

Approach

Intervention group

PRIMARY AIMS

	(0=no,1=yes)	
To reduce falls	☐	A100
To reduce fall related injuries	☐	A101
To improve QOL	☐	A102
To improve function/physical activity	☐	A103
To reduce health/social care resource use	☐	A104
Safety monitoring	☐	A105
To improve psychological outcome	☐	A106
Others	☐	A199
Free text:.....		A199A
Not described	☐	A001

PRIMARY SELECTION CRITERIA

Population approach (0=no,1=yes)
(none of the below except age) ☐ A200

Selection criteria used

Demographics

Age group (years)	$\geq$		A300
Male only		☐	A301
Female only		☐	A302
Selected ethnic group		☐	A303
Others		☐	A399

Free text: A399A

Previous falls (≥ 1) ☐ A400

Chronic diseases, symptoms, impairments

Osteoporosis/osteoporotic fractures	☐	A500
Parkinson's disease/syndrome	☐	A501
Cerebrovascular disorders	☐	A502
Eye disorders, visual impairments	☐	A503
Dementia, cognitive impairment	☐	A504
Depression symptoms	☐	A505
Syncope	☐	A506
Gait and/or balance impairment	☐	A507
Urinary Incontinence	☐	A508
Screening tool	☐	A509
Others	☐	A599

Free text: A599A

Medication-specific ☐ A600

Specific groups excluded

Dementia, cognitive impairment	☐	A700
Other specified exclusion	☐	A799

Free text: A799A

No selection criteria specified ☐ A002

RECRUITMENT

Hospitals

(0=no,1=yes)

Acute

☐ B100

Emergency department

☐ B101

Subacute (e.g. rehabilitation)

☐ B102**Nursing and residential care facilities**☐ B110**Provider of ambulatory health care**☐ B120**Community based**☐ B130**Population based registers**☐ B140**Others**☐ B199**Free text:**

B199A

Not described☐ B001

MAIN SITE(S) OF DELIVERY

Hospitals

(0=no,1=yes)

Acute

☐ B200

Emergency department

☐ B201

Subacute (e.g. rehabilitation)

☐ B202**Nursing and residential care facilities**☐ B210**Provider of ambulatory health care**☐ B220**Community based**

Participant's home

☐ B230

Organisations & other locations in the community

☐ B231**Outdoor environment**☐ B240**Others**☐ B299**Free text:**

B299A

Not described☐ B002

ASSESSMENTS DELIVERED BY

(0=no,1=yes)

Professionals

☐ B300

Trained non-professionals

☐ B301

Self-assessment

☐ B302

Others

☐ B399

Free text:

B399A

Not described☐ B003

INTERVENTIONS DELIVERED BY

Professionals

(0=no,1=yes)

Medical doctors/medical assistants

☐ B400

Pharmacists

☐ B401

Nursing and midwifery professionals

☐ B402

Social work professionals

☐ B403

Psychologists

☐ B404

Physiotherapists & related professionals

☐ B405

Occupational therapists & related professionals

☐ B406

Modern health professionals not elsewhere

classified

☐ B407

Unspecified multidisciplinary/research teams

☐ B408

Other professionals

☐ B499

Free text:

B499A

Trained non-professionals

Formal (e.g. students, paid personnel)

☐ B500

Informal (e.g. volunteers, family members)

☐ B501

Other non-professionals

☐ B599

Free text:

B599A

Self management interventions☐ B600**Institutions/authorities**☐ B700**Others**☐ B999**Free text:**

B999A

Not described☐ B004

Components

Intervention group

ASSESSMENTS AS PART OF THE INTERVENTIONS (including recommendations, referrals)

Generic

(0=no,1=yes)

Geriatric Assessment (e.g. MDS-RAI)

☐

C100

Specific

Validated fall risk assessment (e.g. PPA)

☐

C200

Gait and balance (only)

☐

C201

Cardiovascular assessment

☐

C202

Medication review

☐

C203

Vision

☐

C204

Foot assessment

☐

C205

Psychological assessmet

☐

C206

Environment (dwelling units) (e.g. Housing Enabler)

☐

C207

Environment (public outdoor)

☐

C208

Environment (aids for personal
care and protection)

☐

C209

Others

☐

C299 Free text:

C299A

COMBINATION OF INTERVENTIONS

(0=no,1=yes)

Single (single intervention)

☐

C300

Multiple (standardized combination)

☐

C301

Multifactorial (individual combination)

☐

C302

Descriptors

Intervention group

PROCEDURES & INTERVENTIONS

Supervised Exercises

Type of exercise

(0=no,1=yes)

Gait, balance, co-ordination, functional tasks

☐

D100

Strength/resistance (incl. power)

☐

D101

Flexibility

☐

D102

3D (tai chi, qi gong, dance, yoga)

☐

D103

General physical activity

☐

D104

Endurance

☐

D105

Other kind of exercises

☐

D109

Duration
months
99=n.d.

