CHRU e-Perspectives

Volume 1, Number 3
November 2006

- Commencing this issue, CHRU e-Perspectives will focus on a different research topic each month. This month’s topic is Preventing Falls Among Seniors. Next month’s topic is HIV/AIDS Research.

Preventing Falls Among Seniors:

The built environment is a risk factor for falls. Our research has focused on bathroom grab bars and stairs. These are the locations of 25-30% of all falls among seniors. Our aim is to inform programs and policy. The following five examples highlight some of our key findings.

Study: A comparison of prevalence of bathtub grab bars in public and private buildings

Funder: Ontario Ministry of Health and Long-Term Care provided funding for the original study

Key Findings: In a random sample of 48 apartment buildings in Ottawa, 91.3% of public buildings had universal access to grab bars while only 37.8% (p<0.05) of private buildings had universal access to grab bars.

More information:

**Study: Evaluation of bath grab bar placement for older adults**

**Funder:** Canada Mortgage and Housing Corporation

**Key Findings:** Seniors use 1 support to enter and exit bathtub, and a 2nd support to sit down and stand up in bathtub. Seniors reported the Ontario Building Code grab bar configuration (a single L-shaped grab bar) to be the least useful of 5 configurations tested in this laboratory-based study.

**For more information:** CMHC Website: [http://www.cmhc-schl.gc.ca/](http://www.cmhc-schl.gc.ca/)


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**Study: Environmental hazard reduction strategies: A review of the literature**

**Funder:** Community Health Research Unit

**Key Findings:** Systematic reviews indicate that environmental hazard reduction strategies should be used in combination with physical activity interventions to effectively reduce falls. Our review of 17 randomized controlled trials indicates that providing seniors with financial and technical assistance to make changes to environmental hazards is more likely to reduce the risk of falls than offering advice, education or referrals for assistance with environmental hazards.

**More information:** Edwards, N., Lockett, D., Benjamin, K.: *Environmental Hazards and Fall Prevention Defining a New Research Agenda*


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**Study: Stair safety and stair use among community-living seniors: Prevalence of stair hazards in the Cities of Ottawa and Gatineau**

**Funder:** Canadian Institutes of Health Research

**Key Findings:** 30.4% of seniors self-reported difficulty using indoor stairs and 17.1% reported difficulty using outdoor stairs. The most prevalent indoor and outdoor home stair hazards were no contrast marking on edge of stairs, treads < 11 inches, non-uniform risers, and risers > 7 inches. Non-uniform treads and lack of handrails were more prevalent hazards for outdoor than indoor stairs. Seniors most frequently identified handrails as the strategy to improve stair safety.
More information:
Follow the links below for more information on preventing falls among seniors:

- CHNET-Works! Photo Gallery
- CHNET-Works! Presentation on Stair Falls
- Stairs Advocacy Kit
- Presentation at Australian Public Health Association
- Letter to the Editor – The Ottawa Citizen

Links

- The Nursing Best Practice Research Unit (NBPRU) has launched its website. To view the website, go to: [www.nbpru.ca](http://www.nbpru.ca). NBPRU’s first e-newsletter can also be found on the website.

- Check out the Commission on Social Determinants of Health October 2006 newsletter. This issue addresses the health needs of immigrants, going beyond child survival, and the latest publications/web updates on social determinants of health. [Click](http://example.com) to view.

