

Appendix J - How this guideline was developed

2001-2004

The methods used to develop section 4 of this guideline are based on those outlined by Eccles and Mason (2001) and in the draft NICE technical manual. The structure of the recommendations section (Section 4.6) – that is recommendations; evidence statements, evidence narrative and GDG commentary – came from McIntosh et al. (2001).

The following sources of evidence were used to inform section 4 of the guideline:

- The Cochrane reviews: a) Interventions for the prevention of falls in older people (Gillespie et al. 2003) and b) Hip protectors for the prevention of hip fractures (Parker et al. 2003).
- American Geriatric Society/British Geriatric Society (2001) clinical guidelines that were based on the systematic review Falls prevention interventions in the Medicare population (Shekelle et al. 2002).
- Analysis of epidemiological data relating to risk factors (NCC-NSC).
- Reviews of assessment processes, tools, tests and instruments for identifying those at risk (NCC-NSC).
- Review of studies examining patients' views and experiences of falls prevention programmes and methods to maximise participation (NCC-NSC).
- Reviews of studies on fear of falling and interventions to reduce the psychosocial consequences of falling (NCC-NSC).
- Reviews of the evidence on costs and economic evaluations (SCHARR).
- Reviews of rehabilitation strategies (NCC-NSC).

The stages used to develop section 4 of this guideline were as follows:

- develop scope of guideline
- convene multidisciplinary GDG

- review questions set
- identify sources of evidence
- retrieve potential evidence
- evaluate potential evidence
- utilise the updated Cochrane reviews – Interventions for preventing falls in older people (2003) and Hip protectors (2003)
- utilise the AGS/BGS clinical guidelines and Shekelle systematic review (2002)
- undertake systematic review on guideline areas not covered by either the Cochrane review, AGS/BGS guidelines and Shekelle review
- extract relevant data from studies meeting methodological and clinical criteria
- interpret each paper, taking into account the results including, where reported, the beneficial and adverse effects of the interventions; cost; acceptability to patients; level of evidence; quality of studies; size and precision of effect; and relevance and generalisability of included studies to the scope of the guideline
- prepare evidence reviews and tables that summarise and grade the body of evidence
- formulate conclusions about the body of available evidence, based on the evidence reviews, by taking into account the factors above
- agree final recommendations and apply recommendation gradings
- submit first drafts – short and full versions – of guidelines for feedback from NICE registered stakeholders
- GDG to consider stakeholders' comments, following first stage consultation
- submit final drafts of all guideline versions – including Information for the public version and algorithm – to NICE for second stage of consultation
- GDG to consider stakeholders' comments
- final copy submitted to NICE.

Questions addressed by the evidence reviews included:

- What is the best method of identifying those at highest risk of a first or subsequent fall? (Source of evidence: risk factor evidence review)

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- What assessment tool or process should be used to identify modifiable risk factors for falling? (Source of evidence: assessment evidence review)
- What are the most clinically effective and cost effective methods for falls prevention? (Source of evidence: clinical and cost effectiveness reviews)
- What interventions are there to reduce the psychosocial consequences of falling? (Source of evidence: Cochrane review)
- What is the evidence for the effectiveness of hip protectors? (Cochrane review)
- What is the best method for maximising participation and compliance in falls prevention programmes and modification of specific risk factors, for example, medication withdrawal/review? (Source of evidence: patients' views and experiences)
- Are falls prevention programmes acceptable to patients? (Source of evidence: patients' views and experiences review)
- What is the best method of rehabilitation/intervention/process of care following a fall requiring treatment? (Source of evidence: rehabilitation review, hip protector review and Cochrane falls prevention review)