Frequency
per month
99=n. d.

Intensity
1=low,
2=moderate
3=hard, 99=n.d.

Individual/Group
1=individ., 2=group
3=combination
99=n.d.

D10A

D10B

D10C

D10D

Free text:

D109A

Unsupervised Exercises

Type of exercise

Gait, balance, co-ordination, functional tasks

☐

D1A0

Strength/resistance (incl. power)

☐

D1A1

Flexibility

☐

D1A2

3D (tai chi, qi gong, dance, yoga)

☐

D1A3

General physical activity

☐

D1A4

Endurance

☐

D1A5

Other kind of exercises

☐

D1A9

Duration
months
99=n.d.

Frequency
per month
99=n. d.

Intensity
1=low,
2=moderate
3=hard, 99=n.d.

Individual/Group
1=individ., 2=group
3=combination
99=n.d.

D1AA

D1AB

D1AC

D1AD

Free text:

D1A9A

Medication (drug target)

Direct action (withdrawal, dose reduction or increase, substitution, provision)

Antihypertensives

☐

D200

Anti-dementia drugs

☐

D207

Other cardiovascular agents

☐

D201

Antidepressants

☐

D208

Vitamin D

☐

D202

Antipsychotic/Neuroleptic drugs

☐

D209

Calcium

☐

D203

Anxolytics, hypnotics&sedatives

☐

D210

Other bone health medication

☐

D204

Other central nervous system

☐

D211

Drugs used in diabetes

☐

D205

Urinary antispasmodics

☐

D212

Anti-Parkinson drugs

☐

D206

Other specified drugs

☐

D299

Free text: D299A

Surgery

Cataract

☐

D300

Pacemaker

☐

D301

Podiatric surgery

☐

D302

Others

☐

D399

Free text: D399A

Management of urinary incontinence

☐

D400

Fluid or nutrition therapy

☐

D500

Psychological

Individual/Group
1=individual,2=group,
3=combination, 99=n.d.

Cognitive (behavioral) interventions

☐

D600

D60B

Others.....

☐

D699

Free text:

D499A

D69B

Environment/Assistive technology

Furnishings and adaptations to homes and other premises/direct action

(0=no,1=yes)

Dwelling unit, indoors incl. entrances ☐ D700
Dwelling unit, outdoors ☐ D701
Public outdoor ☐ D702
Relocation ☐ D703

Aids for personal mobility ☐ D710

Aids for communication, information and signalling

Optical aids ☐ D720
Hearing aids ☐ D721
Aids for signalling & indicating ☐ D722
Alarm systems ☐ D723

Body worn aids for personal care and protection

Body worn protective aids ☐ D730
Clothes and shoes ☐ D731

Other environmental interventions ☐ D799 Free text: D799A

Social environment

Staff ratio ☐ D800
Staff training ☐ D801
Service model change ☐ D802
Telephone support ☐ D803
Caregiver training ☐ D804
Home care services ☐ D805

Others ☐ D899 Free text:..... D899A

Knowledge

Written material, videos, lectures etc. ☐ D900

Others ☐ D999 Free text: D999B

Other Interventions ☐ D9999 Free text:.....D9999A

FURTHER SPECIFICATIONS OF THE INTERVENTIONS

	1=written, 2=by telephone, 3=personal,99=n.d.	Number of contacts	Postintervention period (months)
Postintervention follow-up ☐ D000	☐ D00A	☐ D00B	☐ D00C

Strategies based on psychological models or theories to improve uptake and/or adherence ☐ D010 **Model/Theory** Free text: D010A

Detailed description of the intervention available ☐ D020 **1=directly from the author, 2=internet,
3=published, 4=others, 99=n.d.** ☐ D02A

Descriptors

UNSPECIFIC CONTROL GROUP / SHAM INTERVENTION

(0=no,1=yes)

Control group described ☐ DC000

Routine care,no specific interventions ☐ DC100

Supervised Exercises

Exercises not targeted to increase mobility or lower limb function ☐ DC210

Others .. ☐ DC299 Free text: DC299A

Medication(Drug Target)

Placebo ☐ DC300

Social environment/Knowledge

Group sessions ☐ DC400

Telephone contacts ☐ DC401

Home visits ☐ DC402

Written materials, videos ☐ DC403

Others ☐ DC499 Free text: DC499A

Others ☐ DC999 Free text: DC999A