Step 4

Look for Cochrane Library and Click on the word 'Connect.'

<table>
<thead>
<tr>
<th>No.</th>
<th>Service Name</th>
<th>Description</th>
<th>Click</th>
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<td>China Academic Journal Literature History Philosophy Series 1 English</td>
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<td>Ctvf : Complete Index to World Film since 1995; Connect</td>
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Result page: 1 2 Next
In the elderly does the implementation of Tai Chi reduce falls compared to no intervention.

**Population**  Elderly

**Intervention**  Tai Chi

**Comparison**  Implement vs. No implementation

**Outcome**  Reduction of Falls
Step 6
Click on the word ADVANCED SEARCH

THE COCHRANE LIBRARY
Independent high-quality evidence for health care decision making

SEARCH THE COCHRANE LIBRARY
Title, Abstract or Keywords

or try an Advanced Search

BROWSE COCHRANE
DATABASE OF SYSTEMATIC REVIEWS
- Anaesthesia & pain control (164)
- Blood disorders (96)
- Cancer (204)
- Consumer & communication (30)
- Dentistry and oral health (100)
- Developmental, psychosocial, and learning problems (72)

SPECIAL COLLECTIONS
- World No Tobacco Day (31 May 2010)
- Acupuncture: ancient tradition meets modern science
- Safety on the road

EDITORIAL
- International Clinical Trials Day & The Cochrane Library, by Prof Mike Clarke
- International Clinical Trials Day, 20 May 2010, is an opportunity to celebrate the role of clinical trials in resolving uncertainties in health care and a fitting day to mark within The Cochrane Library. A related series of podcasts discussing various aspects of clinical trials are available within the Special Collection for International Clinical...
Step 7
Type ‘elderly’ in the first search box; Type ‘tai chi’ in the second search box; Type ‘falls’ in the third search box; Make sure all drop down menu has been changed to ‘Search All Text.’
Click on the Search Button.
Step 8
The results: 12 Cochrane Reviews; 6 Other Reviews; and 20 Clinical Trials

Search Results

There are 12 results out of 6182 records for 'elderly and fall chl and falls in Cochrane Database of Systematic Reviews'.

View: 1-12

1. Interventions for preventing falls in older people living in the community
   Utting G. Gillespie, H Clare Robertson, William J Gale, Sarah E Lamb, Simon Gates, Robert G Cumming, Brian H Rowe
   October 2003

2. Exercise for improving balance in older people
   Tracey C. Noyce, Lynn Rochester, Alison Jackson, Pauline MH Banks, Valerie A Blay
   October 2008

3. Population-based interventions for the prevention of fall-related injuries in older people
   Rodrock J. McClure, Cathy Turner, Nancye Pest, Anneliese Spinks, Elizabeth Eakin, Karen Hughes
   October 2009

4. Rehabilitation for older people in long-term care
   Anne Forster, Ruth Lambe, Jo Hardy, John Young, Jane Smith, John Green, Eileen Burns
   March 2010

5. Interventions for preventing falls in older people in nursing care facilities and hospitals

...
Step 9
To see your Search History click on those words in the Upper Right Corner
Step 10
This is what your Search History looks like. To return to your Cochrane Reviews click on the Browser Back Button.
To open the first result which is a Review...click on the title of the article.
Step 12
This opens up an Intervention Review. By click on the word 'Full' in the left hand margin you will retrieve the entire document.

[Intervention Review]
Interventions for preventing falls in older people living in the community

Lesley D Gillespie, 1,3 M Clare Robertson, 1 William F Gilbert, 2,3 Sarah E Lamb, 4 Simon Carr, 1 Robert G Cumming, 2,3 Erna H Rea 1

1 Department of Medical and Surgical Sciences, Dunsinn School of Medicine, University of Otago, Dunedin, New Zealand. 2 New York Medical School, University of Health, Bell, LA. 3 Garlic: Clinical Reviews Unit, Warwick Medical School, University of Warwick, Coventry, UK. 4 Centre for Education and Research on Ageing, University of Sydney, Concord, Australia. 5 Department of Emergency Medicine, University of Alberta, Edmonton, Canada.

Contact address: Lesley D Gillespie, Department of Medical and Surgical Sciences, Dunsinn School of Medicine, University of Otago, PO Box 911, Dunedin, Otago, 9054, New Zealand. Email: gillespie@health.otago.ac.nz.

Abstract

Background
Approximately 30% of people over 65 years of age living in the community fall each year.

Objectives
To assess the effects of interventions to reduce the incidence of falls in older people living in the community.

Next...
Step 13
This is what a full Intervention Review Record looks like in PDF format. It is 257 pages long.

Interventions for preventing falls in older people living in the community (Review)

Gillespie LD, Robertson MC, Gillespie WJ, Lamb SE, Gates S, Cumming RG, Rowe BH