## Appendix H: Meta-analysis figures (reproduced from Gillespie et al. 2003)

### Review: Interventions for preventing falls in elderly people

### Comparison: 01 Exercise/physical therapy alone vs control

### Outcome: 01 Number of participants falling

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Intervention n/N</th>
<th>Control n/N</th>
<th>RR (fixed) 95% CI</th>
<th>Weight %</th>
<th>RR (fixed) 95% CI</th>
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</thead>
<tbody>
<tr>
<td><strong>01 Community dwelling - untargeted</strong></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>McMurdo 1997</td>
<td>13/44</td>
<td>21/48</td>
<td>6.63 [0.39, 1.18]</td>
<td>0.68</td>
<td>6.63 [0.39, 1.18]</td>
</tr>
<tr>
<td>Buchner 1997a</td>
<td>32/75</td>
<td>18/30</td>
<td>8.49 [0.48, 1.05]</td>
<td>0.71</td>
<td>8.49 [0.48, 1.05]</td>
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<tr>
<td>Pereira 1998</td>
<td>26/96</td>
<td>33/100</td>
<td>10.68 [0.53, 1.26]</td>
<td>0.82</td>
<td>10.68 [0.53, 1.26]</td>
</tr>
<tr>
<td>Cornillon 2002</td>
<td>39/148</td>
<td>48/153</td>
<td>15.59 [0.59, 1.20]</td>
<td>0.84</td>
<td>15.59 [0.59, 1.20]</td>
</tr>
<tr>
<td>Cerny 1998</td>
<td>3/15</td>
<td>3/13</td>
<td>1.06 [0.21, 3.58]</td>
<td>0.87</td>
<td>1.06 [0.21, 3.58]</td>
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<tr>
<td>Day 2002</td>
<td>76/135</td>
<td>87/137</td>
<td>28.53 [0.73, 1.08]</td>
<td>0.89</td>
<td>28.53 [0.73, 1.08]</td>
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<tr>
<td>Lord 1995</td>
<td>26/75</td>
<td>33/94</td>
<td>9.67 [0.65, 1.50]</td>
<td>0.99</td>
<td>9.67 [0.65, 1.50]</td>
</tr>
<tr>
<td>Ebrahim 1997</td>
<td>52/81</td>
<td>50/84</td>
<td>16.22 [0.85, 1.37]</td>
<td>1.08</td>
<td>16.22 [0.85, 1.37]</td>
</tr>
<tr>
<td>Cornillon 2002</td>
<td>12/31</td>
<td>9/28</td>
<td>3.12 [0.60, 2.42]</td>
<td>1.20</td>
<td>3.12 [0.60, 2.42]</td>
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<tr>
<td><strong>Subtotal (95% CI)</strong></td>
<td><strong>700</strong></td>
<td><strong>687</strong></td>
<td><strong>100.00 [0.79, 1.01]</strong></td>
<td><strong>0.89</strong></td>
<td><strong>100.00 [0.79, 1.01]</strong></td>
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<tr>
<td>Total events: 279 (Intervention), 302 (Control)</td>
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<tr>
<td>Test for heterogeneity: Chi² = 5.83, df = 8 (P = 0.67), I² = 0%</td>
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<tr>
<td>Test for overall effect: Z = 1.84 (P = 0.07)</td>
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</tr>
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</table>

| **02 Community dwelling (strength, balance, walking) - individually targeted** |
| Robertson 2001a       | 38/121           | 51/119      | 39.98 [0.52, 1.02] | 0.73    | 39.98 [0.52, 1.02] |
| Campbell 1999         | 12/45            | 16/48       | 12.04 [0.43, 1.50] | 0.80    | 12.04 [0.43, 1.50] |
| Campbell 1997         | 53/116           | 62/117      | 47.99 [0.66, 1.12] | 0.86    | 47.99 [0.66, 1.12] |
| **Subtotal (95% CI)** | **282**          | **284**     | **100.00 [0.66, 0.98]** | **0.80** | **100.00 [0.66, 0.98]** |
| Total events: 103 (Intervention), 129 (Control) |
| Test for heterogeneity: Chi² = 0.57, df = 2 (P = 0.75), I² = 0% |
| Test for overall effect: Z = 2.18 (P = 0.03) |

| **03 Community dwelling (strength training) - individually targeted** |
| Latham 2003           | 60/112           | 64/110      | 100.00 [0.73, 1.16] | 0.92    | 100.00 [0.73, 1.16] |
| **Subtotal (95% CI)** | **112**          | **110**     | **100.00 [0.73, 1.16]** | **0.92** | **100.00 [0.73, 1.16]** |
| Total events: 60 (Intervention), 64 (Control) |
| Test for heterogeneity: not applicable |
| Test for overall effect: Z = 0.69 (P = 0.49) |

| **04 Institutional care - individually targeted** |
| Donald 2000           | 2/30             | 6/24        | 14.93 [0.06, 1.20]  | 0.27    | 14.93 [0.06, 1.20]  |
| Mulrow 1994           | 44/97            | 38/97       | 85.07 [0.83, 1.61]  | 1.16    | 85.07 [0.83, 1.61]  |
| **Subtotal (95% CI)** | **127**          | **121**     | **100.00 [0.74, 1.41]** | **1.02** | **100.00 [0.74, 1.41]** |
| Total events: 46 (Intervention), 44 (Control) |
| Test for heterogeneity: Chi² = 3.59, df = 1 (P = 0.06), I² = 72.1% |
| Test for overall effect: Z = 0.15 (P = 0.88) |

Favours intervention  Favours control
### Comparison: 01 Exercise/physical therapy alone vs control
### Outcome: 02 Number sustaining medical care fall

<table>
<thead>
<tr>
<th>Study or sub-category</th>
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<th>Weight %</th>
<th>RR (fixed) 95% CI</th>
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</tr>
<tr>
<td>Campbell 1999</td>
<td>3/45</td>
<td>4/48</td>
<td>1.00</td>
<td>100.00</td>
<td>0.80 [0.19, 3.38]</td>
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<tr>
<td>03 Institutional care - individually targeted</td>
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<tr>
<td>Mulrow 1994</td>
<td>13/97</td>
<td>7/97</td>
<td>1.00</td>
<td>100.00</td>
<td>1.86 [0.77, 4.45]</td>
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</table>

Review: Interventions for preventing falls in elderly people
Comparison: 01 Exercise/physical therapy alone vs control
Outcome: 03 Number sustaining fracture fall

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<th>Intervention n/N</th>
<th>Control n/N</th>
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<th>Weight %</th>
<th>RR (fixed) 95% CI</th>
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<tr>
<td>Ebrahim 1997</td>
<td>2/81</td>
<td>3/84</td>
<td>1.00</td>
<td>100.00</td>
<td>0.69 [0.12, 4.03]</td>
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<td>02 Community dwelling - individually targeted</td>
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<td>Robertson 2001a</td>
<td>2/121</td>
<td>7/119</td>
<td>1.86</td>
<td>93.58</td>
<td>0.28 [0.06, 1.33]</td>
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<tr>
<td>Campbell 1999</td>
<td>1/45</td>
<td>0/48</td>
<td>6.42</td>
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<td>3.20 [0.13, 76.48]</td>
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Review: Interventions for preventing falls in elderly people
Comparison: 01 Exercise/physical therapy alone vs control
Outcome: 04 Number sustaining injury fall

