\*Data reflects webinars held between October 1, 2019 and September 30, 2020.

# 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:

How participants plan to use the webinar information



Numbers are rounded to the nearest percentage.

75% of participants rated their confidence level to use the information in the webinar as moderate-high

79% of participants rated the presenters as very knowledgeable

95% of participants thought that webinar materials were helpful-very helpful

97% of participants noted that the presenters kept them interested throughout

90% of participants rated the quality of the webinars as high-very high

# Knowledge Centre

## What questions\* did members have?

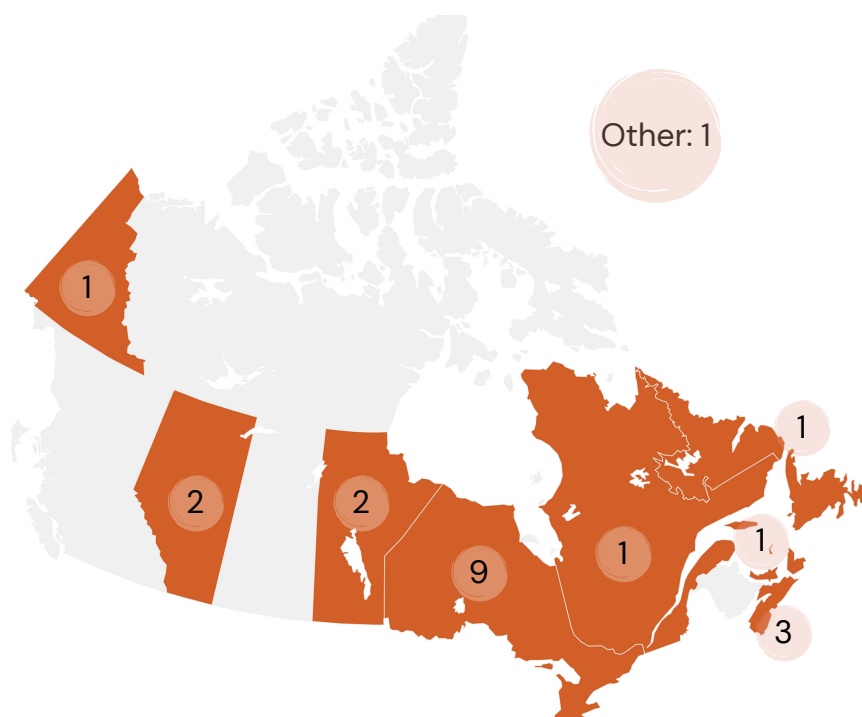
The Knowledge Centre had **19** new Loop information requests plus **2** requests that were received late September 2019 and were resolved after October 1, 2019. This is 8 fewer requests than 2018/19.

### WORK SETTING OF REQUESTERS

Community-based: 52%

Care facility: 24%

Health agency: 24%



## What were the trends and themes of requests?

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

The themes for the older 2 requests are: recent statistics on falls; and falls risk and mental health/illness.

### TRENDS AND THEMES

Exercise/physical activity interventions for frail older adults with cognitive impairment

Best Practice Guidelines & Standards for exercise interventions instruction in community and in hospital

Fall prevention and assessment models, algorithms, tools and data

Virtual fall prevention assessments with home-bound clients during COVID-19

Safe use of mobility devices

Community development fall prevention strategies with rural 'natural retirement communities'

Best Practice and Standards for wayfinding floor decals on healthcare facilities to reduce risks for falls

\*Data reflects information requests received between September 30, 2019 and September 30, 2020.

# What types of products were developed?

The Knowledge Centre released 6 new and 3 substantially updated Loop knowledge products.

## **KNOWLEDGE PRODUCTS**

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1. Evidence Summary: Fear of Falling
2. E-learning Opportunities in Fall Prevention
3. Evidence Summary: Preventing Alcohol-Related Falls in Older Adults
4. Best Practice Exercise Guidelines for Falls Prevention, Strength, Balance and Coordination
5. Best Practice Exercise Interventions to Prevent Falls in People with Dementia
6. Content and Training Standards for Exercise Classes in ADP with People with Dementia
7. Exercise Interventions with Frail Older Adults in Acute Care
8. Mobilizing Frail Older Adults in Home in Activities of Daily Living Literature Search
9. EMS Community Paramedics Programs Linked to Community Services

The Knowledge Centre released 3 discussion summaries of popular Loop discussion posts.

## **DISCUSSION SUMMARIES**

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1. Fall Prevention 'Apps'
2. Exercise-based Fall Prevention Programs
3. Afraid to Fall

"[The Knowledge Centre is a] fantastic service! The [knowledge] broker was so thorough and diligent. It was immensely helpful for my team."

