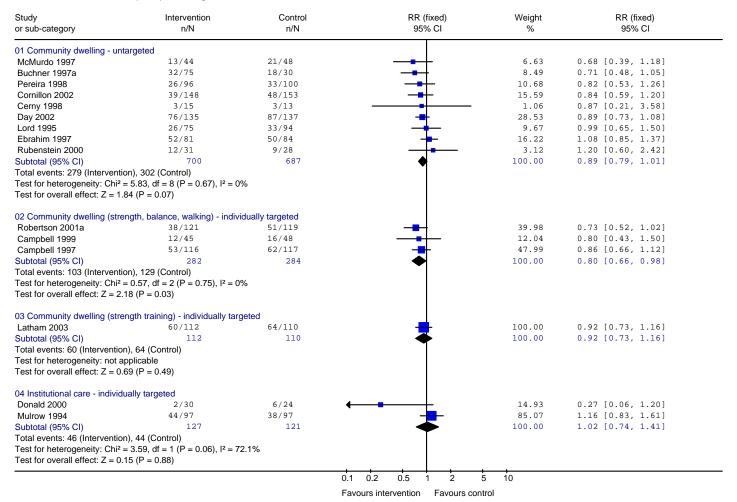
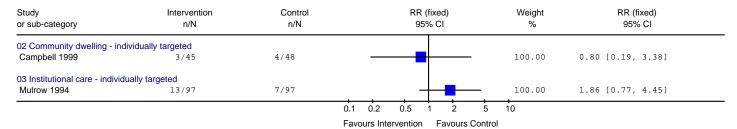
# Appendix H: Meta-analysis figures (reproduced from Gillespie et al. 2003)

Review: Interventions for preventing falls in elderly people Comparison: 01 Exercise/physical therapy alone vs control

Outcome: 01 Number of participants falling



Interventions for preventing falls in elderly people Review: Comparison: 01 Exercise/physical therapy alone vs control Outcome: 02 Number sustaining medical care fall



Review: Interventions for preventing falls in elderly people Comparison: 01 Exercise/physical therapy alone vs control

Outcome: 03 Number sustaining fracture fall

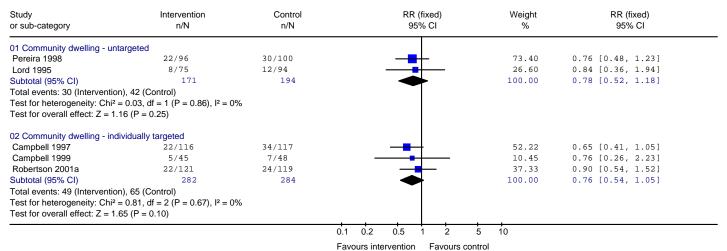
Study or sub-category	Intervention n/N	Control n/N		RR (fi 95%	,	Weight %	RR (fixed) 95% CI
01 Community dwelling - untarget	ed						
Ebrahim 1997	2/81	3/84		_		100.00	0.69 [0.12, 4.03]
02 Community dwelling - individua	ally targeted						
Robertson 2001a	2/121	7/119		_	-	93.58	0.28 [0.06, 1.33]
Campbell 1999	1/45	0/48			-	6.42	3.20 [0.13, 76.48]
			0.01	0.1 1	10	100	
	Favours Intervention Favours Control						

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

Outcome:

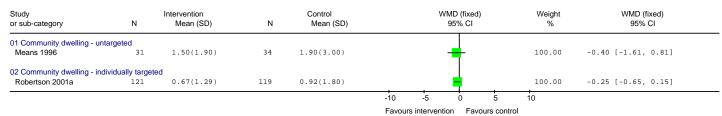
Study or sub-category	Intervention n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI	
01 Community dwelling - untargeted	l					
Rubenstein 2000	0/31	0/28			Not estimable	
Subtotal (95% CI)	0	0			Not estimable	
Total events: 0 (Intervention), 0 (Con						
Test for heterogeneity: not applicable						
Test for overall effect: not applicable	•					
02 Community dwelling - individually	/ targeted					
Campbell 1999	5/45	8/48		8.73	0.67 [0.24, 1.89]	
Campbell 1997	27/103	43/110	-	46.91	0.67 [0.45, 1.00]	
Robertson 2001a	27/121	39/119	<del></del>	44.36	0.68 [0.45, 1.04]	
Subtotal (95% CI)	269	277	•	100.00	0.67 [0.51, 0.89]	
Total events: 59 (Intervention), 90 (0	Control)					
Test for heterogeneity: Chi <sup>2</sup> = 0.00,	$df = 2 (P = 1.00), I^2 = 0$	0%				
Test for overall effect: Z = 2.76 (P =	0.006)					
03 Insitutional care - individually targ	geted					
Mulrow 1994	7/97	2/97	<del> </del>	100.00	3.50 [0.75, 16.43]	
Subtotal (95% CI)	97	97		100.00	3.50 [0.75, 16.43]	
Total events: 7 (Intervention), 2 (Cor	ntrol)					
Test for heterogeneity: not applicabl	е					
Test for overall effect: Z = 1.59 (P =	0.11)					
			0.1 0.2 0.5 1 2	5 10		
	Favours Intervention Favours Control					

Interventions for preventing falls in elderly people Comparison: 01 Exercise/physical therapy alone vs control 05 Number sustaining two or more falls Outcome:



Review Interventions for preventing falls in elderly people Comparison: 01 Exercise/physical therapy alone vs contro

Outcome: 06 Mean number of falls



Review: Interventions for preventing falls in elderly people Comparison: 01 Exercise/physical therapy alone vs control Outcome 07 Number sustaining musculoskeletal injury during study

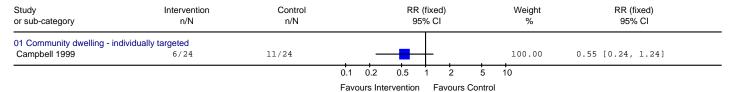
Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Latham 2003	18/112	5/110	<del></del>	100.00	3.54 [1.36, 9.19]
			0.1 0.2 0.5 1 2	5 10	

Favours treatment

Favours control

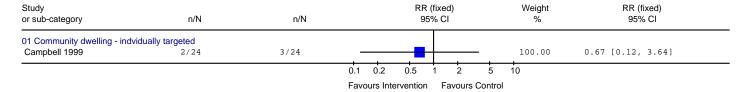
Interventions for preventing falls in elderly people Review: Comparison: 02 Exercise plus medication withdrawal vs control

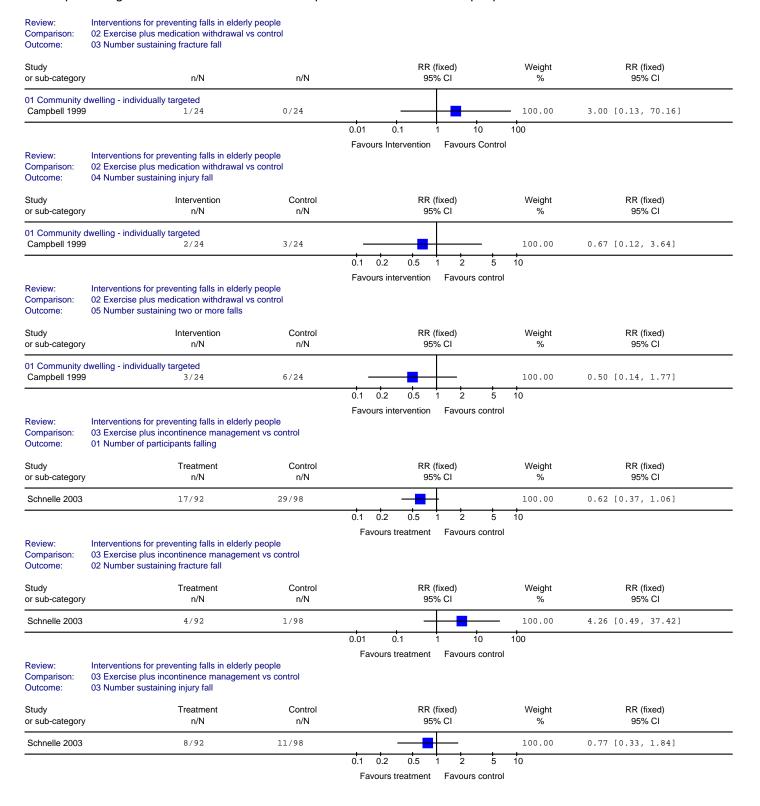
Outcome: 01 Number of participants falling