<table>
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<tr>
<th>Study or sub-category</th>
<th>Intervention n/N</th>
<th>Control n/N</th>
<th>RR (fixed) 95% CI</th>
<th>Weight %</th>
<th>RR (fixed) 95% CI</th>
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<tr>
<td>Rubenstein 2000</td>
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<td>0/28</td>
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<tr>
<td>Total events: 0 (Intervention), 0 (Control)</td>
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<tr>
<td>Test for heterogeneity: not applicable</td>
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<td>Test for overall effect: not applicable</td>
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<tr>
<td>02 Community dwelling - individually targeted</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Campbell 1999</td>
<td>5/45</td>
<td>8/48</td>
<td>1.87</td>
<td>8.73</td>
<td>0.67 [0.24, 1.89]</td>
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<tr>
<td>Campbell 1997</td>
<td>27/103</td>
<td>43/110</td>
<td>6.91</td>
<td>46.91</td>
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<td>39/119</td>
<td>8.36</td>
<td>44.36</td>
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<td>277</td>
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<tr>
<td>03 Institutional care - individually targeted</td>
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</tr>
<tr>
<td>Mulrow 1994</td>
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<td>2/97</td>
<td>1.00</td>
<td>100.00</td>
<td>3.50 [0.75, 16.43]</td>
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<td>Subtotal (95% CI)</td>
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<td>97</td>
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<td>Total events: 7 (Intervention), 2 (Control)</td>
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<td>Test for heterogeneity: not applicable</td>
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<tr>
<td>Test for overall effect: Z = 1.59 (P = 0.11)</td>
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Appendix H Graphs
Review: Interventions for preventing falls in elderly people
Comparison: 01 Exercise/physical therapy alone vs control
Outcome: 05 Number sustaining two or more falls

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Intervention</th>
<th>Control</th>
<th>RR (fixed)</th>
<th>Weight</th>
<th>RR (fixed)</th>
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<tr>
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<td>n/N</td>
<td>n/N</td>
<td>95% CI</td>
<td>%</td>
<td>95% CI</td>
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<td>01 Community dwelling - untargeted</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Pereira 1998</td>
<td>22/96</td>
<td>30/100</td>
<td>73.40</td>
<td>0.76</td>
<td>[0.48, 1.23]</td>
</tr>
<tr>
<td>Lord 1996</td>
<td>8/75</td>
<td>12/94</td>
<td>26.60</td>
<td>0.84</td>
<td>[0.36, 1.94]</td>
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<tr>
<td>Subtotal (95% CI)</td>
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<td>194</td>
<td>100.00</td>
<td>0.78</td>
<td>[0.52, 1.18]</td>
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<td>Total events: 30 (Intervention), 42 (Control)</td>
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<td>Test for heterogeneity: Chi² = 0.03, df = 1 (P = 0.86), I² = 0%</td>
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<td>Test for overall effect: Z = 1.16 (P = 0.25)</td>
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<td>Campbell 1997</td>
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<td>34/117</td>
<td>52.22</td>
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<td>7/48</td>
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<td>24/119</td>
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<tr>
<td>Subtotal (95% CI)</td>
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<td>284</td>
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<td>Total events: 49 (Intervention), 65 (Control)</td>
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Review: Interventions for preventing falls in elderly people
Comparison: 01 Exercise/physical therapy alone vs control
Outcome: 06 Mean number of falls

<table>
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<tr>
<th>Study or sub-category</th>
<th>Intervention</th>
<th>Control</th>
<th>WMD (fixed)</th>
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<th>WMD (fixed)</th>
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<td>95% CI</td>
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<td>Means 1996</td>
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<td>34</td>
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<td>Robertson 2001a</td>
<td>121</td>
<td>119</td>
<td>-0.25</td>
<td>100.00</td>
<td>[-0.65, 0.15]</td>
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Review: Interventions for preventing falls in elderly people
Comparison: 02 Exercise plus medication withdrawal vs control
Outcome: 01 Number of participants falling

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<tr>
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<th>Intervention</th>
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<th>RR (fixed)</th>
<th>Weight</th>
<th>RR (fixed)</th>
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<td>95% CI</td>
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<td>Campbell 1999</td>
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<td>11/24</td>
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<td>[0.24, 1.24]</td>
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Review: Interventions for preventing falls in elderly people
Comparison: 02 Exercise plus medication withdrawal vs control
Outcome: 02 Number sustaining medical care fall

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<td>%</td>
<td>95% CI</td>
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<td>3/24</td>
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<td>0.67</td>
<td>[0.12, 3.64]</td>
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</table>
Clinical practice guideline for the assessment and prevention of falls in older people

Review: Interventions for preventing falls in elderly people
Comparison: 02 Exercise plus medication withdrawal vs control
Outcome: 03 Number sustaining fracture fall

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Review: Interventions for preventing falls in elderly people
Comparison: 02 Exercise plus medication withdrawal vs control
Outcome: 04 Number sustaining injury fall

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<tr>
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Review: Interventions for preventing falls in elderly people
Comparison: 03 Exercise plus incontinence management vs control
Outcome: 01 Number of participants falling

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Review: Interventions for preventing falls in elderly people
Comparison: 03 Exercise plus incontinence management vs control
Outcome: 02 Number sustaining fracture fall

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<th>Control</th>
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<th>Weight</th>
<th>RR (fixed)</th>
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<td></td>
<td>n/N</td>
<td>n/N</td>
<td>95% CI</td>
<td>%</td>
<td>95% CI</td>
</tr>
<tr>
<td>Schnelle 2003</td>
<td>4/92</td>
<td>1/98</td>
<td>100.00</td>
<td>4.26 [0.49, 37.42]</td>
<td></td>
</tr>
</tbody>
</table>

Review: Interventions for preventing falls in elderly people
Comparison: 03 Exercise plus incontinence management vs control
Outcome: 03 Number sustaining injury fall

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Treatment</th>
<th>Control</th>
<th>RR (fixed)</th>
<th>Weight</th>
<th>RR (fixed)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n/N</td>
<td>n/N</td>
<td>95% CI</td>
<td>%</td>
<td>95% CI</td>
</tr>
<tr>
<td>Schnelle 2003</td>
<td>8/92</td>
<td>11/98</td>
<td>100.00</td>
<td>0.77 [0.33, 1.84]</td>
<td></td>
</tr>
</tbody>
</table>
Clinical practice guideline for the assessment and prevention of falls in older people

### Review: Interventions for preventing falls in elderly people

### Comparison: 04 Home safety intervention alone vs control

### Outcome: 01 Number of participants falling

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Intervention</th>
<th>Control</th>
<th>RR (fixed)</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n/N</td>
<td>n/N</td>
<td>95% CI</td>
<td>%</td>
</tr>
<tr>
<td>01 Community dwelling - no falls in year prior to randomisation</td>
<td>Cumming 1999</td>
<td>53/161</td>
<td>52/163</td>
<td>23.45</td>
</tr>
<tr>
<td></td>
<td>Subtotal (95% CI)</td>
<td></td>
<td>161</td>
<td>163</td>
</tr>
<tr>
<td>Total events: 53 (Intervention), 52 (Control)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Test for heterogeneity: not applicable</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Test for overall effect: Z = 0.20 (P = 0.84)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| 02 Community dwelling - one or more falls in year prior to randomisation | Cumming 1999 | 43/103 | 67/103 | 30.40 | 0.64 | [0.49, 0.84] |
| Pardessus 2002 | 13/30 | 15/30 | 6.81 | 0.87 | [0.50, 1.49] |
| Subtotal (95% CI) | | 133 | 133 | 37.21 | 0.68 | [0.54, 0.87] |
| Total events: 56 (Intervention), 82 (Control) | | | | |
| Test for heterogeneity: Chi² = 0.94, df = 1 (P = 0.33), I² = 0% | | | |
| Test for overall effect: Z = 3.11 (P = 0.002) | | | |

| 03 Community dwelling - falling status in prior year undefined | Day 2002 | 78/136 | 87/137 | 39.34 | 0.90 | [0.74, 1.10] |
| Subtotal (95% CI) | | 136 | 137 | 39.34 | 0.90 | [0.74, 1.10] |
| Total events: 187 (Intervention), 221 (Control) | | | | |
| Test for heterogeneity: not applicable | | | |
| Test for overall effect: Z = 2.28 (P = 0.02) | | | |

