

Supplementary Appendix

This appendix has been provided by the authors to give readers additional information about their work.

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SUPPLEMENTARY APPENDIX

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A Randomized Trial of a Multifactorial Strategy to Prevent Serious Fall Injuries

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Figure S1. CONSORT Diagram for the STRIDE Study Showing the Enrollment and Randomization of Primary Care Practices, and their Disposition Through the Course of the Study

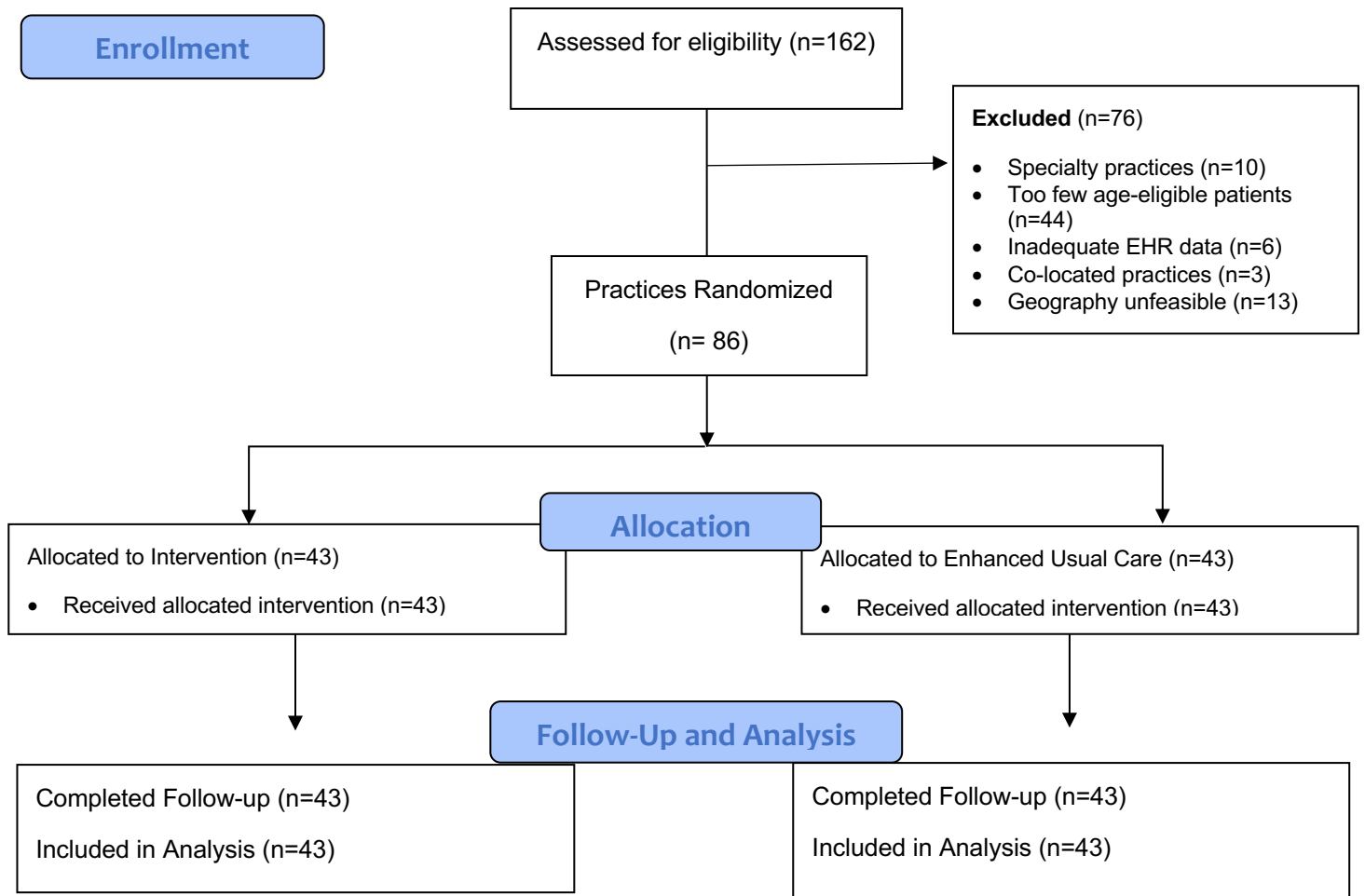


Figure S1 Legend. The enrollment of primary care clinical practices, allocation of practices to the intervention or enhanced usual care arms, and follow-up through the study are shown. All 86 practices completed study follow-up and were included in the analysis.