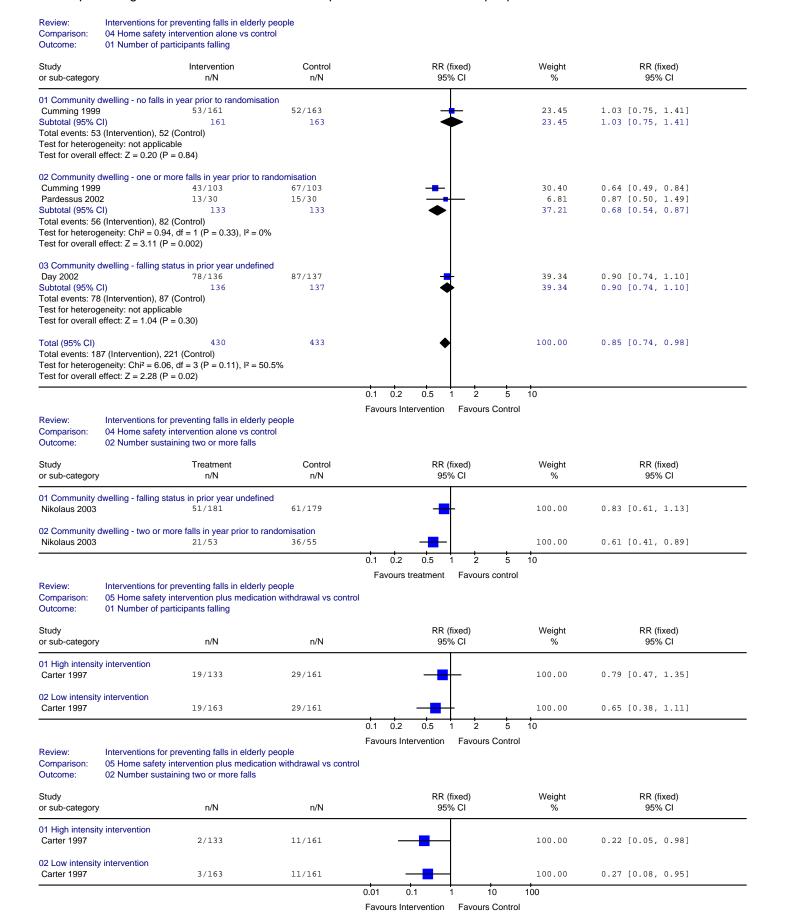


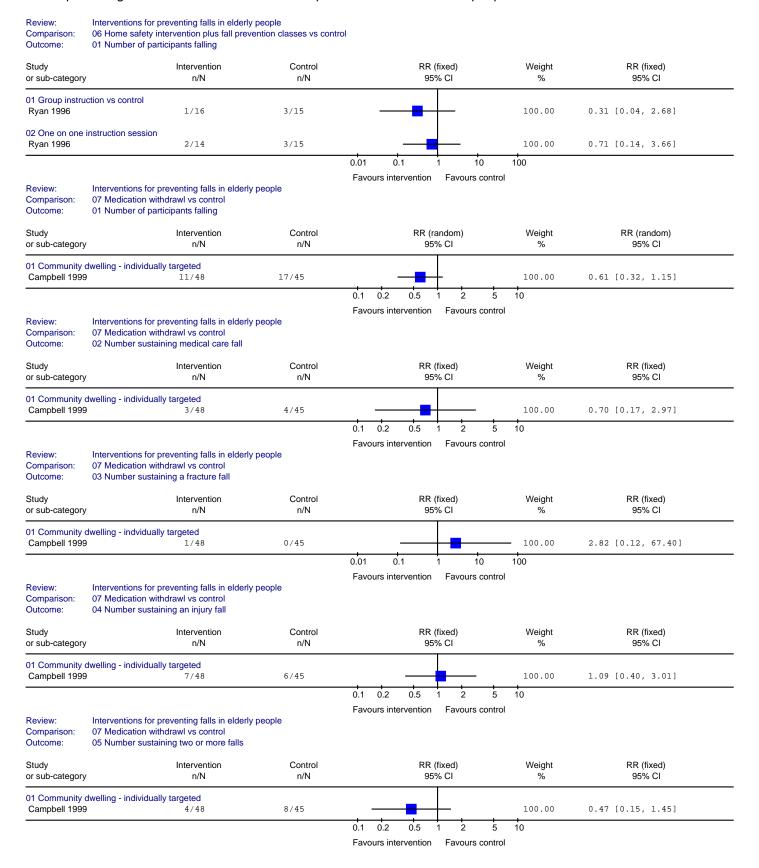
Review: Interventions for preventing falls in elderly people 02 Exercise plus medication withdrawal vs control Comparison:

