



ProFouND: Prevention of Falls Network for Dissemination

DELIVERABLE D 3.2

CROWD SOURCING QUADRUPLED

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1. Description of deliverable and tasks for WP3

The ProFouND website aims to become a resource for the community of falls prevention practitioners and the community of technology developers and manufacturers. It will provide a “one stop shop” for people looking for information about the domains related to falls prevention and ICT.

WP3 is responsible for the resources content management of the website. The overall objective for WP3 is to provide the technical content for the ProFouND website resources library. Each member of the crowd will source and catalogue resources and add them to the resources library, by use of the protocol/content classification scheme developed through the project.

WP3 will provide technical content of the ProFouND website resource library by

- Co-ordinate crowdsourcing of content
- Define architecture of categorisation schemes
- Moderate content input

The deliverable for WP3 month 30 was the following:

D3.2, month 30:

Crowd sourcing quadrupled: Quadruple number of people trained for crowd sourcing to 60.

WP3 has performed and completed the following tasks the last twenty six months (M5-30):

Task 3.3

Recruit and train the “crowd” who will populate the resource library, and give them levels of access to the library dependent on expertise and need for moderation. Set up required alerts and RSS feeds etc, classify and populate initial library. Set up system to identify and handle duplicates (for example using DOIs, ISRCTNs, or patent numbers from e.g. Derwent Innovation Index as unique checkable referent)

This report includes description of the work with Task 3.3, where the crowd has been recruited and trained for crowd sourcing.

2. Crowd sourcing quadrupled

The work with recruiting and training the crowd has been carried out by WP3, led by NTNU, in close collaboration with WP2 and WP4.

How the crowd has been recruited and trained is as follows.

2.1 Recruiting the crowd

We have reached our goal concerning the crowd sourcing, with 60 people introduced and trained on how to identify and describe resources for the website.

After recruiting the first 13 associate partners for crowd sourcing by the end of Month 12, we have done the following to quadruple the number for crowd sourcing:

At the ProFouND meeting in Vilanova, Spain (12.03.2014) we held a workshop for all partners in order to recruit and train the members for crowd sourcing (See Appendix 1 for workshop slides). 30 partners from across the consortium attended the workshop focusing on how to add and describe resources for the website. As a result of this workshop, 13 partners were then recruited for crowd sourcing, representing partners from England, Italy, Spain, Sweden, The Netherlands, Germany, Greece and Norway.

At the EU Falls Festival in Stuttgart, Germany, in March 2015 we continued this recruitment, presenting the resource areas of the website at the ProFouND partnership meeting and encouraging consortium members to take an active role in finding best practice resources in their language. We also had an open ProFouND workshop at the EU Falls Festival where interested persons attending the festival were given information about how to become active members of the crowd aiming to populate the website with best practice resources. Six new partners from Hungary, Romania, Finland, Belgium and Germany were recruited for crowd sourcing. 30 delegates took part in the workshop (See Appendix 2 for workshop slides). The total number of participants at the EU Falls Festival was 220.

Recruiting for crowd-sourcing has also been performed through partners giving talks on falls prevention in their home countries.

In addition to this, we have sent out information about crowd sourcing to the ProFouND ESA-on falls groups who are directly involved in WP8 activities in order to try and expand the crowd and encourage the sharing and uploading of best practice resources from EU level stakeholder groups.

2.2 Training the crowd

We have trained the crowd and given members different access to handling the resources on the website. We have also encouraged people to send information via e-mail, for us to upload on their behalf.

An important task for the crowd is to identify relevant resources and suggest ways to describe each of them. Most of the resources have been sent to WP3 by e-mail, and after making a suggestion for how they can appear on the website the respective crowd member who provided the link or the resource is given the opportunity to add or change the description etc., prior to making the resource available online. For non-English resources, the crowd member has been responsible for checking quality of the resource through a close dialog with WP3 members. Partners who have contributed to this work are experts in their field, ensuring that only best practice resources have been identified and that the descriptions on the website are exact and informative so readers know why it is part of the ProFouND resource library.