### Review: Interventions for preventing falls in elderly people

### Comparison: 05 Home safety intervention plus medication withdrawal vs control

### Outcome: 01 Number of participants falling

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Treatment</th>
<th>Control</th>
<th>RR (fixed)</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n/N</td>
<td>n/N</td>
<td>95% CI</td>
<td>%</td>
</tr>
<tr>
<td>01 High intensity intervention</td>
<td>Carter 1997</td>
<td>19/133</td>
<td>29/161</td>
<td>100.00</td>
</tr>
<tr>
<td>02 Low intensity intervention</td>
<td>Carter 1997</td>
<td>19/163</td>
<td>29/161</td>
<td>100.00</td>
</tr>
</tbody>
</table>

### Review: Interventions for preventing falls in elderly people

### Comparison: 05 Home safety intervention plus medication withdrawal vs control

### Outcome: 02 Number sustaining two or more falls

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Treatment</th>
<th>Control</th>
<th>RR (fixed)</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n/N</td>
<td>n/N</td>
<td>95% CI</td>
<td>%</td>
</tr>
<tr>
<td>01 High intensity intervention</td>
<td>Carter 1997</td>
<td>2/133</td>
<td>11/161</td>
<td>100.00</td>
</tr>
<tr>
<td>02 Low intensity intervention</td>
<td>Carter 1997</td>
<td>3/163</td>
<td>11/161</td>
<td>100.00</td>
</tr>
</tbody>
</table>
### Clinical practice guideline for the assessment and prevention of falls in older people

#### Review: Interventions for preventing falls in elderly people

#### Comparison: 06 Home safety intervention plus fall prevention classes vs control

#### Outcome: 01 Number of participants falling

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Intervention</th>
<th>Control</th>
<th>RR (fixed) 95% CI</th>
<th>Weight %</th>
<th>RR (fixed) 95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>01 Group instruction vs control</td>
<td>Ryan 1996</td>
<td></td>
<td></td>
<td>100.00</td>
<td>0.31 [0.04, 2.68]</td>
</tr>
<tr>
<td>02 One on one instruction session</td>
<td>Ryan 1996</td>
<td></td>
<td></td>
<td>100.00</td>
<td>0.71 [0.14, 3.66]</td>
</tr>
</tbody>
</table>

#### Review: Interventions for preventing falls in elderly people

#### Comparison: 07 Medication withdrawal vs control

#### Outcome: 01 Number of participants falling

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Intervention</th>
<th>Control</th>
<th>RR (random) 95% CI</th>
<th>Weight %</th>
<th>RR (random) 95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>01 Community dwelling - individually targeted</td>
<td>Campbell 1999</td>
<td></td>
<td></td>
<td>100.00</td>
<td>0.61 [0.32, 1.15]</td>
</tr>
</tbody>
</table>

#### Review: Interventions for preventing falls in elderly people

#### Comparison: 07 Medication withdrawal vs control

#### Outcome: 02 Number sustaining medical care fall

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Intervention</th>
<th>Control</th>
<th>RR (fixed) 95% CI</th>
<th>Weight %</th>
<th>RR (fixed) 95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>01 Community dwelling - individually targeted</td>
<td>Campbell 1999</td>
<td></td>
<td></td>
<td>100.00</td>
<td>0.70 [0.17, 2.97]</td>
</tr>
</tbody>
</table>

#### Review: Interventions for preventing falls in elderly people

#### Comparison: 07 Medication withdrawal vs control

#### Outcome: 03 Number sustaining a fracture fall

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Intervention</th>
<th>Control</th>
<th>RR (fixed) 95% CI</th>
<th>Weight %</th>
<th>RR (fixed) 95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>01 Community dwelling - individually targeted</td>
<td>Campbell 1999</td>
<td></td>
<td></td>
<td>100.00</td>
<td>2.82 [0.12, 67.40]</td>
</tr>
</tbody>
</table>

#### Review: Interventions for preventing falls in elderly people

#### Comparison: 07 Medication withdrawal vs control

#### Outcome: 04 Number sustaining an injury fall

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Intervention</th>
<th>Control</th>
<th>RR (fixed) 95% CI</th>
<th>Weight %</th>
<th>RR (fixed) 95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>01 Community dwelling - individually targeted</td>
<td>Campbell 1999</td>
<td></td>
<td></td>
<td>100.00</td>
<td>1.09 [0.40, 3.01]</td>
</tr>
</tbody>
</table>

#### Review: Interventions for preventing falls in elderly people

#### Comparison: 07 Medication withdrawal vs control

#### Outcome: 05 Number sustaining two or more falls

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Intervention</th>
<th>Control</th>
<th>RR (fixed) 95% CI</th>
<th>Weight %</th>
<th>RR (fixed) 95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>01 Community dwelling - individually targeted</td>
<td>Campbell 1999</td>
<td></td>
<td></td>
<td>100.00</td>
<td>0.47 [0.15, 1.45]</td>
</tr>
</tbody>
</table>
### Review: Interventions for preventing falls in elderly people
### Comparison: 08 Nutritional supplementation vs control
### Outcome: 01 Number of participants falling

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Intervention</th>
<th>Control</th>
<th>RR (fixed)</th>
<th>Weight</th>
<th>RR (fixed)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n/N</td>
<td>n/N</td>
<td>95% CI</td>
<td>%</td>
<td>95% CI</td>
</tr>
<tr>
<td>01 Community dwelling - targeted</td>
<td>0/22</td>
<td>5/24</td>
<td>100.00</td>
<td>0.10 [0.01, 1.69]</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Intervention</th>
<th>Control</th>
<th>RR (fixed)</th>
<th>Weight</th>
<th>RR (fixed)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n/N</td>
<td>n/N</td>
<td>95% CI</td>
<td>%</td>
<td>95% CI</td>
</tr>
<tr>
<td>01 Community dwelling - targeted</td>
<td>11/70</td>
<td>19/67</td>
<td>19.53</td>
<td>0.55 [0.29, 1.08]</td>
<td></td>
</tr>
<tr>
<td></td>
<td>64/121</td>
<td>60/114</td>
<td>62.16</td>
<td>1.00 [0.79, 1.28]</td>
<td></td>
</tr>
<tr>
<td>Subtotal (95% CI)</td>
<td>191</td>
<td>181</td>
<td>81.69</td>
<td>0.90 [0.71, 1.13]</td>
<td></td>
</tr>
</tbody>
</table>

Total events: 75 (Intervention), 79 (Control)
Test for heterogeneity: Chi² = 2.87, df = 1 (P = 0.09), I² = 65.2%
Test for overall effect: Z = 0.92 (P = 0.36)

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Intervention</th>
<th>Control</th>
<th>RR (fixed)</th>
<th>Weight</th>
<th>RR (fixed)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n/N</td>
<td>n/N</td>
<td>95% CI</td>
<td>%</td>
<td>95% CI</td>
</tr>
<tr>
<td>01 Community dwelling - targeted</td>
<td>40</td>
<td>40</td>
<td>1.40(1.80)</td>
<td>1.30(1.90)</td>
<td></td>
</tr>
</tbody>
</table>

Total events: 14 (Intervention), 18 (Control)
Test for heterogeneity: not applicable
Test for overall effect: Z = 0.96 (P = 0.34)

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Intervention</th>
<th>Control</th>
<th>RR (fixed)</th>
<th>Weight</th>
<th>RR (fixed)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n/N</td>
<td>n/N</td>
<td>95% CI</td>
<td>%</td>
<td>95% CI</td>
</tr>
<tr>
<td>01 Community dwelling - targeted</td>
<td>1/40</td>
<td>8/40</td>
<td>56.61</td>
<td>0.13 [0.02, 0.95]</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3/70</td>
<td>6/67</td>
<td>43.39</td>
<td>0.48 [0.12, 1.84]</td>
<td></td>
</tr>
</tbody>
</table>

Total events: 89 (Intervention), 97 (Control)
Test for heterogeneity: Chi² = 3.35, df = 2 (P = 0.19), I² = 40.2%
Test for overall effect: Z = 1.25 (P = 0.21)