Figure S2. CONSORT Diagram Showing Flow of Participants Through the Study.

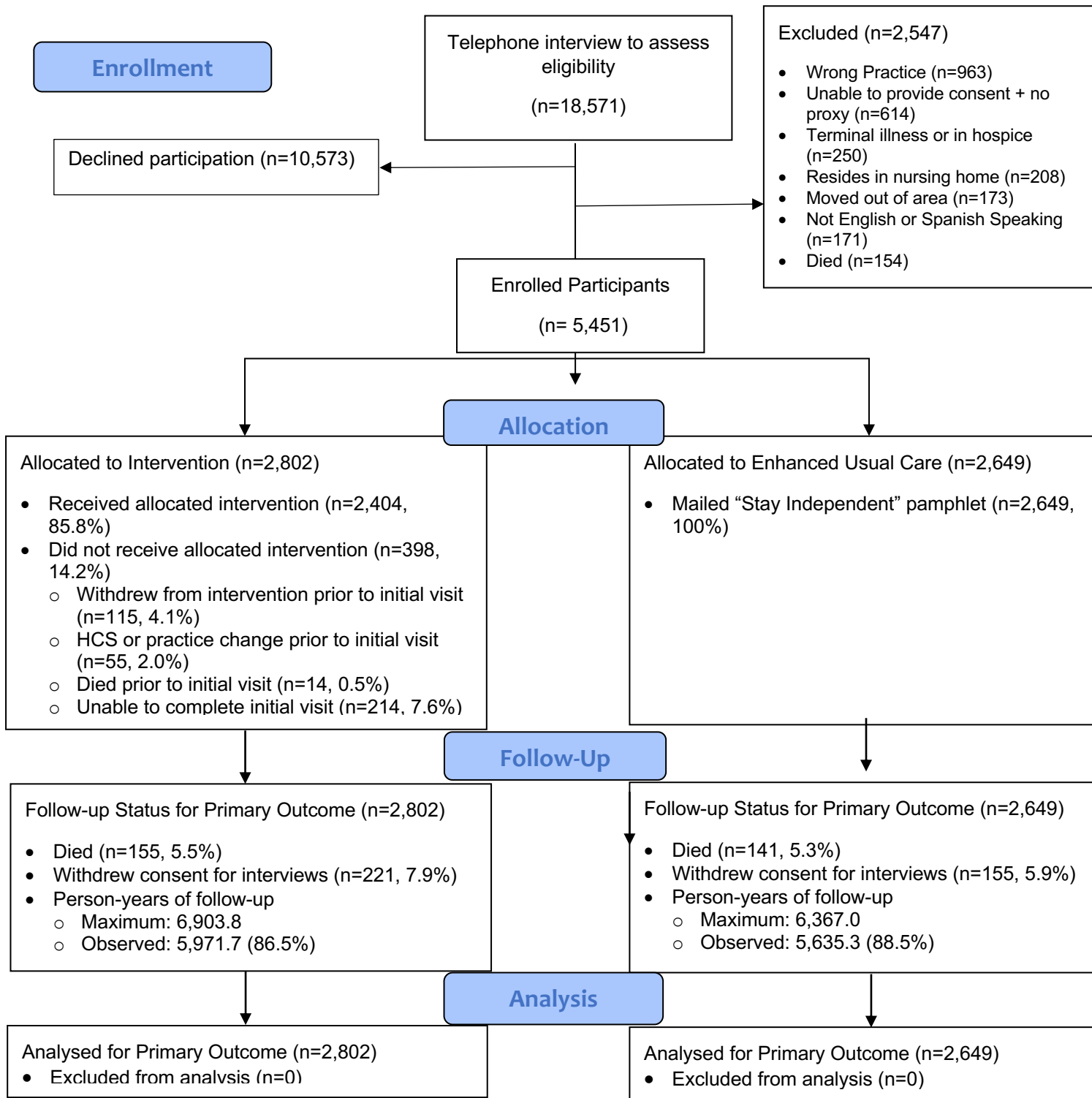


Figure S2 Legend. Of the 18,751 older adults assessed for eligibility in a telephone interview, 5,451 were deemed eligible and enrolled, 2,802 in practices randomized to the intervention arm and 2,649 to practices randomized to enhanced usual care. All enrolled participants were included in the analysis.

Table S1. Characteristics of the Randomized Practices and the Practice-Level Baseline Characteristics of the Participants Enrolled in the Intervention and Enhanced Usual Care Practices *

	<i>Intervention practices (N = 43)</i>	<i>Enhanced usual care practices (N = 43)</i>
CHARACTERISTICS OF THE RANDOMIZED PRACTICES		
Urban, n	39	39
Majority white, n	35	35
Majority English-speaking [†] , n	40	40
Practice size [‡]		
First tertile (400-690) [‡] , n	14	14
Second tertile (694-965) [‡] , n	14	15
Third tertile (985-5946) [‡] , n	15	14
Median (IQR)	772 (524)	802 (611)
BASELINE CHARACTERISTICS OF PARTICIPANTS^{††}		
Age (years), mean	79.8 ± 1.2	79.3 ± 1.2
Female sex, n (%)	64.2 ± 9.3	63.0 ± 10.9
Race, %		
White	89.1 ± 14.4	89.2 ± 11.2
Black	6.1 ± 12.1	6.6 ± 9.5
Other	4.3 ± 6.0	3.4 ± 5.0
Unknown	0.4 ± 0.7	0.8 ± 1.1
Latino/Hispanic ethnicity, n (%)	9.7 ± 17.7	9.6 ± 17.9
Education, %		
High school graduate or less	25.5 ± 14.2	26.3 ± 16.0