A further layer of copyright protection has also been introduced to ensure when crowd members are uploading resources a pop-up box appears which asks them to confirm no intellectual property laws or personal rights are breached and that consent has been given by the author. The statement reads:

'By uploading this file you confirm that it contains no material protected by Intellectual Property laws or personal rights unless you own or control such rights or have received the necessary consents'.

2.3 Crowd involvement

We have encouraged partners to send resources, both those that are approved and resources that could be relevant for ProFouND.

We have added resources that have been identified, described and tagged by partners, and we have sent the suggestion for how the resource will appear on the website back to the partner for approval.

We have also sent resources identified that could be relevant for PrFouND to respective partners for approval (depending on language of the resource) prior to being added and available.

Some people from the crowd have also uploaded resources on the website themselves. The resources are not published until WP3 has checked the resource. Communication has been initiated with people from the crowd when there have been uncertainties with regards copyright or whether the resource represent state of the art knowledge.

2.4 Handling of duplicates

We now have more than 300 resources on the ProFouND website. After revising the content classification scheme by introducing seven categories (reported in D3.3), it has been easier to get access of the resources and also to know what is on the website. Duplicates are handled manually through the revised classification scheme. Handling of duplicates is managed by the people who upload resources, but is also checked by WP3 before being published.

Appendix 1 Crowd Sourcing Workshop Vila Nova 12th March 2014
PLEASE NOTE - Original Website managed by GCU not current version

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Norwegian University of
Science and Technology

CROWD SOURCING

workshop 12th March



<http://profound.eu.com/>




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AIM

Train you for crowd sourcing:



- 1) Categorize and describe resources
- 2) How to approve resources?
- 3) Identify moderators (contact persons)



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Science and Technology

Relevance?

- Interesting for the APP
- Relevant for the APP
- In-depth information
- Interesting resource (risk factors etc)

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The screenshot displays the ProFound website interface. On the left, there is a list of resources under the heading 'This website contains the following links for each resource'. On the right, there is a table with two columns: 'Dissemination group' and 'Dissemination status'. The table lists various groups and their corresponding dissemination statuses.

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Two methods available:

- **ONLINE**
– «add-a-resource»
- **OFFLINE**
– sending an e-mail

ProFound
Prevention of Falls Network for Dissemination

The screenshot shows the ProFound website homepage. The header includes the ProFound logo and navigation links: Home, About, Resources, Members, EC Stakeholders, Contact. A red box highlights the 'Sign in' button. The main content area features the title 'Maximising Take-up of Effective Falls Prevention Interventions' and three icons representing different activities: curating resources, developing web applications, and promoting dissemination. Below this, a text block describes the ProFound initiative and its goals. At the bottom, there are eight colored circles representing work packages (WP1 to WP8).

ProFound
Prevention of Falls Network for Dissemination

Home About Resources Members EC Stakeholders Contact

Sign in

Maximising Take-up of Effective Falls Prevention Interventions

- Curating the best falls prevention resources for use by professionals in practice and to inform our application development
- Developing powerful web applications to enable easy production of tailored information for at-risk older people
- Promoting the dissemination and adoption of evidence based best practice in falls prevention throughout Europe and beyond

The Prevention of Falls Network for Dissemination (ProFound) is a new EC funded initiative dedicated to bring about the dissemination and implementation of best practice in falls prevention across Europe. ProFound comprises 21 partners from 12 countries and associate members from a further 10 countries. ProFound aims to influence policy to increase awareness of falls and innovative prevention programmes amongst health and social care authorities, the commercial sector, NGOs and the general public, so as to facilitate communities of interest and disseminate the work of the network to target groups across EU. Read more about ProFound.

ProFound has eight work packages with clearly defined aims, objectives and deliverables.

WP1 WP2 WP3 WP4 WP5 WP6 WP7 WP8



→ Description of relevance



Five compulsory tags (can use more than one tag)



2)

ProFOUND
 Maximising Take-up of Effective Falls Prevention Interventions

Secure Area Add Resource Account Settings Your Profile Log out

Home About Resources Members EC Stakeholders Contact

Add a Resource

3) Profession / Interest *

<input type="checkbox"/> Caregivers	<input type="checkbox"/> Fitness leaders
<input type="checkbox"/> Geriatricians	<input type="checkbox"/> GP
<input type="checkbox"/> Multidisciplinary team	<input type="checkbox"/> Non-specific
<input type="checkbox"/> Nurses	<input type="checkbox"/> Occupational therapist
<input type="checkbox"/> Physiotherapist	<input type="checkbox"/> Podiatrists/Chiropodists
<input type="checkbox"/> Psychologists	

Select all relevant options.