### Review: Interventions for preventing falls in elderly people
### Comparison: 09 Vitamin D vs control
### Outcome: 01 Number of participants falling

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Intervention</th>
<th>Control</th>
<th>RR (fixed)</th>
<th>Weight</th>
<th>RR (fixed)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n/N</td>
<td>n/N</td>
<td>95% CI</td>
<td>%</td>
<td>95% CI</td>
</tr>
<tr>
<td>01 Community dwelling - targeted</td>
<td>1/40</td>
<td>8/40</td>
<td>56.61</td>
<td>0.13 [0.02, 0.95]</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3/70</td>
<td>6/67</td>
<td>43.39</td>
<td>0.48 [0.12, 1.84]</td>
<td></td>
</tr>
</tbody>
</table>

Review: Interventions for preventing falls in elderly people
Comparison: 09 Vitamin D vs control
Outcome: 02 Mean number of falls

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Intervention</th>
<th>Control</th>
<th>WMD (fixed)</th>
<th>Weight</th>
<th>WMD (fixed)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>N</td>
<td>Mean (SD)</td>
<td>%</td>
<td>95% CI</td>
</tr>
<tr>
<td>01 Community dwelling - targeted</td>
<td>40</td>
<td>40</td>
<td>1.40 (1.80)</td>
<td>1.30 (1.90)</td>
<td></td>
</tr>
</tbody>
</table>

Review: Interventions for preventing falls in elderly people
Comparison: 09 Vitamin D vs control
Outcome: 03 Number sustaining fracture fall

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Intervention</th>
<th>Control</th>
<th>RR (fixed)</th>
<th>Weight</th>
<th>RR (fixed)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n/N</td>
<td>n/N</td>
<td>95% CI</td>
<td>%</td>
<td>95% CI</td>
</tr>
<tr>
<td>01 Community dwelling - targeted</td>
<td>1/40</td>
<td>8/40</td>
<td>56.61</td>
<td>0.13 [0.02, 0.95]</td>
<td></td>
</tr>
</tbody>
</table>

Review: Interventions for preventing falls in elderly people
Comparison: 10 HRT plus calcium vs calcium alone
Outcome: 01 Number of participants falling

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Intervention</th>
<th>Control</th>
<th>RR (fixed)</th>
<th>Weight</th>
<th>RR (fixed)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n/N</td>
<td>n/N</td>
<td>95% CI</td>
<td>%</td>
<td>95% CI</td>
</tr>
<tr>
<td>01 Community dwelling - post fracture</td>
<td>24/53</td>
<td>16/55</td>
<td>100.00</td>
<td>1.56 [0.94, 2.59]</td>
<td></td>
</tr>
</tbody>
</table>
Clinical practice guideline for the assessment and prevention of falls in older people

Review: Interventions for preventing falls in elderly people
Comparison: 11 Pharmacological therapies vs control
Outcome: 01 Number of participants falling

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Intervention</th>
<th>Control</th>
<th>RR (fixed)</th>
<th>Weight</th>
<th>RR (fixed)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Risk factor</td>
<td>n/N</td>
<td>n/N</td>
<td>95% CI</td>
<td>%</td>
<td>95% CI</td>
</tr>
<tr>
<td>Vellas 1991</td>
<td>14/45</td>
<td>28/43</td>
<td>1.00</td>
<td>100.00</td>
<td>0.48 [0.29, 0.78]</td>
</tr>
<tr>
<td>Day 2002</td>
<td>84/139</td>
<td>87/137</td>
<td>1.00</td>
<td>100.00</td>
<td>0.95 [0.79, 1.14]</td>
</tr>
</tbody>
</table>

Review: Interventions for preventing falls in elderly people
Comparison: 12 Vision assessment and referral vs control
Outcome: 01 Number of participants falling

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Treatment</th>
<th>Control</th>
<th>RR (fixed)</th>
<th>Weight</th>
<th>RR (fixed)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Risk factor</td>
<td>n/N</td>
<td>n/N</td>
<td>95% CI</td>
<td>%</td>
<td>95% CI</td>
</tr>
<tr>
<td>Kenny 2001</td>
<td>22/84</td>
<td>47/87</td>
<td>1.00</td>
<td>100.00</td>
<td>0.48 [0.32, 0.73]</td>
</tr>
</tbody>
</table>

Review: Interventions for preventing falls in elderly people
Comparison: 13 Cardiac pacing vs control
Outcome: 01 Number of participants with syncope

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Treatment</th>
<th>Control</th>
<th>RR (fixed)</th>
<th>Weight</th>
<th>RR (fixed)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Risk factor</td>
<td>n/N</td>
<td>n/N</td>
<td>95% CI</td>
<td>%</td>
<td>95% CI</td>
</tr>
<tr>
<td>Kenny 2001</td>
<td>3/84</td>
<td>4/87</td>
<td>1.00</td>
<td>100.00</td>
<td>0.78 [0.18, 3.37]</td>
</tr>
</tbody>
</table>

Review: Interventions for preventing falls in elderly people
Comparison: 13 Cardiac pacing vs control
Outcome: 02 Number sustaining fracture fall

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Treatment</th>
<th>Control</th>
<th>RR (fixed)</th>
<th>Weight</th>
<th>RR (fixed)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Risk factor</td>
<td>n/N</td>
<td>n/N</td>
<td>95% CI</td>
<td>%</td>
<td>95% CI</td>
</tr>
<tr>
<td>Kenny 2001</td>
<td>3/84</td>
<td>4/87</td>
<td>1.00</td>
<td>100.00</td>
<td>0.78 [0.18, 3.37]</td>
</tr>
</tbody>
</table>

Review: Interventions for preventing falls in elderly people
Comparison: 13 Cardiac pacing vs control
Outcome: 03 Mean number of falls

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Treatment</th>
<th>Control</th>
<th>WMD (fixed)</th>
<th>Weight</th>
<th>WMD (fixed)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Risk factor</td>
<td>N</td>
<td>Mean (SD)</td>
<td>N</td>
<td>Mean (SD)</td>
<td>95% CI</td>
</tr>
<tr>
<td>Kenny 2001</td>
<td>84</td>
<td>4.10 (8.30)</td>
<td>87</td>
<td>9.30 (18.10)</td>
<td>100.00</td>
</tr>
</tbody>
</table>

Review: Interventions for preventing falls in elderly people
Comparison: 14 Exercise, visual correction, and home safety intervention (community dwelling)
Outcome: 01 Number of participants falling

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Treatment</th>
<th>Control</th>
<th>RR (fixed)</th>
<th>Weight</th>
<th>RR (fixed)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Risk factor</td>
<td>n/N</td>
<td>n/N</td>
<td>95% CI</td>
<td>%</td>
<td>95% CI</td>
</tr>
<tr>
<td>01 Exercise, visual correction and home safety vs control</td>
<td>65/135</td>
<td>87/137</td>
<td>1.00</td>
<td>100.00</td>
<td>0.76 [0.61, 0.94]</td>
</tr>
<tr>
<td>02 Exercise and visual correction vs control</td>
<td>66/136</td>
<td>87/137</td>
<td>1.00</td>
<td>100.00</td>
<td>0.76 [0.62, 0.95]</td>
</tr>
<tr>
<td>03 Exercise and home safety intervention vs control</td>
<td>72/135</td>
<td>87/137</td>
<td>1.00</td>
<td>100.00</td>
<td>0.84 [0.69, 1.03]</td>
</tr>
</tbody>
</table>

Appendix H Graphs
**Clinical practice guideline for the assessment and prevention of falls in older people**

**Review:** Interventions for preventing falls in elderly people  
**Comparison:** 15 Assessment followed by multifactorial intervention vs control  
**Outcome:** 01 Number of participants falling