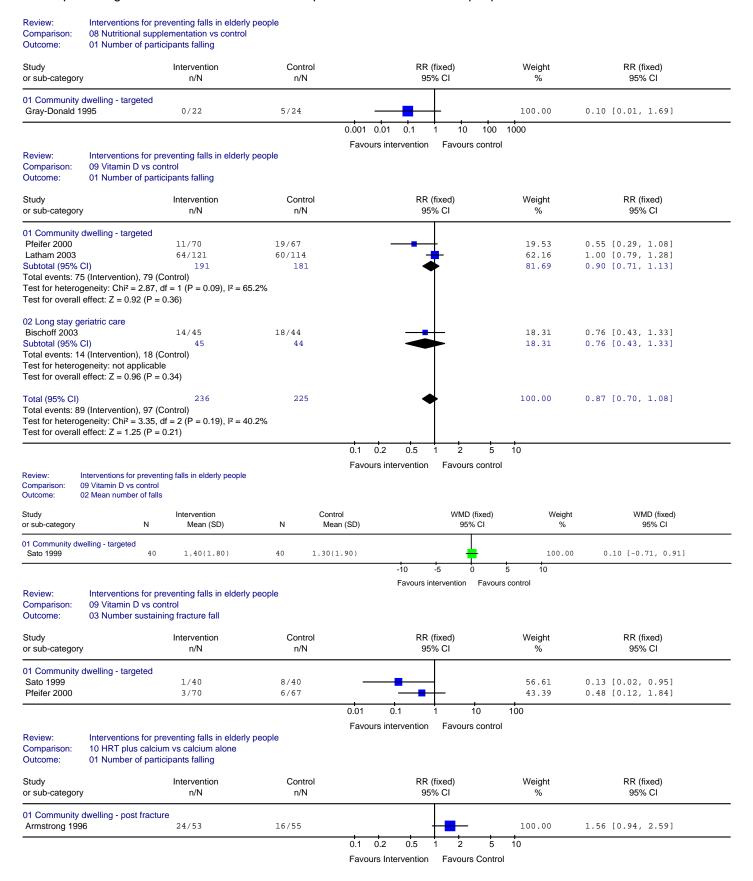
02 Number sustaining medical care fall Outcome