- The Health Intelligencer: This bulletin provides a comprehensive overview of current and upcoming Health System Intelligence Project (HSIP) products. Copies of all reports produced so far have been provided to the LHIN offices and electronic versions of most reports are available at [www.health.gov.on.ca/transformation/providers/information/im_resources.html](http://www.health.gov.on.ca/transformation/providers/information/im_resources.html)

Conferences

- The International Scientific Program Committee of the 19th IUHPE World Conference is calling for the submission of abstracts of papers, workshops, and symposia to be presented to the conference. For further details and access to the online abstract submission form, visit [http://www.iuhpeconference.org](http://www.iuhpeconference.org) and follow the links. The deadline for submission of abstracts will be midnight, December 25th, 2006!
The Canadian Cochrane Symposium: Knowledge for Health will be held on February 12th to 13th, 2007 in Ottawa, Ontario. Researchers, healthcare managers and professionals will find presentations related to the production and use of systematic reviews, as well as training workshops on how to do systematic reviews. For more information, go to: http://www.cochrane.uottawa.ca/symposia.asp

The Dalhousie University School of Nursing is holding its 2007 Nursing Research Conference on May 11th, 2007. The conference planning committee invites researchers, clinicians, faculty members and students to submit abstracts which detail innovative strategies targeted at the conference theme of Caring for Vulnerable Populations Across the Lifespan. The deadline for abstract submission is November 30, 2007. Click to fill out a submission form.

The CPHA will hold its 98th Annual Conference in Ottawa, September 16-19th, 2007. More details on this conference will be available in the future.

Conference Presentations

Ariella Lang presented at the Halifax 6 Conference in Vancouver on patient safety, October 18-21. Her poster was entitled “Broadening the patient safety agenda to include home care.” Halifax 6 provided a tremendous opportunity for networking to pursue the agenda for safety in home care for patients, family members, paid and un-paid caregivers.

CHRU showcased development of the Multiple Intervention Program Tool Kit at the recent Ontario Public Health Association Conference. Lynne MacLean conducted an invitational breakfast meeting that was attended by colleagues involved in program planning and evaluation. Lynne also presented a poster titled “Working Towards a Public Health Tool Kit for Planning, Implementing and Assessing Multiple Intervention Programs” by Lynne MacLean, L., Edwards, N., Estable, A., Meyer, M., Semenic, S., Watt, T., Riley, B. Participants provided useful feedback on the usefulness of the toolkit for planning, the balance of theory and practice information, and the degree of interactivity people would like included in the toolkit. Many thanks to OPHA and the Eastern Ontario Health Unit for their assistance in organizing the breakfast meeting!


November-December Fireside Chats Schedule:

**Nov. 10** - Social Justice - is this an essential item for the new Core Competencies?

**Presenter:** Nancy Edwards

**Nov. 17** - Using Technology in Health Promotion

**Presenter:** Robyn Kalda

**Nov. 24** - Activity and Aging – Creating a culture supportive of physical activity in Long Term Care in Ontario.

**Presenter:** Clara Fitzgerald

**Dec. 1** - A Population Health Approach to Healthy Weights - Environmental and Social Factors

**Presenter:** Dr. Lisa Votta

**Dec. 8** - Working together for Built Environments and Health: Community Health Professionals with Traffic Engineers and Municipal Planners

**Presenter:** Kim Bergeron

You can register for Fireside Chats at: [www.chnet-works.ca](http://www.chnet-works.ca)
Research Projects

Edwards, N., Premji, S., Mansi, O., Montgomery, P.A., Olson, J., Semenic, S.E., & Williams, B. Provincial prenatal record revision: A multiple case study of evidence-based decision-making at the population-policy level. Funded by Canadian Institutes of Health Research.

Edwards, N., Benjamin, K., Sveistrup, H., Egan, M., Dubouloz, C.J., Guitard, P., Kozak, J., Rieck-Buckley, C., Fahey, K., Grant, T., Morgan, K., & Murray, M.A. Physical Activity for Older Adults: A consultation with long-term care facilities in the Ottawa region. Funded by Seniors Health Research Transfer Networks and The Community Health Research Unit.


Reports


New Publications


**For more information**

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CHRU Website: [http://aix1.uottawa.ca/~nedwards/chru/](http://aix1.uottawa.ca/~nedwards/chru/)

Multiple Intervention Website: [http://aix1.uottawa.ca/~nedwards/](http://aix1.uottawa.ca/~nedwards/)

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