Some college or equivalent	26.2 ± 9.8	25.5 ± 9.2
College graduate	18.7 ± 7.6	18.6 ± 6.1
Post-graduate	29.6 ± 14.7	29.5 ± 18.0
Unknown	0.0 ± 0.2	0.1 ± 0.4
Chronic conditions [§] , mean	2.1 ± 0.2	2.2 ± 0.2

Hypertension, n (%)	63.6 ± 7.0	67.5 ± 8.3
Fracture other than hip since age 50, n (%)	32.7 ± 7.6	33.1 ± 7.9
Cancer, n (%)	24.7 ± 6.8	25.5 ± 8.1
Arthritis, n (%)	21.7 ± 7.3	20.8 ± 6.0
Diabetes, n (%)	21.7 ± 9.0	22.0 ± 9.5
Chronic lung disease, n (%)	15.5 ± 5.6	14.3 ± 5.1
Myocardial infraction, n (%)	9.9 ± 5.3	10.7 ± 4.6
Stroke, n (%)	7.9 ± 4.2	7.5 ± 3.7
Congestive heart failure, n (%)	7.3 ± 4.4	7.2 ± 3.8
Hip fracture, n (%)	4.1 ± 2.8	4.5 ± 3.2
Parkinson's Disease, n (%)	3.2 ± 3.3	2.0 ± 1.8
Cognitively impaired [¶] , n (%)	2.8 ± 2.4	2.8 ± 2.4
Use of mobility aid or nonambulatory, n (%)	34.6 ± 9.2	34.9 ± 9.1
Screening questions for fall injuries, %		
Fell 2 or more times in past year	36.3 ± 8.7	34.8 ± 9.0
Fell and hurt self in past year	38.4 ± 5.2	39.4 ± 6.2
Afraid of falling because of walking or balance problems	86.1 ± 5.4	86.6 ± 6.9
Fear of falling only	48.3 ± 7.5	47.9 ± 9.0
Positive fall screening questions, %		
1	58.6 ± 7.4	58.1 ± 8.9
2	22.0 ± 5.4	23.0 ± 7.1
3	19.4 ± 5.9	18.9 ± 6.0

Legend: * Because the unit of randomization was the practice rather than the participant, this table is included as a check on the adequacy of the randomization.

