Reviewer’s report

Title: "Pisando Fuerte": an evidence-based falls prevention program for Hispanic/Latinos Older adults: Results of an implementation trial.

Version: 0 Date: 19 Jun 2019

Reviewer: C. W. Fan

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Reviewer's comments on BGTC-D-19-00360

The authors report on the implementation of Falls Prevention Programme - Pisando Fuerte, an adaptation of "Stepping On" programme into Hispanic/Latino older adults. Stepping On Programme originated from Australia (Clemson L, 2003) was effective in reducing falls by 31% in 70+ with previous falls or fear of falling. This programme had been adapted to be delivered by non-health professionals (Schlotthauer 2017) and in post stroke patients (Xu T 2018).

Pinzon et al described the adaptation of the program now into a Spanish delivered program sensitive to the cultural and economic status.

It is important to study the adaptability of the Exercise programme to another language and cultural setting.

This is a study to determine the effectiveness of adaptation programme and is not powered to study the effectiveness in preventing falls. Hence the sample size is small and the length of time for follow up is also reduced.

There are differences between Stepping On Program and PF in use of weights for exercise. The authors have to ascertain whether if this modification change the efficacy of the programme in falls prevention.

Regarding participant selections, there are differences between two sites, participants of one site were younger; there were more men in another; the education attainment were also different. Of note, the participants experience more fear of falling than falls; (5/24) had falls. The exercise programme may not have as much impact as those with poor lower limb strength and balance impairment.

The authors outlined clearly the challenges faced in implementing the programme in Spanish due to the lack of experts fluent in Spanish to deliver the technical lectures. The educational level of the participants also impacted on adhering to the programme. The message of taking care when walking clearly came through as TUG was longer after programme.
I cannot comment on the elements of cultural adaptation as I am not familiar with the terms described (Table 3).

Table 6, the participants adopted the safe walking behaviour and house modification. When the intervention call for the participants to contact outside agency such as pharmacist, eye tests, change footwear, talking to doctor, the adoption is less common. How does this compare with other Stepping On program. If this is an important component, future falls program may need to consider how to break through those barriers.

The authors outlined the limitation of the program.

Consider local champion to ensure adherence to programme.

For those with literacy difficulty, would a youtube video of the exercise be useful as a means of delivering the exercise?

**Are the methods appropriate and well described?**
If not, please specify what is required in your comments to the authors.

Yes

**Does the work include the necessary controls?**
If not, please specify which controls are required in your comments to the authors.

Unable to assess

**Are the conclusions drawn adequately supported by the data shown?**
If not, please explain in your comments to the authors.

Yes

**Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?**
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

I am able to assess the statistics

**Quality of written English**
Please indicate the quality of language in the manuscript:

Acceptable
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