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 Maximising Take-up of Effective Falls Prevention Interventions

Secure Area Add Resource Account Settings Your Profile Log out

Home About Resources Members EC Stakeholders Contact

Add a Resource

4) Resource Type *

<input type="checkbox"/> Aids	<input type="checkbox"/> Assessment tool
<input type="checkbox"/> Blog	<input type="checkbox"/> Book
<input type="checkbox"/> Case study	<input type="checkbox"/> Guidelines
<input type="checkbox"/> Implementation	<input type="checkbox"/> Leaflet
<input type="checkbox"/> Online learning	<input type="checkbox"/> Podcasts
<input type="checkbox"/> Presentation	<input type="checkbox"/> Research
<input type="checkbox"/> Technology	<input type="checkbox"/> Video Clip

Select all relevant options.

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 Maximising Take-up of Effective Falls Prevention Interventions

Secure Area Add Resource Account Settings Your Profile Log out

Home About Resources Members EC Stakeholders Contact

Add a Resource

5) Intervention Type *

<input type="checkbox"/> Awareness	<input type="checkbox"/> Case finding
<input type="checkbox"/> Dizziness	<input type="checkbox"/> Education
<input type="checkbox"/> Environmental	<input type="checkbox"/> Exercise
<input type="checkbox"/> Games	<input type="checkbox"/> Hearing
<input type="checkbox"/> Housing Construction	<input type="checkbox"/> Incontinence
<input type="checkbox"/> Medications	<input type="checkbox"/> No intervention
<input type="checkbox"/> Nutrition	<input type="checkbox"/> Physical activity
<input type="checkbox"/> Psychological	<input type="checkbox"/> Restraints
<input type="checkbox"/> Risk assessment	<input type="checkbox"/> Surgery
<input type="checkbox"/> Vision	<input type="checkbox"/> Vitamins/Calcium

Select all relevant options.

ProFound
Prevention of Falls Network for Europe

Secure Area | Add Resource | Account Settings | Your Profile | Log out

Home | About | Resources | Members | EC Stakeholders | Contact

Maximising Take-up of Effective Falls Prevention Interventions

Add a Resource

Additional Tag

- Balance training
- Fear of falling
- Parkinson's disease
- Strength training
- Brain training
- Multifactorial
- Single interventions
- Stroke

Select all relevant options.

NTNU | **Sci**

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Maximising Take-up of Effective Falls Prevention Interventions

TITLE → Otogo Home Exercise Programme Booklet for Older People (Norwegian)

by KRISTIN TARALDSEN on JANUARY 6, 2014

The non-region translation of the Otogo Exercise Program; individualized, progressive home exercise programme, focusing on resistance and balance training, demonstrated to be effective in reducing falls in older home-dwelling adults. This leaflet was produced by Later Life Training and translated into Norwegian by Kristin Taraldsen, Per Bendik Ylik and Mona Kristin Aaslund, NTNU.

Exercise programme components

- Balance
- Muscle strength

Download the exercise program here: [Otogo Øvelsene](#)

This resource has been evaluated by qualified healthcare professionals and is declared as approved by ProFound.

Help ProFound Today

You can help ProFound work by downloading our Flyer and sharing it with everyone you know who may be interested.

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Maximising Take-up of Effective Falls Prevention Interventions

CONTENT → The non-region translation of the Otogo Exercise Program; individualized, progressive home exercise programme, focusing on resistance and balance training, demonstrated to be effective in reducing falls in older home-dwelling adults. This leaflet was produced by Later Life Training and translated into Norwegian by Kristin Taraldsen, Per Bendik Ylik and Mona Kristin Aaslund, NTNU.