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Intervention n/N</th>
<th>Control n/N</th>
<th>RR (fixed) 95% CI</th>
<th>Weight %</th>
<th>RR (fixed) 95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>01 Community dwelling - geriatric screening (fallers and non fallers)</strong></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Jitapunkul 1998</td>
<td>3/57</td>
<td>6/59</td>
<td>2.16 [0.49, 1.97]</td>
<td>0.52</td>
<td>2.16 [0.49, 1.97]</td>
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<tr>
<td>Fabacher 1994</td>
<td>14/100</td>
<td>22/95</td>
<td>8.26 [0.33, 1.11]</td>
<td>0.60</td>
<td>8.26 [0.33, 1.11]</td>
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<tr>
<td>Newbury 2001</td>
<td>12/48</td>
<td>17/50</td>
<td>6.10 [0.39, 1.37]</td>
<td>0.74</td>
<td>6.10 [0.39, 1.37]</td>
</tr>
<tr>
<td>Wagner 1994</td>
<td>175/635</td>
<td>223/607</td>
<td>83.48 [0.64, 1.08]</td>
<td>0.75</td>
<td>83.48 [0.64, 1.08]</td>
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<tr>
<td>Subtotal (95% CI)</td>
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<td>811</td>
<td>100.00 [0.63, 1.05]</td>
<td>0.73</td>
<td>100.00 [0.63, 1.05]</td>
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<tr>
<td>Total events:</td>
<td>204 (Intervention), 268 (Control)</td>
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<tr>
<td>Test for heterogeneity: Chi² = 0.72, df = 3 (P = 0.87), I² = 0%</td>
<td></td>
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<tr>
<td>Test for overall effect: Z = 4.01 (P &lt; 0.0001)</td>
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<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Intervention n/N</th>
<th>Control n/N</th>
<th>RR (fixed) 95% CI</th>
<th>Weight %</th>
<th>RR (fixed) 95% CI</th>
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<tbody>
<tr>
<td><strong>02 Community dwelling - targeting known fallers or fall risk factors only</strong></td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Close 1999</td>
<td>59/141</td>
<td>111/163</td>
<td>38.84 [0.49, 0.77]</td>
<td>0.61</td>
<td>38.84 [0.49, 0.77]</td>
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<tr>
<td>Kingston 2001</td>
<td>4/60</td>
<td>5/49</td>
<td>2.08 [0.19, 2.30]</td>
<td>0.65</td>
<td>2.08 [0.19, 2.30]</td>
</tr>
<tr>
<td>Hogan 2001</td>
<td>54/79</td>
<td>61/84</td>
<td>22.30 [0.77, 1.15]</td>
<td>0.94</td>
<td>22.30 [0.77, 1.15]</td>
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<tr>
<td>Lightbody 2002</td>
<td>43/171</td>
<td>44/177</td>
<td>16.31 [0.70, 1.46]</td>
<td>1.01</td>
<td>16.31 [0.70, 1.46]</td>
</tr>
<tr>
<td>van Haastregt 2000</td>
<td>63/129</td>
<td>53/123</td>
<td>20.47 [0.87, 1.48]</td>
<td>1.13</td>
<td>20.47 [0.87, 1.48]</td>
</tr>
<tr>
<td>Subtotal (95% CI)</td>
<td>580</td>
<td>596</td>
<td>100.00 [0.76, 0.98]</td>
<td>0.86</td>
<td>100.00 [0.76, 0.98]</td>
</tr>
<tr>
<td>Total events:</td>
<td>223 (Intervention), 274 (Control)</td>
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<tr>
<td>Test for heterogeneity: Chi² = 14.85, df = 4 (P = 0.005), I² = 72.7%</td>
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<tr>
<td>Test for overall effect: Z = 2.34 (P = 0.02)</td>
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</table>

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Intervention n/N</th>
<th>Control n/N</th>
<th>RR (fixed) 95% CI</th>
<th>Weight %</th>
<th>RR (fixed) 95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>03 Institutional care - targeting known fallers or fall risk factors only</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rubenstein 1990</td>
<td>64/79</td>
<td>68/81</td>
<td>100.00 [0.84, 1.11]</td>
<td>0.97</td>
<td>100.00 [0.84, 1.11]</td>
</tr>
<tr>
<td>Subtotal (95% CI)</td>
<td>79</td>
<td>81</td>
<td>100.00 [0.84, 1.11]</td>
<td>0.97</td>
<td>100.00 [0.84, 1.11]</td>
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<tr>
<td>Total events:</td>
<td>64 (Intervention), 68 (Control)</td>
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</tr>
<tr>
<td>Test for heterogeneity: not applicable</td>
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</tr>
<tr>
<td>Test for overall effect: Z = 0.49 (P = 0.63)</td>
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</table>

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Intervention n/N</th>
<th>Control n/N</th>
<th>RR (fixed) 95% CI</th>
<th>Weight %</th>
<th>RR (fixed) 95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>04 Cognitively impaired - any residence</strong></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Shaw 2003</td>
<td>96/130</td>
<td>115/144</td>
<td>100.00 [0.81, 1.05]</td>
<td>0.92</td>
<td>100.00 [0.81, 1.05]</td>
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<tr>
<td>Subtotal (95% CI)</td>
<td>130</td>
<td>144</td>
<td>100.00 [0.81, 1.05]</td>
<td>0.92</td>
<td>100.00 [0.81, 1.05]</td>
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<tr>
<td>Total events:</td>
<td>96 (Intervention), 115 (Control)</td>
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</tr>
<tr>
<td>Test for heterogeneity: not applicable</td>
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</tr>
<tr>
<td>Test for overall effect: Z = 1.17 (P = 0.24)</td>
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</tr>
</tbody>
</table>

**Review:** Interventions for preventing falls in elderly people  
**Comparison:** 15 Assessment followed by multifactorial intervention vs control  
**Outcome:** 02 Number sustaining medical care fall

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Intervention n/N</th>
<th>Control n/N</th>
<th>RR (fixed) 95% CI</th>
<th>Weight %</th>
<th>RR (fixed) 95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>01 Community dwelling - geriatric screening (fallers and non fallers)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wagner 1994</td>
<td>42/635</td>
<td>57/607</td>
<td>10.00 [0.48, 1.03]</td>
<td>0.70</td>
<td>10.00 [0.48, 1.03]</td>
</tr>
<tr>
<td>Subtotal (95% CI)</td>
<td>635</td>
<td>607</td>
<td>10.00 [0.48, 1.03]</td>
<td>0.70</td>
<td>10.00 [0.48, 1.03]</td>
</tr>
<tr>
<td>Total events:</td>
<td>42 (Intervention), 57 (Control)</td>
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<td></td>
<td></td>
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</tr>
<tr>
<td>Test for heterogeneity: not applicable</td>
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</tr>
<tr>
<td>Test for overall effect: Z = 1.79 (P = 0.07)</td>
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</table>

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Intervention n/N</th>
<th>Control n/N</th>
<th>RR (fixed) 95% CI</th>
<th>Weight %</th>
<th>RR (fixed) 95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>02 Community dwelling - targeting known fallers or fall risk factors only</strong></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Hogan 2001</td>
<td>9/79</td>
<td>8/84</td>
<td>40.78 [0.49, 2.95]</td>
<td>1.20</td>
<td>40.78 [0.49, 2.95]</td>
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<tr>
<td>van Haastregt 2000</td>
<td>15/129</td>
<td>11/123</td>
<td>59.22 [0.62, 2.72]</td>
<td>1.30</td>
<td>59.22 [0.62, 2.72]</td>
</tr>
<tr>
<td>Subtotal (95% CI)</td>
<td>208</td>
<td>207</td>
<td>100.00 [0.71, 2.23]</td>
<td>1.26</td>
<td>100.00 [0.71, 2.23]</td>
</tr>
<tr>
<td>Total events:</td>
<td>42 (Intervention), 57 (Control)</td>
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<td></td>
<td></td>
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</tr>
<tr>
<td>Test for heterogeneity: Chi² = 0.02, df = 1 (P = 0.89), I² = 0%</td>
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<td></td>
</tr>
<tr>
<td>Test for overall effect: Z = 0.79 (P = 0.43)</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Intervention n/N</th>
<th>Control n/N</th>
<th>RR (fixed) 95% CI</th>
<th>Weight %</th>
<th>RR (fixed) 95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>01 Institutional care - targeting known fallers</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rubenstein 1990</td>
<td>7/79</td>
<td>5/81</td>
<td>100.00 [0.48, 2.33]</td>
<td>1.44</td>
<td>100.00 [0.48, 2.33]</td>
</tr>
</tbody>
</table>
### Clinical practice guideline for the assessment and prevention of falls in older people

