

**Are there effective interventions to prevent falls in people with Parkinson's disease?**

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| <b>Clinical Question</b>          | How effective and safe are interventions designed to reduce the incidence of falls in people with Parkinson's disease (PD)?  |
| <b>Bottom Line</b>                | <p>Overall, the results of this Cochrane review indicate that exercise interventions probably reduce the rate of falls and probably slightly reduce the number of people falling in people with PD (moderate-certainty evidence). Furthermore, results suggest that fully supervised exercise may be more effective for reducing the number of falls than partially supervised exercise.</p> <p>Cholinesterase inhibitors may reduce the rate of falls in people with PD who are at risk of falls, including those with impaired cognition. However, we found very low-certainty evidence that this medication makes little or no difference to the number of people falling. Any benefits of a cholinesterase inhibitor need to be balanced against the potential side effects that may increase non fall-related adverse events.</p> |
| <b>Caveat</b>                     | <p>Most studies were categorised as gait, balance and functional training, with few studies of resistance training, 3D exercise, flexibility exercise or other exercise. Subgroup analyses for rate of falls and number of people who fell at least once versus control found there was no evidence for one category of exercise being superior to another.</p> <p>The majority of included participants had overall mild to moderate disease and good cognition. Therefore, they may not have been representative of the population with PD seeking falls prevention interventions, as many of these people have more advanced disease and impaired cognition.</p>  |
| <b>Context</b>                    | Most people with Parkinson's disease (PD) experience at least one fall during the course of their disease. People with PD generally fall at rates double to that found in the older population. Several interventions designed to reduce falls have been studied. An up-to-date synthesis of evidence for interventions to reduce falls in people with PD will assist with informed decisions regarding fall-prevention interventions for people with PD.  |
| <b>Cochrane Systematic Review</b> | Allen NE, Canning CG, Almeida LRS, Bloem BR, Keus SHJ, Löfgren N, Nieuwboer A, Verheyden GSAF, Yamato TP, Sherrington C. Interventions for preventing falls in Parkinson's disease. Cochrane Database of Systematic Reviews 2022, Issue 6. Art. No.: CD011574. DOI: 10.1002/14651858.CD011574.pub2. This review contains 32 trials with a total of 3370 participants.  |

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Systematic review link:

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD011574.pub2/full>