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Maximising Take-up of Effective Falls Prevention Interventions

Otago Home Exercise Programme Booklet for Older People (Norwegian)

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FOR WHOM

- Balance
- Muscle strength

Download the exercise program here: Otago Diverse

This resource has been evaluated by qualified healthcare professionals and is declared as approved by ProFound.

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Maximising Take-up of Effective Falls Prevention Interventions

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Maximising Take-up of Effective Falls Prevention Interventions

Search:

Guidelines to prevent and treat osteoporosis and osteoporotic fractures (Norwegian)
by JORUNN L. HELBOSTAD on FEBRUARY 19, 2014 EDIT

Guidelines for going through medications (Norwegian)
by JORUNN L. HELBOSTAD on FEBRUARY 18, 2014 EDIT

Balance and falls in home dwelling older persons (Norwegian article)
by KRISTIN TARALDSEN on FEBRUARY 3, 2014 EDIT

Otago Home Exercise Programme Booklet for Older People (Norwegian)
by KRISTIN TARALDSEN on JANUARY 6, 2014 EDIT


Approved Resources
Look out for ProFound Approved resources:

Search / Filter
Search by keyword

- Norwegian
- Primary health care systems
- Geriatricians
- All Resource Types
- All Intervention Types
- All Additional Tags

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How to approve resources?



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APPROVED RESOURCES

- Updated/current
- Evidence based
- Well written/provided
- Checked and approved by an expert in the field





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Maximising Take-up of Effective Falls Prevention Interventions

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Exercise programme components

- Balance
- Muscle strength

Download the exercise program here: Otago Exercise Program

This resource has been evaluated by qualified healthcare professionals and is declared as approved by ProFouND.

Approved

NTNU – Trondheim
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Identify moderators 😊



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Moderators

Contact persons (all languages)

- Give feedback
- Identify resources
- Upload resources
- Check and approve resources
- Check for duplicates




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Checklist

- Title (including language)
- Description
 - Content: leaflet, paper, guideline etc
 - FOR whom? /Setting
 - Provided by
 - Evidence?
- Tags
- LINK (URL) / or pdf that can be uploaded



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WP3 contact information



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ProFouND
Provision of Facts Network for Dissemination



Website
workshop 24th March



<http://profound.eu.com/>



AIM

Resources on the website:

- 1) Identify best practice resources
- 2) Categorize and describe resources
- 3) Make them available for downloads



Relevance?

- Interesting for the APP
- Relevant for the APP
- In-depth information
- Interesting resource (risk factors etc)



Relevance:	Description (when to use):
Candidate resource	Interesting resource that should be evaluated for relevance for the APP
Complimentary resource	Resource with a potential for someone using the App to print out for an older person
Contributory resource	In-depth info (reviews/guidelines/best practice etc - but also leaflets for older people that the professional may print out after using the App)
Interesting resource	Leaflets on fall prevention for older persons containing best practice information - may be used for App but also potentially for other best practice information on the website
	Manuals describing risk factors for falls and other information that is relevant to older people and independent living but not directly linked to the app or advice on the website - eg. medication, nutrition but not specific falls information

Science and Technology



March 17, 2015 Log In f t v

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A+ A A-

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[GUIDELINES](#)
[ian Community Care](#)
[How to Guide: Reducing Harm from Falls \(English\)](#)
[Guidance for exercise in older people at risk of falls \(Wales\)](#)
[Adaptation of jc](#)

The Prevention of Falls Network for Dissemination (ProFouND) is an EC

Upcoming Events

EU Falls Festival, Stuttgart, DE
Mar 24 - 25

BRS Training Course: Osteoporosis & Other Metabolic Bone Diseases, Oxford, UK
Apr 13 - 15

IAGG-ER 2015 - 8th Congress, Dublin, IE
Apr 23 9:00 am - Apr 26 5:00 pm

ICT4AgeingWell, Lisbon, PT
May 20 - 22

CLICK HERE to Join ProFouND Today

March 2015


M	T	W	T	F	S	S
				6	7	8
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

◀ Dec Apr ▶


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[GUIDELINES](#) | [Resources for older workers. Guide to Good Practice \(in Spanish\)](#) | [Guide for advice on selection of footwear for older people \(in Spanish\)](#)