INFORMATION REQUESTER

LOOP  
JUNIOR

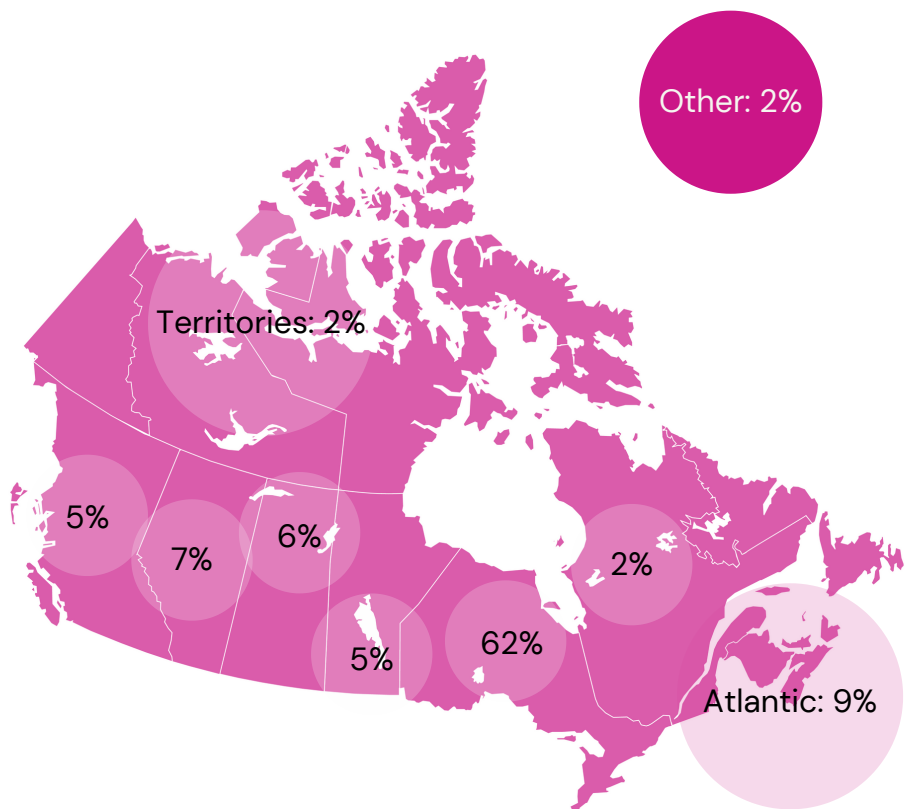
# Loop Junior Members

## 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 1, 2020, there are **191** active Loop Junior members, a **7.3%** increase from last year.

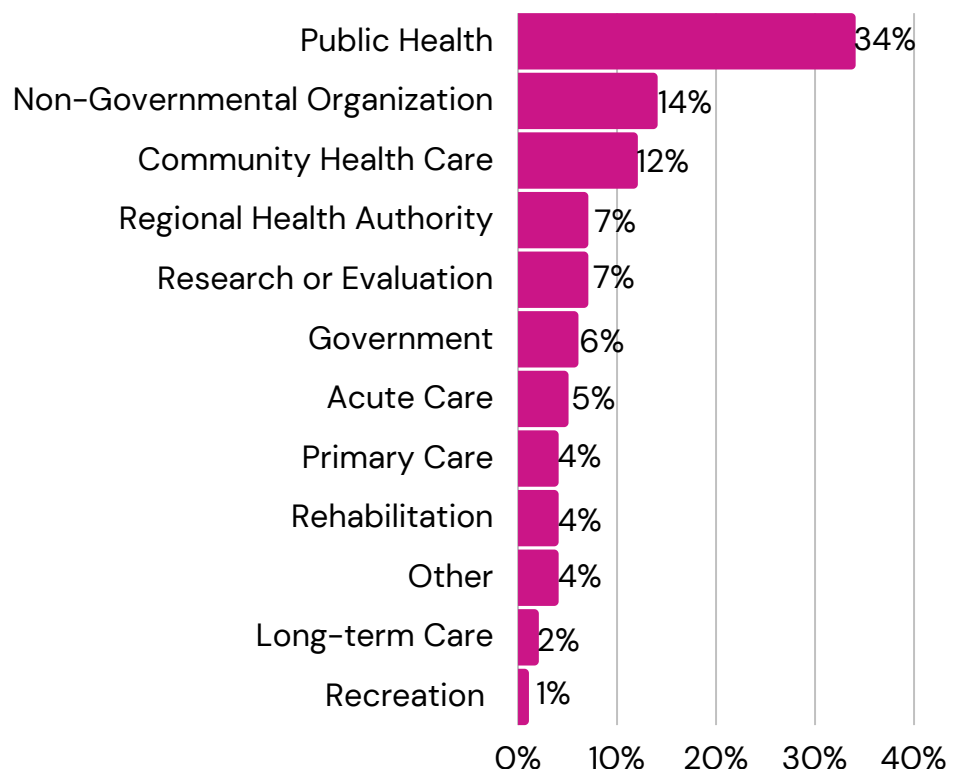
Numbers are rounded to the nearest percentage.



