Articles reporting main outcome results from the initial four trials of a home exercise programme (the Otago Exercise Programme) designed specifically to prevent falls and injuries in elderly people

**Trial 1, Dunedin, New Zealand, women ≥80 years, randomised controlled trial in research setting:**

**Trial 1, second year of follow up:**

**Trial 2, Dunedin, New Zealand, men and women ≥65 years currently taking psychotropic medication, small sample size, randomised controlled trial in research setting, also tested a successful programme of withdrawal of psychotropic medication:**

**Trial 3, West Auckland, New Zealand, men and women ≥75 years, randomised controlled trial in community healthcare service setting:**
Robertson MC, Devlin N, Gardner MM, Campbell AJ. Effectiveness and economic evaluation of a nurse delivered home exercise programme to prevent falls. 1: Randomised controlled trial. BMJ 2001;322:697-701. [http://www.bmj.com/cgi/content/full/322/7288/697](http://www.bmj.com/cgi/content/full/322/7288/697)

**Trial 4, Southern New Zealand centres, men and women ≥80 years, controlled trial in general practice settings:**
Robertson MC, Gardner MM, Devlin N, McGee R, Campbell AJ. Effectiveness and economic evaluation of a nurse delivered home exercise programme to prevent falls. 2: Controlled trial in multiple centres. BMJ 2001;322:701-704. [http://www.bmj.com/cgi/content/full/322/7288/701](http://www.bmj.com/cgi/content/full/322/7288/701)

**Overview of these four intervention trials**

**Meta-analysis of these four intervention trials**

**Process and impact evaluation of the Otago Exercise Programme (Trial 4):**
How to do it article for the Otago Exercise Programme
http://ageing.oupjournals.org/cgi/content/abstract/30/1/77

Methods for evaluating the efficacy of falls prevention interventions (data from Trial 1 and Trial 3)

Cost effectiveness of the Otago Exercise Programme
Trial 1, research setting:

Trial 3, community healthcare service setting (article as above):
http://www.bmj.com/cgi/content/full/322/7288/697

Trial 4, general practice setting (article as above):
http://www.bmj.com/cgi/content/full/322/7288/701

Analytic model (Norway):

Cost benefit analysis (USA):

Systematic review of economic evaluations of falls prevention interventions:

A home safety assessment and modification programme and the Otago Exercise Programme tested in people with severe vision loss
Trial 5, men and women ≥75 years, visual acuity 6/24 or worse, randomised controlled trial in Auckland and Dunedin, New Zealand
The Otago Exercise Programme as one component of a multifactorial intervention

The Otago Exercise Programme improves executive function (Vancouver, Canada)

The Otago Exercise Programme reduces mortality (Adelaide, South Australia)

The Otago Exercise Programme delivered as group training versus at home training

Cochrane systematic review highlighting the Otago Exercise Programme

Systematic reviews of exercise programmes to prevent falls


Multifactorial versus single factor falls prevention strategies


Overview of nationwide implementation of the Otago Exercise Programme and tai chi
Otago Exercise Programme instruction materials
A practical manual for instructors, which includes each exercise sheet ready to photocopy for clients, is available to download from the Accident Compensation Corporation (ACC) New Zealand website (publication ACC1162): http://www.acc.co.nz/otagoexerciseprogramme

Otago Exercise Programme online forum
http://www.phconnect.org/group/otago-falls-prevention-exercise-program-forum

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