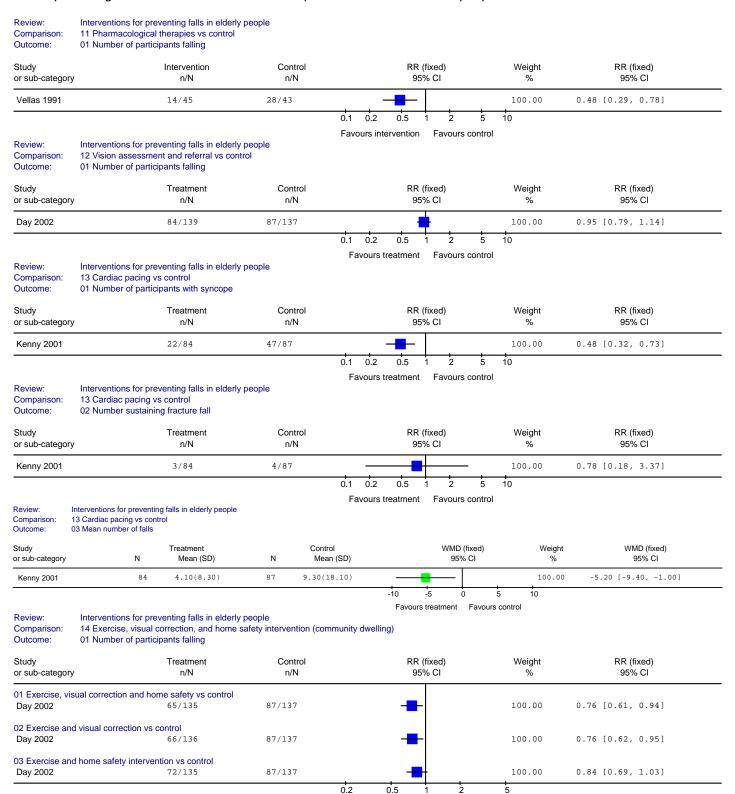






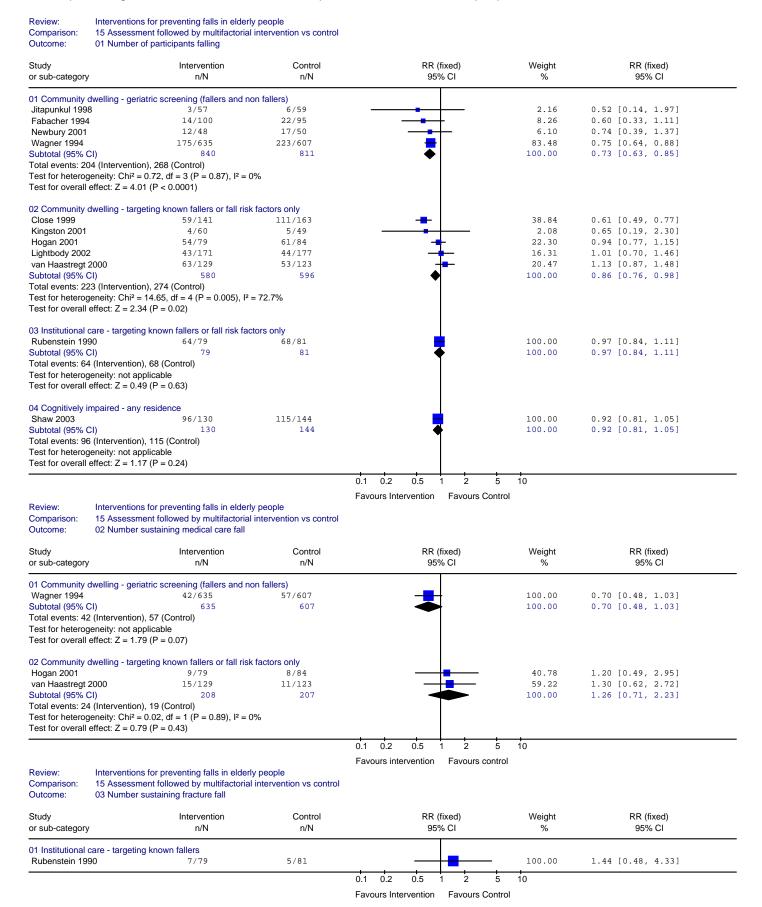


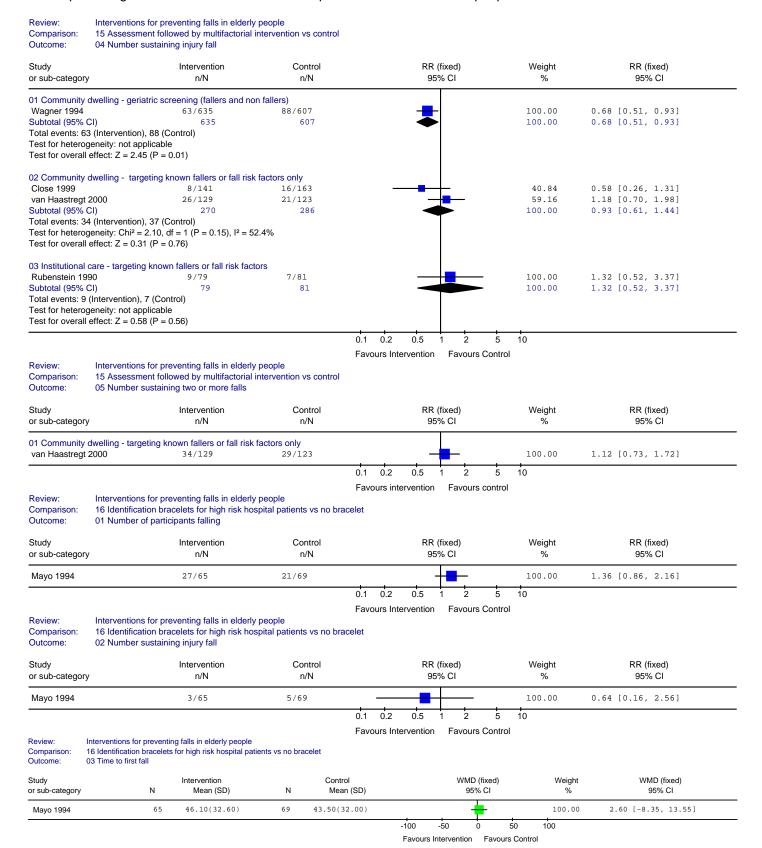




Favours treatment

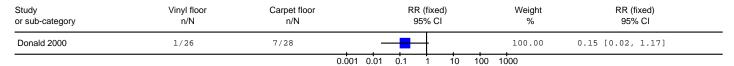
Favours control





Review: Interventions for preventing falls in elderly people Comparison: 17 Vinyl vs carpet flooring in rehabilitation wards

Outcome: 01 Number of participants falling



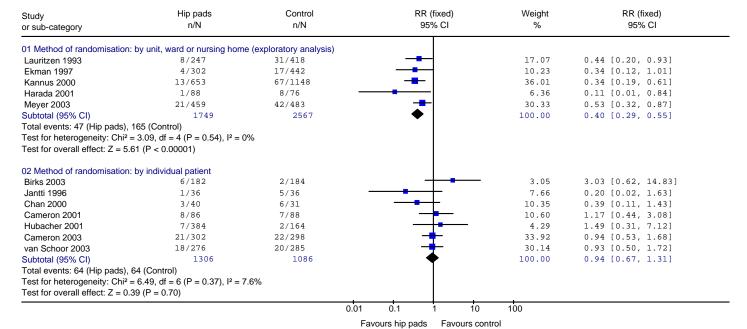
Favours vinyl Favours carpet

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

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

Comparison: 01 Use of hip protectors

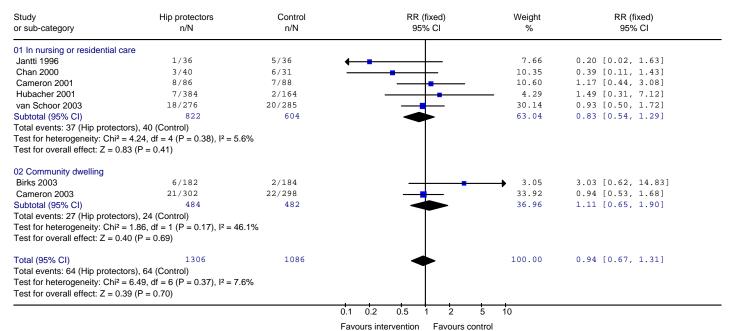
Outcome: 01 Incidence of hip fractures: subgroup analysis by method of randomisation



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

Comparison: 01 Use of hip protectors

Outcome: 02 Incidence of hip fractures by residential status (individually randomised trials)