## Where do members work\*?

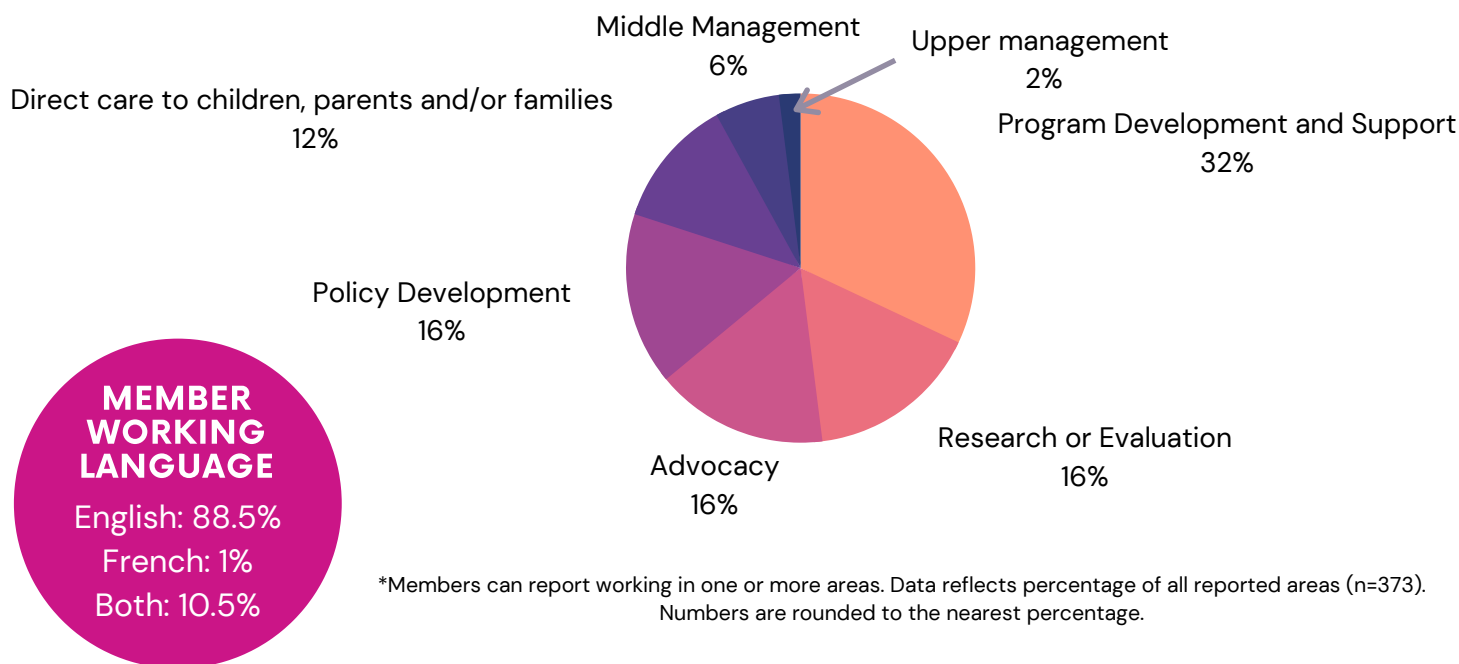
Almost half of Loop Junior members reported working in the public health and non-governmental sectors.

\*Members can report working in one or more sectors. Data reflects percentage of all reported sectors (n=260). Numbers are rounded to the nearest percentage.