**Review:** Interventions for preventing falls in elderly people  
**Comparison:** 15 Assessment followed by multifactorial intervention vs control  
**Outcome:** 04 Number sustaining injury fall

**Study** or sub-category | Intervention | Control | RR (fixed) | Weight | RR (fixed) |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n/N</td>
<td>n/N</td>
<td>95% CI</td>
<td>%</td>
<td>95% CI</td>
</tr>
<tr>
<td>01 Community dwelling - geriatric screening (fallers and non fallers)</td>
<td>Wagner 1994</td>
<td>63/635</td>
<td>88/607</td>
<td>100.00</td>
<td>0.68 [0.51, 0.93]</td>
</tr>
<tr>
<td></td>
<td>Subtotal (95% CI)</td>
<td>635</td>
<td>607</td>
<td>100.00</td>
<td>0.68 [0.51, 0.93]</td>
</tr>
<tr>
<td></td>
<td>Total events: 63 (Intervention), 88 (Control)</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>Test for heterogeneity: not applicable</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Test for overall effect: Z = 2.45 (P = 0.01)</td>
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<td></td>
</tr>
<tr>
<td>02 Community dwelling - targeting known fallers or fall risk factors only</td>
<td>Close 1999</td>
<td>8/141</td>
<td>16/163</td>
<td>40.84</td>
<td>0.58 [0.26, 1.31]</td>
</tr>
<tr>
<td></td>
<td>van Haastregt 2000</td>
<td>26/129</td>
<td>21/123</td>
<td>59.16</td>
<td>1.18 [0.70, 1.98]</td>
</tr>
<tr>
<td></td>
<td>Subtotal (95% CI)</td>
<td>270</td>
<td>286</td>
<td>100.00</td>
<td>0.93 [0.61, 1.44]</td>
</tr>
<tr>
<td></td>
<td>Total events: 34 (Intervention), 37 (Control)</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td></td>
<td>Test for heterogeneity: ( \chi^2 = 2.10 ), df = 1 (P = 0.15), ( I^2 = 52.4% )</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Test for overall effect: Z = 0.31 (P = 0.76)</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>03 Institutional care - targeting known fallers or fall risk factors</td>
<td>Rubenstein 1990</td>
<td>9/79</td>
<td>7/81</td>
<td>100.00</td>
<td>1.32 [0.52, 3.37]</td>
</tr>
<tr>
<td></td>
<td>Subtotal (95% CI)</td>
<td>79</td>
<td>81</td>
<td>100.00</td>
<td>1.32 [0.52, 3.37]</td>
</tr>
<tr>
<td></td>
<td>Total events: 9 (Intervention), 7 (Control)</td>
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<tr>
<td></td>
<td>Test for heterogeneity: not applicable</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>Test for overall effect: Z = 0.58 (P = 0.56)</td>
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</table>

---

**Review:** Interventions for preventing falls in elderly people  
**Comparison:** 15 Identification bracelets for high risk hospital patients vs no bracelet  
**Outcome:** 05 Number sustaining two or more falls

**Study** or sub-category | Intervention | Control | RR (fixed) | Weight | RR (fixed) |
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td></td>
<td>n/N</td>
<td>n/N</td>
<td>95% CI</td>
<td>%</td>
<td>95% CI</td>
</tr>
<tr>
<td>01 Community dwelling - targeting known fallers or fall risk factors only</td>
<td>van Haastregt 2000</td>
<td>34/129</td>
<td>29/123</td>
<td>100.00</td>
<td>1.12 [0.73, 1.72]</td>
</tr>
<tr>
<td></td>
<td>Subtotal (95% CI)</td>
<td>34</td>
<td>29</td>
<td>100.00</td>
<td>1.12 [0.73, 1.72]</td>
</tr>
</tbody>
</table>

---

**Review:** Interventions for preventing falls in elderly people  
**Comparison:** 16 Identification bracelets for high risk hospital patients vs no bracelet  
**Outcome:** 01 Number of participants falling

**Study** or sub-category | Intervention | Control | RR (fixed) | Weight | RR (fixed) |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n/N</td>
<td>n/N</td>
<td>95% CI</td>
<td>%</td>
<td>95% CI</td>
</tr>
<tr>
<td>Mayo 1994</td>
<td>27/65</td>
<td>21/69</td>
<td>100.00</td>
<td>1.36 [0.86, 2.16]</td>
<td></td>
</tr>
</tbody>
</table>

---

**Review:** Interventions for preventing falls in elderly people  
**Comparison:** 16 Identification bracelets for high risk hospital patients vs no bracelet  
**Outcome:** 02 Number sustaining injury fall

**Study** or sub-category | Intervention | Control | RR (fixed) | Weight | RR (fixed) |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n/N</td>
<td>n/N</td>
<td>95% CI</td>
<td>%</td>
<td>95% CI</td>
</tr>
<tr>
<td>Mayo 1994</td>
<td>3/65</td>
<td>5/69</td>
<td>100.00</td>
<td>0.64 [0.16, 2.56]</td>
<td></td>
</tr>
</tbody>
</table>

---

**Review:** Interventions for preventing falls in elderly people  
**Comparison:** 16 Identification bracelets for high risk hospital patients vs no bracelet  
**Outcome:** 03 Time to first fall

**Study** or sub-category | Intervention | Control | WMD (fixed) | Weight | WMD (fixed) |
<table>
<thead>
<tr>
<th></th>
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<th></th>
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<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n/N</td>
<td>n/N</td>
<td>95% CI</td>
<td>%</td>
<td>95% CI</td>
</tr>
<tr>
<td>Mayo 1994</td>
<td>65</td>
<td>69</td>
<td>-100</td>
<td>-50</td>
<td>0</td>
</tr>
</tbody>
</table>
Clinical practice guideline for the assessment and prevention of falls in older people

Review: Interventions for preventing falls in elderly people
Comparison: 17 Vinyl vs carpet flooring in rehabilitation wards
Outcome: 01 Number of participants falling

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Vinyl floor n/N</th>
<th>Carpet floor n/N</th>
<th>RR (fixed) 95% CI</th>
<th>Weight %</th>
<th>RR (fixed) 95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Donald 2000</td>
<td>1/26</td>
<td>7/28</td>
<td>0.15 [0.02, 1.17]</td>
<td>100.00</td>
<td></td>
</tr>
</tbody>
</table>

0.001 0.01 0.1 1 10 100 1000
Favours vinyl Favours carpet
Review: Hip protectors for preventing hip fractures in the elderly (Version 02)
Comparison: 01 Use of hip protectors
Outcome: 01 Incidence of hip fractures: subgroup analysis by method of randomisation

### Study or sub-category
<table>
<thead>
<tr>
<th>Study</th>
<th>Hip pads n/N</th>
<th>Control n/N</th>
<th>RR (fixed) 95% CI</th>
<th>Weight %</th>
<th>RR (fixed) 95% CI</th>
</tr>
</thead>
</table>

