Author’s response to reviews

Title: Action Seniors! Secondary Falls Prevention in Community-Dwelling Senior Fallers: study protocol for a randomized controlled trial

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Author’s response to reviews: see over
Response to Reviewers

Title: Action Seniors! An RCT of Secondary Falls Prevention in Community-Dwelling Senior Fallers

Version: 1

Date: 2 March 2015

Reviewer: Martin Dennis

Reviewer's report:

This protocol is clearly written and seems methodologically sound. I have only minor points

1) Not clear what is meant by a 12 month RCT. Does this refer to the duration of recruitment period, the duration of the exercise programme or the duration of follow up? Please find a better descriptive term.

Response: Thank you for the opportunity to clarify. What we meant was that it is a 12-month intervention. We have clarified the wording in our manuscript.

Action: On page 8, the title now reads: “We propose a RCT of 344 community-dwelling senior with a history of falls (i.e., one or more falls in the past 12 months), aged 70 and older. Participant randomized to the OEP intervention group will receive the intervention for 12-months. There will be three measurement sessions with monthly monitoring (Figure 1)”.

2) The investigators refer to this being a definitive trial. I wonder whether a single centre trial can really be definitive. Surely one needs better evidence of external validity and generalizability?

Response: We concur with the reviewer and have modified our manuscript accordingly.

Action: On page 3, the title now reads: “Hence, we propose a randomized controlled trial powered for falls that will, for the first time, assess the efficacy and efficiency of the OEP for secondary falls prevention”.

3) The major source of bias in this trial will result from patients being aware of their group allocation and perhaps more enthusiastically recording falls when in the control group, than in the intervention group. It would be good to have some discussion of this included.

Response: Thank you for this insightful comment. We have added this point to our manuscript.

Action: On page 17, the title now reads: “Given that a potential source of bias in this trial will result from patients being unblended to their group allocation, group will be controlled for in all secondary analyses”.


Editorial requests:
1. Please ensure the title conforms to journal style for study protocol articles. The title should follow the format ?title of study protocol: study protocol for a randomized controlled trial.? Response: We have modified our manuscript accordingly. Action: On page 1, the title now reads: “Action Seniors! Secondary Falls Prevention in Community-Dwelling Senior Fallers: study protocol for a randomized controlled trial”.

2. Please include the affiliations and email addresses of all authors on the title page. Response: We have modified our manuscript accordingly. Action: On pages 1&2, the title now reads: “1 Aging, Mobility, and Cognitive Neuroscience Laboratory, Vancouver Coastal Health Research Institute & University of British Columbia, Vancouver BC; Teresa.ambrose@ubc.ca 2 Aging, Mobility, and Cognitive Neuroscience Laboratory, Centre for Clinical Epidemiology and Evaluation, Vancouver Coastal Health Research Institute & University of British Columbia, Vancouver BC; Jennifer.davis@ubc.ca 3 Aging, Mobility, and Cognitive Neuroscience Laboratory, Vancouver Coastal Health Research Institute & University of British Columbia, Vancouver BC; liang.hsu@hiphealth.ca 4 Aging, Mobility, and Cognitive Neuroscience Laboratory, Vancouver Coastal Health Research Institute & University of British Columbia, Vancouver BC; caitlin.gomez@hiphealth.ca 5 Aging, Mobility, and Cognitive Neuroscience Laboratory, Vancouver Coastal Health Research Institute & University of British Columbia, Vancouver BC; kelly.vertes@hiphealth.ca 6 School of Pharmacy, Memorial University, Newfoundland; cmarra@mun.ca 7 Centre for Clinical Epidemiology and Evaluation, Vancouver Coastal Health Research Institute & University of British Columbia, Vancouver BC; penny.brasher@ubc.ca 8 Aging, Mobility, and Cognitive Neuroscience Laboratory, Vancouver Coastal Health Research Institute & University of British Columbia, Vancouver BC; lizdao@mail.ubc.ca 9 Centre for Hip Health and Mobility, University of British Columbia, Vancouver BC; karim.khan@ubc.ca 10 St Paul’s Hospital, University of British Columbia, Vancouver BC; WCook@providencehealth.bc.ca 11 Centre for Clinical Epidemiology and Evaluation, Vancouver Coastal Health Research Institute & University of British Columbia, Vancouver BC; meghan.donaldson@ubc.ca 12 Vancouver Coastal Health Research Institute, Vancouver BC; larrydian@gmail.com”

3. Please include the date of registration with the trial registration number at the end of the Abstract. Response: We have modified our manuscript accordingly. Action: On page 4, the Abstract now reads: “Trial Registration: ClinicalTrials.gov Protocol Registration System: NCT01029171, December 7, 2009”.

4. Please mention each author individually in your Authors' Contributions section. We suggest the following kind of format (please use initials to refer to each author's contribution): “AB carried out the molecular genetic studies, participated in the sequence alignment and drafted the
Response: We have modified our manuscript accordingly.

Action: On page 21, it now reads: “TLA wrote the grant application that was funded by the Canadian Institute for Health Research and jointly drafted the Action Seniors! Protocol. JCD contributed to writing the grant application that was funded by the Canadian Institute for Health Research and jointly drafted the Action Seniors! Protocol. CAM contributed to writing the grant application that was funded by the Canadian Institute for Health Research and critically reviewed the Action Seniors! Protocol. PMB contributed to writing the grant application that was funded by the Canadian Institute for Health Research and critically reviewed the Action Seniors! Protocol. WC critically reviewed the grant application that was funded by the Canadian Institute for Health Research. The grant application formed the bases for the manuscript”.

5. Please include a figure title and legend section after the reference list.

Response: We have modified our manuscript accordingly.

Action: On page 11, it now reads: “Figure legend
Figure 1: Overview of the flow of participants through the Action Seniors Trial”.