# What do members do\*?

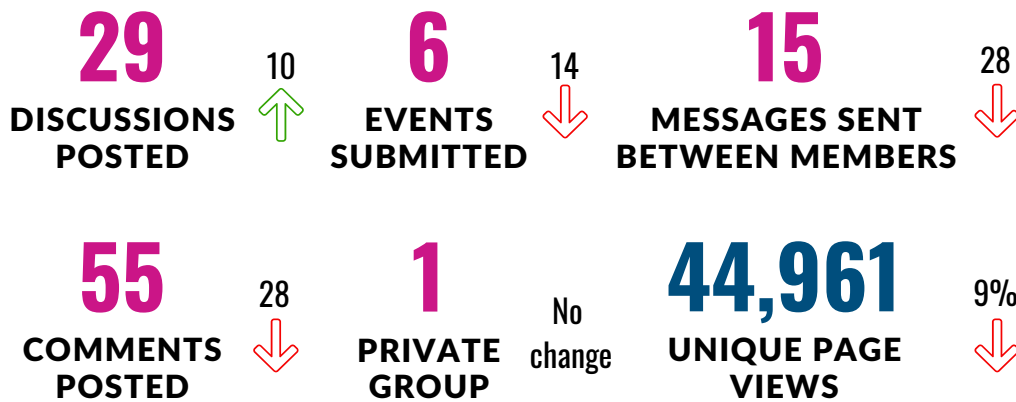
Eighty percent of Loop Junior members reported working in the area of program development and support, research or evaluation, advocacy, and policy development.



**Members' job titles include** director, health promoter, occupational therapist, physiotherapist, program manager, public health nurse, registered nurse, and more!

# How were members engaged?

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



\*Data reflects engagement between October 1, 2019 and September 30, 2020 and are compared against the previous year (October 1, 2018 to September 30, 2019). Unique page views, website users, and top pages are for both Loop and Loop Junior combined. A decline in engagement can be explained by the COVID-19 pandemic and member redeployment.

# Discussions, Newsletters, Webinars

## What discussions did members have?

Below are the top 6 discussions that were posted on Loop Junior, which garnered the highest number of comments since September 30, 2019.

### DISCUSSIONS

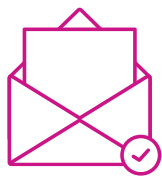
1.Home Safety Checklist for Parents of Young Children	16 comments
2.This Is the Second Year That the FPM Campaign Includes Information on Childhood Fall Prevention	5 comments
3.Members in Atlantic Canada: Let's Network!	4 comments
4.COVID-19 and Injury: Staying Physically Active	4 comments
5.Save the Date: Town Hall on Childhood Fall Prevention	3 comments
6.Any New Info or Key Messages about Children Wearing Sports Equip in Safety Seats Due to COVID-19?	3 comments

## What did members read?

Loop Junior e-newsletters are sent bi-weekly and help keep members in the Loop about discussion posts, upcoming webinars and events. Below are the top 5 newsletters\* (based on click rate). All rates were above the industry average of 2.8%.



166  
Subscribers



Average  
Open Rate\*\*:  
24.9%



Average  
Click Rate\*\*\*:  
7.9%

\*Data reflects newsletters distributed between October 4, 2019 and September 18, 2020.

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

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

NEWSLETTER TITLE	CLICK RATE
12 Days of Safety	17.6%
Concussion in Children Under the Age of 6	14.8%
Toolkit on Stair Safety	14.7%
Seeking Home Safety Checklists	13.9%
Examples of Home Safety Checklists	13.9%

# What webinars were hosted?

Over the past 12 months, Loop Junior facilitated 2 webinars\* and 1 Town Hall – 1 more event than last year. Below is a list of the webinars. Participant numbers are included.

## LOOP JUNIOR WEBINARS

1.Exploring Children’s Falls Using the Electronic Canadian Hospitals Injury Reporting and Prevention Program (eCHIRPP)	40
2.Preventing Paediatric Window Falls: A Collaborative Approach to Effecting National Building Code Change	28
3.Town Hall on Childhood Fall Prevention: What Can We Do Collectively?	28

\*Data reflects webinars held between October 1, 2019 and September 30, 2020.