#### 01 Method of randomisation: by unit, ward or nursing home (exploratory analysis)

<table>
<thead>
<tr>
<th>Study</th>
<th>Hip pads n/N</th>
<th>Control n/N</th>
<th>RR (fixed) 95% CI</th>
<th>Weight %</th>
<th>RR (fixed) 95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lauritzen 1993</td>
<td>8/247</td>
<td>31/418</td>
<td>17.07 0.44 [0.20, 0.93]</td>
<td>10.23</td>
<td>0.34 [0.12, 1.01]</td>
</tr>
<tr>
<td>Ekman 1997</td>
<td>4/302</td>
<td>17/442</td>
<td>10.23 0.34 [0.12, 1.01]</td>
<td>10.23</td>
<td>0.34 [0.12, 1.01]</td>
</tr>
<tr>
<td>Kannus 2000</td>
<td>13/653</td>
<td>67/1148</td>
<td>36.01 0.34 [0.19, 0.61]</td>
<td>36.01</td>
<td>0.34 [0.19, 0.61]</td>
</tr>
<tr>
<td>Harada 2001</td>
<td>1/88</td>
<td>8/76</td>
<td>6.36 0.11 [0.01, 0.84]</td>
<td>6.36</td>
<td>0.11 [0.01, 0.84]</td>
</tr>
<tr>
<td>Meyer 2003</td>
<td>21/459</td>
<td>42/483</td>
<td>30.33 0.53 [0.32, 0.87]</td>
<td>30.33</td>
<td>0.53 [0.32, 0.87]</td>
</tr>
<tr>
<td><strong>Subtotal (95% CI)</strong></td>
<td><strong>1749</strong></td>
<td><strong>2567</strong></td>
<td><strong>100.00 0.40 [0.29, 0.55]</strong></td>
<td><strong>100.00</strong></td>
<td><strong>0.40 [0.29, 0.55]</strong></td>
</tr>
</tbody>
</table>

Total events: 47 (Hip pads), 165 (Control)
Test for heterogeneity: $\chi^2 = 3.09$, df = 4 ($P = 0.54$), $I^2 = 0$
Test for overall effect: $Z = 5.61$ ($P < 0.00001$)

#### 02 Method of randomisation: by individual patient

<table>
<thead>
<tr>
<th>Study</th>
<th>Hip pads n/N</th>
<th>Control n/N</th>
<th>RR (fixed) 95% CI</th>
<th>Weight %</th>
<th>RR (fixed) 95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birks 2003</td>
<td>6/182</td>
<td>2/184</td>
<td>3.05 3.03 [0.62, 14.83]</td>
<td>3.05</td>
<td>3.03 [0.62, 14.83]</td>
</tr>
<tr>
<td>Jantti 1996</td>
<td>1/36</td>
<td>5/36</td>
<td>7.66 0.20 [0.02, 1.63]</td>
<td>7.66</td>
<td>0.20 [0.02, 1.63]</td>
</tr>
<tr>
<td>Chan 2000</td>
<td>3/40</td>
<td>6/31</td>
<td>10.35 0.39 [0.11, 1.43]</td>
<td>10.35</td>
<td>0.39 [0.11, 1.43]</td>
</tr>
<tr>
<td>Cameron 2001</td>
<td>8/86</td>
<td>7/88</td>
<td>10.60 1.17 [0.44, 3.08]</td>
<td>10.60</td>
<td>1.17 [0.44, 3.08]</td>
</tr>
<tr>
<td>Hubacher 2001</td>
<td>7/384</td>
<td>2/164</td>
<td>4.29 1.49 [0.31, 7.12]</td>
<td>4.29</td>
<td>1.49 [0.31, 7.12]</td>
</tr>
<tr>
<td>Cameron 2003</td>
<td>21/302</td>
<td>22/298</td>
<td>33.92 0.94 [0.53, 1.68]</td>
<td>33.92</td>
<td>0.94 [0.53, 1.68]</td>
</tr>
<tr>
<td>van Schoor 2003</td>
<td>18/276</td>
<td>20/285</td>
<td>30.14 0.93 [0.50, 1.72]</td>
<td>30.14</td>
<td>0.93 [0.50, 1.72]</td>
</tr>
<tr>
<td><strong>Subtotal (95% CI)</strong></td>
<td><strong>1306</strong></td>
<td><strong>1086</strong></td>
<td><strong>100.00 0.94 [0.67, 1.31]</strong></td>
<td><strong>100.00</strong></td>
<td><strong>0.94 [0.67, 1.31]</strong></td>
</tr>
</tbody>
</table>

Total events: 64 (Hip pads), 64 (Control)
Test for heterogeneity: $\chi^2 = 6.49$, df = 6 ($P = 0.37$), $I^2 = 7.6$
Test for overall effect: $Z = 0.39$ ($P = 0.70$)

### Summary

#### 01 In nursing or residential care

<table>
<thead>
<tr>
<th>Study</th>
<th>Hip protectors n/N</th>
<th>Control n/N</th>
<th>RR (fixed) 95% CI</th>
<th>Weight %</th>
<th>RR (fixed) 95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jantti 1996</td>
<td>1/36</td>
<td>5/36</td>
<td>7.66 0.20 [0.02, 1.63]</td>
<td>7.66</td>
<td>0.20 [0.02, 1.63]</td>
</tr>
<tr>
<td>Chan 2000</td>
<td>3/40</td>
<td>6/31</td>
<td>10.35 0.39 [0.11, 1.43]</td>
<td>10.35</td>
<td>0.39 [0.11, 1.43]</td>
</tr>
<tr>
<td>Cameron 2001</td>
<td>8/86</td>
<td>7/88</td>
<td>10.60 1.17 [0.44, 3.08]</td>
<td>10.60</td>
<td>1.17 [0.44, 3.08]</td>
</tr>
<tr>
<td>Hubacher 2001</td>
<td>7/384</td>
<td>2/164</td>
<td>4.29 1.49 [0.31, 7.12]</td>
<td>4.29</td>
<td>1.49 [0.31, 7.12]</td>
</tr>
<tr>
<td>van Schoor 2003</td>
<td>18/276</td>
<td>20/285</td>
<td>30.14 0.93 [0.50, 1.72]</td>
<td>30.14</td>
<td>0.93 [0.50, 1.72]</td>
</tr>
<tr>
<td><strong>Subtotal (95% CI)</strong></td>
<td><strong>822</strong></td>
<td><strong>604</strong></td>
<td><strong>63.04 0.83 [0.54, 1.29]</strong></td>
<td><strong>63.04</strong></td>
<td><strong>0.83 [0.54, 1.29]</strong></td>
</tr>
</tbody>
</table>

Total events: 37 (Hip protectors), 40 (Control)
Test for heterogeneity: $\chi^2 = 4.24$, df = 4 ($P = 0.38$), $I^2 = 5.6$
Test for overall effect: $Z = 0.83$ ($P = 0.41$)

#### 02 Community dwelling

<table>
<thead>
<tr>
<th>Study</th>
<th>Hip protectors n/N</th>
<th>Control n/N</th>
<th>RR (fixed) 95% CI</th>
<th>Weight %</th>
<th>RR (fixed) 95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birks 2003</td>
<td>6/182</td>
<td>2/184</td>
<td>3.05 3.03 [0.62, 14.83]</td>
<td>3.05</td>
<td>3.03 [0.62, 14.83]</td>
</tr>
<tr>
<td>Cameron 2003</td>
<td>21/302</td>
<td>22/298</td>
<td>33.92 0.94 [0.53, 1.68]</td>
<td>33.92</td>
<td>0.94 [0.53, 1.68]</td>
</tr>
<tr>
<td><strong>Subtotal (95% CI)</strong></td>
<td><strong>484</strong></td>
<td><strong>482</strong></td>
<td><strong>36.96 1.11 [0.65, 1.90]</strong></td>
<td><strong>36.96</strong></td>
<td><strong>1.11 [0.65, 1.90]</strong></td>
</tr>
</tbody>
</table>

Total events: 27 (Hip protectors), 24 (Control)
Test for heterogeneity: $\chi^2 = 1.86$, df = 1 ($P = 0.17$), $I^2 = 46.1$
Test for overall effect: $Z = 0.40$ ($P = 0.69$)