Best Practice




Printed Patient Information




Related Websites




Clinical Guidelines



Policy Around EU



Videos



Online Learning

ADD

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All Organisation/Setting

All Professions/Interest

All Resource Types

All Intervention Types

All Additional Tags

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[GUIDELINES](#) | [Community Care'](#) | [How to Guide: Reducing Harm from Falls \(English\)](#)

Home | Best Practice

TITLE → **Effective exercise for home-dwelling older people (German paper)**

Posted by Kristin Taraldsen | Date: March 06, 2015 | In: Best Practice, Resources | Leave a comment | 96 Views | Edit Edit with Visual Composer

Content → This paper provided by the Sicheres Vorarlberg (Unfallen vorgeugen – gesund leben) explain the effect of the Otago program for community dwelling older people and targets professionals working with fall prevention. The paper is written in german and can be downloaded [here](#)



SICHERES VORARLBERG
www.sicheresvorarlberg.at

Erstellt: 06.06.2016

URL link → **Wirksames Training für den Hausgebrauch**
Otago Übungsprogramm hat sich als effektive Waffe gegen Stürze im Alter erwiesen – Vorarlberg stellt ein Handout.

An dieser Forderung gibt es auch nichts zu denken: Schon 2007 werden in Vorarlberg 93.000 Menschen über 70 Jahre alt sein. Darin ist es durch steigende Mobilität nur einem Prozent dieser Personen zum Stürze liegen die Gefahr droht zu erhöhen. Auch durch Vorgehen in einem Pflegeheim besteht eine Komplexität von 2 Millionen Euro liegen. In Rahmen der demografischen Entwicklung, hat der Mensch immer aber werden, ist er nicht die Bevölkerung ein Gebiet der Stürze. Das bei steigendem Alter Menschen können ausdauernde Vorkehrungen häufig nicht in die Pflichtbarkeit.

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 [Guidance for exercise in older people at risk of falls \(Wales\)](#) >
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Search:

[ADD RESOURCES](#)

Search

Search ...

All Languages

All Organisation/Settings

All Professions/Interests

All Resource Types

All Intervention Types

All Additional Tags

Submit

Two methods available:

- ONLINE
 - «add resources»
- OFFLINE
 - sending an e-mail to kristin.taraldsen@ntnu.no



Aim is to add resources that are:

- Updated/current
- Evidence based
- Well written/provided
- Checked and approved by an expert in the field



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Checklist

- Title (including language)
- Description
 - Content: leaflet, paper, guideline etc
 - FOR whom? /Setting
 - Provided by
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- Tags
- LINK (URL) / or pdf that can be uploaded



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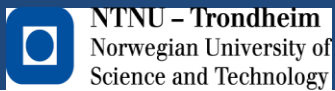


WP3, NTNU Trondheim, Norway

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Kristin Taraldsen, WP3 partner
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Randi Granbo, WP3 partner
randi.granbo@ntnu.no



The screenshot shows the 'RESOURCES' section of the ProFOUND website. The navigation bar includes: HOME, ABOUT THE PROJECT, RESOURCES (highlighted), FORUM, EC FUNDED FALLS PROJECTS, STAKEHOLDERS, and PROFOUND TRAINING. Below the navigation bar, there are breadcrumb links: GUIDELINES > es for older workers. Guide to Good Practice (in Spanish) > Guide for advice on selection of footwear for older people (in Spanish). The main content area features a grid of resource cards: 'Best Practice' (with 'Best Practice' text on a corkboard), 'Printed Patient Information' (with a stethoscope and medical forms), 'Related Websites' (with a person icon and arrows), 'Clinical Guidelines' (with 'GUIDELINES' text and a hand holding a pen), 'Policy Around EU' (with a map of Europe and stars), and 'Videos' (with a video player interface). On the right side, there is a search bar with the text 'ADD', a search input field, and several filter buttons: 'All Languages', 'All Organisation/Setting', 'All Professions/Interest', 'All Resource Types', 'All Intervention Types', and 'All Additional Tags'.

Search:

Printed Patient Information
 Related Websites
 Policy Around EU
 Videos

ADD RESOURCES

Search

Search ...

