

Title of Intervention: The Nijmegen Falls Prevention Program

Intervention Strategies: Group Education

Purpose of the Intervention: To reduce falls among older adults

Population: Adults 65 years of age and older

Setting: Community-based

Partners: None mentioned

Intervention Description:

- Group Education: Exercise sessions were held twice weekly for five weeks. Low intensity balance and coordination were practiced. An obstacle avoidance course was included. The first week focused on balance, gait and coordination in an obstacle course. The second week included walking exercises that stimulated walking in a crowded environment with many changes in speed and direction. Fall techniques for forward, backward and lateral falls were practiced.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Exercise instructor
- Training: Not mentioned
- Technology: Not mentioned
- Space: Room to conduct group exercise sessions
- Budget: Not mentioned
- Intervention: Exercise class curriculum, obstacle course
- Evaluation: Motor control assessment materials, questionnaire

Evaluation:

- Design: Pre- and post-evaluation controlled trial
- Methods and Measures:
 - Standing balance, obstacle avoidance performance and balance confidence were measured.
 - Fall monitoring and quantitative motor control assessments were performed.

Outcomes:

- Short Term Impact: Obstacle avoidance success rates improved significantly more in the exercise group compared to the control group. Quiet stance and weight-shifting measures did not show significant effects of exercise. The exercise group showed an increase in balance confidence scores.
- Long Term Impact: The number of falls in the exercise group decreased compared to the number of falls in the control group.

Maintenance: Not mentioned

Lessons Learned: Not mentioned

Citation(s):

Weerdesteyn V, Rijken H, Geurts AC, Smits-Engelsman BC, Mulder T, Duysens J. A five-week exercise program can reduce falls and improve obstacle avoidance in the elderly. *Gerontology*. 2006;52(3):131-141.