Hip protectors for preventing hip fractures in the elderly (Version 02) Review: Comparison: 01 Use of hip protectors Outcome: 03 Incidence of pelvic fractures Control RR (fixed) Weight RR (fixed) Study Hip pads n/N 95% CI 95% CI or sub-category n/N 01 Method of randomisation: by unit, ward or nursing home (exploratory analysis) 13 79 0.34 [0.02, 7.01] Lauritzen 1993 0/247 2/418 Kannus 2000 2/653 12/1148 64.53 0.29 [0.07, 1.31] Harada 2001 0/88 0/76 Not estimable Meyer 2003 1/459 3/483 21.68 0.35 [0.04, 3.36] Subtotal (95% CI) 1447 2125 100.00 0.31 [0.10, 0.99] Total events: 3 (Hip pads), 17 (Control) Test for heterogeneity:  $Chi^2 = 0.02$ , df = 2 (P = 0.99),  $I^2 = 0\%$ Test for overall effect: Z = 1.98 (P = 0.05) 02 Method of randomisation: by individual patient 0/184 7.08 [0.37, 136.04] Birks 2003 3/182 3.39 Jantti 1996 0/36 2/36 17.05 0.20 [0.01, 4.03] 2/88 13.48 1.02 [0.15, 7.10] 2/86 Cameron 2001 1/384 0/164 4.77 1.29 [0.05, 31.40] Hubacher 2001 Cameron 2003 8/302 6/298 41 18 1.32 [0.46, 3.75] van Schoor 2003 2/276 3/285 20.13 0.69 [0.12, 4.09] 1266 1055 100.00 1.15 [0.58, 2.31] Subtotal (95% CI) Total events: 16 (Hip pads), 13 (Control) Test for heterogeneity:  $Chi^2 = 3.16$ , df = 5 (P = 0.68),  $I^2 = 0\%$ Test for overall effect: Z = 0.40 (P = 0.69) 0.01 0.1 10 100 Favours hip pads Favours control Hip protectors for preventing hip fractures in the elderly (Version 02) Review Comparison: 01 Use of hip protectors Outcome: 04 Incidence of other fractures Study Hip pads Control RR (fixed) Weight RR (fixed) or sub-category n/N n/N 95% CI 95% CI % 01 Method of randomisation: by unit, ward or nursing home (exploratory analysis) 19.35 1.02 [0.55, 1.89] Lauritzen 1993 15/247 Kannus 2000 23/653 59/1148 44.57 0.69 [0.43, 1.10] 2/88 0/76 0.56 4.33 [0.21, 88.73] Harada 2001 35/483 35.53 Meyer 2003 38/459 1.14 [0.74, 1.78] Subtotal (95% CI) 1447 2125 100.00 0.93 [0.70, 1.24] Total events: 78 (Hip pads), 119 (Control) Test for heterogeneity:  $Chi^2 = 3.51$ , df = 3 (P = 0.32),  $I^2 = 14.6\%$ Test for overall effect: Z = 0.49 (P = 0.62) 02 Method of randomisation: by individual patient Birks 2003 15/182 17/184 29.65 0.89 [0.46. 1.73] Jantti 1996 0/36 0/36 Not estimable Cameron 2001 4/86 4/88 6.93 1.02 [0.26, 3.96] 7/384 3/164 7.37 1.00 [0.26, 3.81] Hubacher 2001 1.08 [0.61, 1.91] Cameron 2003 23/302 21/298 37.07 van Schoor 2003 14/276 11/285 18.98 1.31 [0.61, 2.84] 1266 1055 100.00 1.06 [0.75, 1.50] Subtotal (95% CI) Total events: 63 (Hip pads), 56 (Control) Test for heterogeneity:  $Chi^2 = 0.57$ , df = 4 (P = 0.97),  $I^2 = 0\%$ Test for overall effect: Z = 0.32 (P = 0.75) 100 Favours hip pads Favours control Review: Hip protectors for preventing hip fractures in the elderly (Version 02) Comparison: 01 Use of hip protectors Outcome: 05 Mortality RR (fixed) Study Hip pads Control Weight RR (fixed) or sub-category n/N n/N 95% CI 95% CI % Jantti 1996 6/36 8/36 5.01 0.75 [0.29, 1.94] 28/86 28/88 17.33 1.02 [0.66, 1.58] Cameron 2001 33/302 46/298 Cameron 2003 28 99 0.71 [0.47, 1.07] van Schoor 2003 83/276 79/285 48.67 1.08 [0.84, 1.41] 707 100.00 0.95 [0.78, 1.15] Total (95% CI) Total events: 150 (Hip pads), 161 (Control)

0.01

0.1

Favours hip pads

Test for overall effect: Z = 0.54 (P = 0.59)

Test for heterogeneity:  $Chi^2 = 3.27$ , df = 3 (P = 0.35),  $I^2 = 8.2\%$ 

100

10

Favours control