All Languages

All Organisation/Settings

All Professions/Interests

All Resource Types

All Intervention Types

All Additional Tags

Submit

<p>Best Practice 28</p>	<p>Printed Patient Information 120</p>	<p>Related Websites 34</p>
<p>Clinical Guidelines 30</p>	<p>Policy Around EU 2</p>	<p>Videos 62</p>
<p>Online Learning 15</p>		



Papers
 Assessment tools
 Workshop summaries
 etc

Effective exercise for home-dwelling older people (German paper)
 This paper provided by the Sichereres Vorarlberg (Unfällen vorgeugen - gesund leben) explain the e community dwelling older pe ...
 March 06, 2015 (0) Comments 102 Views

Reliability of the Tinetti Mobility Test (TMS) in the Elderly in Greece
 This paper (in Greek) is written by physiotherapist Mrs Eleni Katsakiori, Ass Prof N Agelousis, Prof M Gourgoulis and publis ...
 January 29, 2015 (0) Comments 102 Views

Workshops summaries from the Stuttgarter Sportkongress (German)
 The Stuttgarter Sportkongress provide three summaries from workshops held at this conference. The fir task and balance exe ...
 January 16, 2015 (0) Comments 71 Views

The Aging «Phenomenon» in Greece and the future handling of the health system
 This paper (in Greek) is written by physiotherapist Mr John Marmaras and Mrs Evagelia Kentrou and journal. Physiotherapia ...
 December 19, 2014 (0) Comments 103 Views

ProFouND Falls Awareness Campaign Ideas Pack 2014
 ProFouND works closely with the EIP AHA A2 to Disseminate good practice in falls prevention. As part of Falls Prevention Cam ...
 July 13, 2014 (0) Comments 1670 Views



Leaflets
 Books

Patient Info

<p>Otago strength and balance home exercise programme (for older or more frail older people with poor balance and strength but able to stand)</p> <p>Dutch Finnish Greek Norwegian Swedish</p> <p>Dutch(Flemish) French Hungarian Polish Portugese</p> <p>English German Italian Spanish Portugese (South American)</p>	<p>FaME strength and balance home exercise programme (for older people who are younger and a bit more active but still need to improve their strength and balance)</p> <p>Austrlian English Greek Norwegian Swedish</p> <p>Dutch French Hungarian Polish Portugese</p> <p>Dutch(Flemish) German Italian Spanish Portugese (South American)</p>	<p>Chair based home exercise programme (for older people who are very unstable and need to improve strength in a seated position first before moving onto the Otago programme)</p> <p>Austrlian English Greek Norwegian Swedish</p> <p>Dutch French Hungarian Polish Portugese</p> <p>Dutch(Flemish) German Italian Spanish Portugese (South American)</p>
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Websites/information portals etc



Clinical guidelines





Policy Around Europe

Recent Most Popular Grid List

The Prevention Package for Older People (DoH, 2009)

Fall Prevention in Canada: Epidemiological and Program Update

Vicky Scott, PhD, RN

Fall Prevention in Canada: Epidemiological and Program (Scott, 2008)

of Excellence on Mobility, Fall Prevention & Injury in Aging (CEMFA)

- Video clips
- Podcasts
- Exercise demo's
- Training videos
- Presentations (videos)



Fariseing Ho Walk - Strength and Balance

Fariseing Basted Knee - Strength & Balance

Fariseing Shoulder Mobility - Strength & Balance

Fariseing Shoulder Mobility - Strength & Balance

EUPHA/Prof/suNO Seminar presentations

7x3 exercise video (Italian)

Presentations
Online learning
Research
documents



Group-training in Trondheim (Norway)

Posted by Kirstin Tansbæk Date: February 03, 2014 in Online Learning, Resources
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In Trondheim seniors can attend exercise groups once a week where the content is based on knowledge from fall prevention research and where the aim is to maintain physical function in community dwelling older persons. These groups are run by volunteers trained by the physiotherapists in the Municipality of Trondheim.

Enhet for fysioterapitjenester

Trøndergruppen for seniorer

For seniorer i Trondheim

Trøndergruppen for seniorer

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Trøndergruppen for seniorer

A paper describing this exercise model and results from assessment of 50 participants is available [here](#).