† Not explicitly constrained, balance forced by constraining on rural/urban and majority white.

‡ The practice size refers to the number of age-eligible patients in the practice. The range of the number of age-eligible patients in each tertile is shown in the parentheses.

¶ Data for baseline characteristics are mean ± SD

§ Listed in order of overall prevalence from highest to lowest.

|| Four or more errors on 6-item Callahan cognitive screener or interview completed entirely by proxy.

Table S2. All Serious Fall Injuries and Self-reported Fall Injuries by Study Arm

<i>Endpoint</i>	<i>Intervention</i>		<i>Enhanced usual care</i>		<i>HR* (CI[†])</i>
	<i>No. of events</i>	<i>Rate per 100 PYF</i>	<i>No. of events</i>	<i>Rate per 100 PYF</i>	
All serious fall injuries	330	5.2	336	5.6	0.94 (0.81-1.10)
All fall injuries	2268	35.8	2298	38.0	0.96 (0.89-1.03)

Legend: * Hazard ratio (HR) from practice-level Poisson model adjusted for healthcare system and practice characteristics (size, geography, race/ethnicity)

† 95% Confidence Interval (CI) for all serious fall injuries, 99% CI for all fall injuries

PYF, person-years of follow-up

Table S3. Types of Adjudicated Serious Fall Injuries by Study Arm

Injury type	Intervention (N = 2,802)		Enhanced usual care (N = 2,649)	
	Patients (%)*	Events [†]	Patients (%)*	Events [†]
Any serious fall injury	291 (11.0)	330	301 (11.4)	336
Fractures	184 (6.9)	211	203 (7.7)	230
Head or skull	1 (0.0)	1	4 (0.2)	4
Facial	10 (0.4)	10	10 (0.4)	10
Hand or finger	14 (0.5)	14	9 (0.3)	9
Lower arm or wrist	23 (0.9)	25	31 (1.2)	31
Elbow	10 (0.4)	10	11 (0.4)	11
Shoulder or upper arm	19 (0.7)	20	22 (0.8)	23
Neck	2 (0.1)	2	6 (0.2)	6
Clavicle	6 (0.2)	6	9 (0.3)	9
Rib	25 (0.9)	27	33 (1.2)	33
Pelvis	12 (0.5)	12	10 (0.4)	10
Hip	38 (1.4)	40	42 (1.6)	43
Tailbone	0 (0.0)	0	1 (0.0)	1
Upper or lower leg	3 (0.1)	3	2 (0.1)	2
Knee	8 (0.3)	8	9 (0.3)	9
Ankle	13 (0.5)	14	11 (0.4)	11
Foot or toe	16 (0.6)	16	16 (0.6)	16
Other	3 (0.1)	3	2 (0.1)	2
Joint dislocation	5 (0.2)	5	4 (0.2)	4
Cut requiring closure	88 (3.3)	97	70 (2.6)	74
Overnight hospitalization [‡]	135 (5.1)	143	152 (5.7)	164
Head injury	31 (1.2)	32	39 (1.5)	39
Sprain or strain	1 (0.0)	1	2 (0.1)	2
Bruising or swelling	17 (0.6)	19	23 (0.9)	28
Other serious injury	4 (0.2)	5	3 (0.1)	4

Legend: * Percentages are of all participants randomized to each study arm. Each row refers to the number of participants experiencing at least one injury of the shown type. Since each participant may

have experienced more than one type of injury across injury types, the sum total of participants experiencing each type of injury is greater than the number of participants with a serious fall injury.

† Each row refers to the number of events with at least one injury of the shown type. Since each event may have resulted in more than one type of injury across injury types, the sum total of events with each type of injury is greater than the number of serious fall injury events.

‡ Some hospitalizations included more than one type of injury.