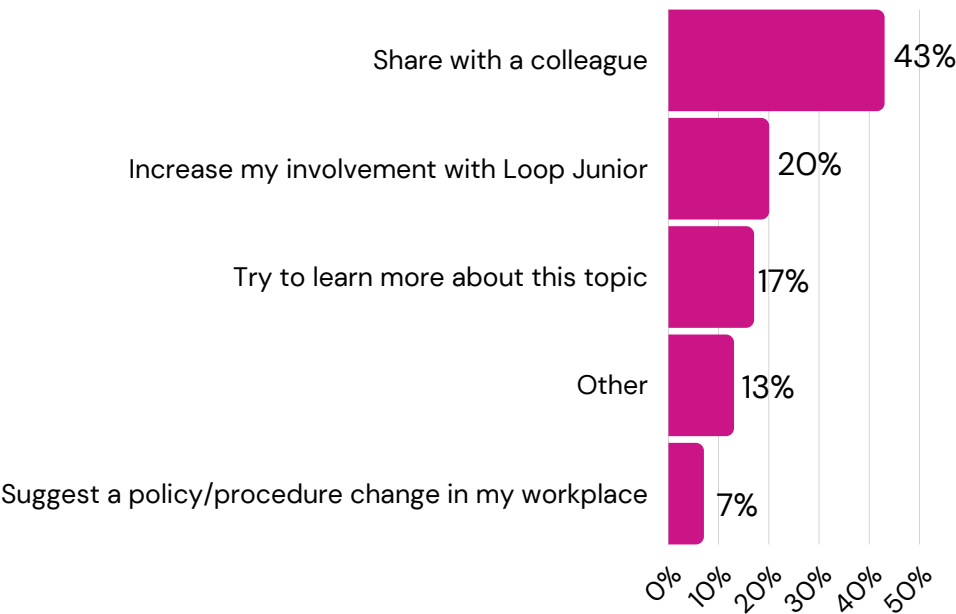
Total number of participants: 96

Average number of participants per webinar: 32

# What did members think about the webinars?

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

How participants plan to use the webinar information



Numbers are rounded to the nearest percentage.

85% of participants rated their confidence level to use the information in the webinar as moderate-high

68% of participants rated the presenters as very knowledgeable

94% of participants thought that webinar materials were helpful-very helpful

97% of participants noted that the presenters kept them interested throughout

97% of participants rated the quality of the webinars as high-very high



# Knowledge Centre

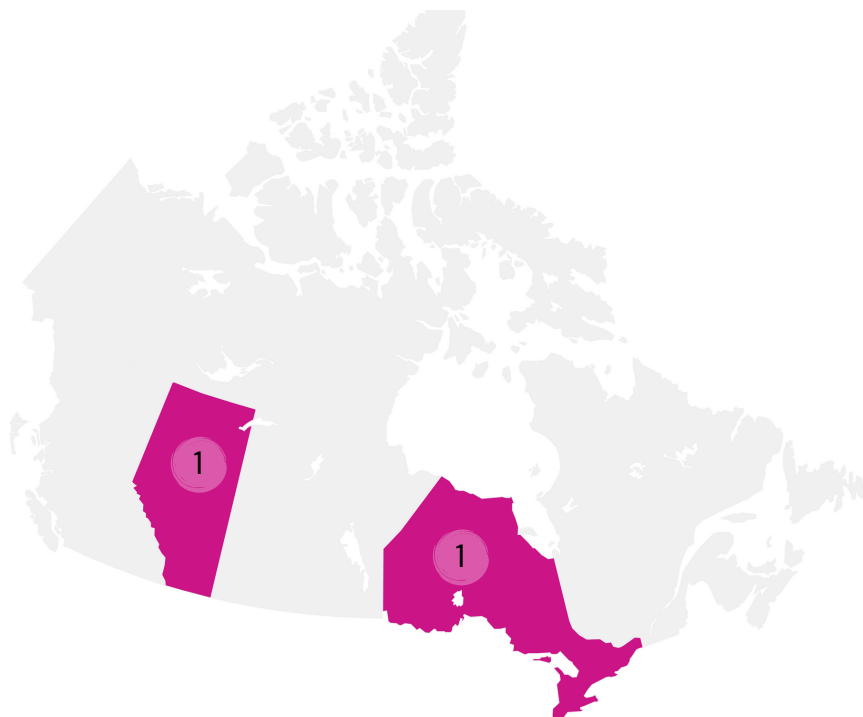
## What questions\* did members have?

The Knowledge Centre had 1 new Loop Junior information request plus 1 request that was received late September 2019 and was resolved after October 1, 2019. This is 2 fewer requests than 2018/19.

### WORK SETTING OF REQUESTERS

Community-based: 1

Care facility: 1



## What were the themes of the requests?

### THEMES OF REQUESTS

Evidence-based clinical pathway on post-fall management for infant, and maternal/newborn fall risks

Daycare stairs safety

## What types of products were developed?

The Knowledge Centre released 3 Loop Junior knowledge products.

### KNOWLEDGE PRODUCTS

1. Evidence Summary: Preventing Falls in Older Children (10–14 years of age)
2. Maternal–Infant Unit Fall Risk and Post Fall Policies and Pathways
3. Home Safety Equipment for Low–Income Families to Prevent Child Falls

\*Data reflects information requests received between September 30, 2019 and September 30, 2020.

# 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](https://fallsloop.com/registration)

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