

STRIDE: Strategies to Reduce Injuries and Develop confidence in Elders

- University of Michigan received one of the federal PCORI (Patient-Centered Outcomes Research Institute) grants in partnership w National Institute on Aging
- A pragmatic, multifactorial clinical effectiveness trial assessing fall prevention strategies in older persons
- 6000 participants > or = age 75
- Study duration: 5 years
- Intervention: 1.5 -3.0 years
- 10 Clinical Trial sites nationwide
- The research question: Can redesigning medical practices and engaging patients reduce serious falls-related injuries?
- Once participants are identified as being at risk for falls by the healthcare system, they are funneled into 3 pathways, based on the severity of their risk:
 - Home-health PT
 - Community-based PT
 - Community-based Exercise programs (CBE)
- Enhance Fitness (EF) and A Matter of Balance (MOB) were named as endorsed CBE options, as well as Tai-Chi, the YMCAs Moving for Better Balance, and Silver Sneakers. The study organizers said that they vetted over 100 CBEs and ~ 30 passed their rigorous tests.
- The Enhance Fitness and MOB classes will probably see an increase in enrollment, especially in regions near the University of Michigan Health System.
- STRIDE organizers strongly recommend that all CBE Instructors watch the Otago videos to learn more about fall prevention exercises.
<http://www.med.unc/aging/cgec/exercsie-program>. There is more Otago information and a video on the STRIDE website. (Integrating Otago Exercises in the Context of Daily Living)
- STRIDE researchers invite community partners to contact them if interested in being involved or want more information: Linda Nyquist lnyquist@umich.edu 734-936-6078.