


# Fall prevention education to reduce fall risk among community-dwelling older persons: A systematic review

Mei Fong Ong PhD candidate, MSN, RN<sup>1,2</sup>  | Kim Lam Soh PhD, MSN, RN, Professor<sup>1</sup> |  
 Rosalia Saimon PhD, MSc, Dr<sup>3</sup> |  
 Myint Wai Wai MBBS, M. Med SC (Medical Rehabilitation), Dr<sup>4</sup> |  
 Manfred Mortell PhD, MSN, RN, Associate Professor<sup>2</sup> | Kim Geok Soh PhD, Professor<sup>5</sup>

<sup>1</sup>Department of Nursing, Universiti Putra Malaysia, Serdang, Malaysia

<sup>2</sup>Department of Nursing, Universiti Malaysia Sarawak, Kuching, Malaysia

<sup>3</sup>Community Medicine and Public Health, Universiti Malaysia Sarawak, Kuching, Malaysia

<sup>4</sup>Rehabilitation Medicine, Universiti Malaysia Sarawak, Kuching, Malaysia

<sup>5</sup>Department of Sport Studies, Faculty of Educational Studies, Universiti Putra Malaysia, Serdang, Malaysia

## Correspondence

Mei Fong Ong, PhD candidate, MSN, RN and Kim Lam Soh, PhD, MSN, RN, Department of Nursing, Universiti Putra Malaysia, Serdang 43400, Selangor, Malaysia.

Email: mfong@unimas.my; sklam@upm.edu.my

## Abstract

**Objectives:** This review aims to identify types of the existing fall prevention education (FPE) and their effectiveness in promoting fall risk awareness, knowledge and preventive fall behaviour change among community-dwelling older people.

**Background:** FPE is a cost-effective and helpful tool for reducing fall occurrences.

**Evaluation:** This is a systematic review study using electronic searches via EBSCOHost<sup>®</sup> platform, ScienceDirect, Scopus and Google Scholar in March 2021. The review protocol was registered with PROSPERO (CRD42021232102). The Preferred Reporting Items for Systematic reviews and Meta-Analyses (PRISMA) statement flow chart guided the search strategy. Articles published from January 2010 to March 2021 were included for quality appraisal using the ‘Transparent Reporting of Evaluations with Non-randomised Designs’ (TREND) and the ‘Consolidated Standards of Reporting Trials’ (CONSORT) statement for randomised controlled trial studies.

**Key issues:** Six FPE studies selected emphasised on personal health status, exercise and environmental risk factors. These studies reported an increase in fall risk awareness or knowledge and a positive change in fall preventive behaviours. Two studies included nurses as educators in FPE.

**Conclusion:** FPE evidently improved awareness or knowledge and preventive fall behaviour change among older adults. Nurses are in great potential in planning and providing FPE for older adults in community settings.

**Implications for Nursing Management:** Expand nurses’ roles in fall prevention programmes in community settings by using high-quality and evidence-based educational tools. Highlight the nurse’s role and collaborative management in FPE.

## KEYWORDS

community-dwelling older adult, fall, fall prevention education, fall risk, older adult

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