Total (95% CI)

<table>
<thead>
<tr>
<th>Study</th>
<th>Hip protectors n/N</th>
<th>Control n/N</th>
<th>RR (fixed) 95% CI</th>
<th>Weight %</th>
<th>RR (fixed) 95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1306</strong></td>
<td><strong>1086</strong></td>
<td></td>
<td><strong>100.00 0.94 [0.67, 1.31]</strong></td>
<td><strong>100.00</strong></td>
<td><strong>0.94 [0.67, 1.31]</strong></td>
</tr>
</tbody>
</table>

Total events: 64 (Hip protectors), 64 (Control)
Test for heterogeneity: $\chi^2 = 6.49$, df = 6 ($P = 0.37$), $I^2 = 7.6$
Test for overall effect: $Z = 0.39$ ($P = 0.70$)
### Review: Hip protectors for preventing hip fractures in the elderly (Version 02)

**Comparison:** 01 Use of hip protectors

**Outcome:** 03 Incidence of pelvic fractures

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Hip pads</th>
<th>Control</th>
<th>RR (fixed) 95% CI</th>
<th>Weight</th>
<th>RR (fixed) 95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>01 Method of randomisation: by unit, ward or nursing home (exploratory analysis)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lauritzen 1993</td>
<td>0/247</td>
<td>2/418</td>
<td>13.79 0.34 [0.02, 7.01]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kannus 2000</td>
<td>2/653</td>
<td>12/1148</td>
<td>64.53 0.29 [0.07, 1.13]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Harada 2001</td>
<td>0/88</td>
<td>0/76</td>
<td>Not estimable</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meyer 2003</td>
<td>1/459</td>
<td>3/483</td>
<td>21.68 0.35 [0.04, 3.36]</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Subtotal (95% CI)</strong></td>
<td>1447</td>
<td>2125</td>
<td>100.00 0.31 [0.10, 0.99]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total events: 3 (Hip pads), 17 (Control)</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Test for heterogeneity: Chi² = 0.02, df = 2 (P = 0.99), I² = 0%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Test for overall effect: Z = 1.98 (P = 0.05)</td>
<td></td>
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</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Hip pads</th>
<th>Control</th>
<th>RR (fixed) 95% CI</th>
<th>Weight</th>
<th>RR (fixed) 95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>02 Method of randomisation: by individual patient</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Birk 2003</td>
<td>3/182</td>
<td>0/184</td>
<td>3.39 7.08 [0.37, 136.04]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jantti 1996</td>
<td>0/36</td>
<td>2/36</td>
<td>17.05 0.20 [0.01, 4.03]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cameron 2001</td>
<td>2/86</td>
<td>2/88</td>
<td>0.56 4.33 [0.21, 88.73]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hubacher 2001</td>
<td>1/384</td>
<td>0/164</td>
<td>4.77 1.29 [0.05, 31.40]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cameron 2003</td>
<td>8/302</td>
<td>6/289</td>
<td>21.68 0.35 [0.04, 3.36]</td>
<td></td>
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</tr>
<tr>
<td>van Schoor 2003</td>
<td>1/384</td>
<td>0/164</td>
<td>4.77 1.29 [0.05, 31.40]</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Subtotal (95% CI)</strong></td>
<td>1266</td>
<td>1055</td>
<td>100.00 1.15 [0.58, 2.31]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total events: 16 (Hip pads), 13 (Control)</td>
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<td></td>
</tr>
<tr>
<td>Test for heterogeneity: Chi² = 3.16, df = 5 (P = 0.68), I² = 0%</td>
<td></td>
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</tr>
<tr>
<td>Test for overall effect: Z = 0.40 (P = 0.69)</td>
<td></td>
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</tr>
</tbody>
</table>

### Review: Hip protectors for preventing hip fractures in the elderly (Version 02)

**Comparison:** 01 Use of hip protectors

**Outcome:** 04 Incidence of other fractures

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Hip pads</th>
<th>Control</th>
<th>RR (fixed) 95% CI</th>
<th>Weight</th>
<th>RR (fixed) 95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>01 Method of randomisation: by unit, ward or nursing home (exploratory analysis)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lauritzen 1993</td>
<td>15/247</td>
<td>25/418</td>
<td>19.35 1.02 [0.55, 1.89]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kannus 2000</td>
<td>23/653</td>
<td>59/1148</td>
<td>44.57 0.69 [0.43, 1.10]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Harada 2001</td>
<td>2/88</td>
<td>0/76</td>
<td>0.56 4.33 [0.21, 88.73]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meyer 2003</td>
<td>38/459</td>
<td>35/483</td>
<td>35.53 1.14 [0.74, 1.78]</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Subtotal (95% CI)</strong></td>
<td>1447</td>
<td>2125</td>
<td>100.00 0.93 [0.70, 1.24]</td>
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<tr>
<td>Total events: 78 (Hip pads), 119 (Control)</td>
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<tr>
<td>Test for heterogeneity: Chi² = 3.51, df = 3 (P = 0.32), I² = 14.6%</td>
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</tr>
<tr>
<td>Test for overall effect: Z = 0.49 (P = 0.62)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Hip pads</th>
<th>Control</th>
<th>RR (fixed) 95% CI</th>
<th>Weight</th>
<th>RR (fixed) 95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>02 Method of randomisation: by individual patient</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Birk 2003</td>
<td>15/182</td>
<td>17/184</td>
<td>29.65 0.89 [0.46, 1.73]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jantti 1996</td>
<td>0/36</td>
<td>0/36</td>
<td>Not estimable</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cameron 2001</td>
<td>4/86</td>
<td>4/88</td>
<td>6.93 1.02 [0.26, 3.96]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hubacher 2001</td>
<td>7/384</td>
<td>3/164</td>
<td>7.37 1.00 [0.26, 3.81]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cameron 2003</td>
<td>23/302</td>
<td>21/298</td>
<td>37.07 1.08 [0.61, 1.91]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>van Schoor 2003</td>
<td>14/276</td>
<td>11/285</td>
<td>18.98 1.31 [0.61, 2.84]</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Subtotal (95% CI)</strong></td>
<td>1266</td>
<td>1055</td>
<td>100.00 1.06 [0.75, 1.50]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total events: 63 (Hip pads), 56 (Control)</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Test for heterogeneity: Chi² = 0.57, df = 4 (P = 0.97), I² = 0%</td>
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</tr>
<tr>
<td>Test for overall effect: Z = 0.32 (P = 0.75)</td>
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</tbody>
</table>

### Review: Hip protectors for preventing hip fractures in the elderly (Version 02)

**Comparison:** 01 Use of hip protectors

**Outcome:** 05 Mortality

<table>
<thead>
<tr>
<th>Study or sub-category</th>
<th>Hip pads</th>
<th>Control</th>
<th>RR (fixed) 95% CI</th>
<th>Weight</th>
<th>RR (fixed) 95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Jantti 1996</strong></td>
<td>6/36</td>
<td>8/36</td>
<td>5.01 0.75 [0.29, 1.94]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cameron 2001</td>
<td>28/86</td>
<td>28/88</td>
<td>17.33 1.02 [0.66, 1.58]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cameron 2003</td>
<td>33/302</td>
<td>46/298</td>
<td>28.99 0.71 [0.47, 1.07]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>van Schoor 2003</td>
<td>83/276</td>
<td>79/285</td>
<td>48.67 1.08 [0.84, 1.41]</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total (95% CI)</strong></td>
<td>700</td>
<td>707</td>
<td>100.00 0.95 [0.78, 1.15]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total events: 150 (Hip pads), 161 (Control)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Test for heterogeneity: Chi² = 3.27, df = 3 (P = 0.35), I² = 8.2%</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Test for overall effect: Z = 0.54 (P = 0.59)</td>
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<td></td>
</tr>
</tbody>
</table>