

Appendix 2. Data extraction form

Recommendation	SR/MA	RCT	NRCS	Consensus	Expert opinion	Level of evidence
1. Primary care physicians should be able to identify community-dwelling elderly at an increased risk for falls by asking about a history of falls and performing gait or balance tests.	0	0	0	0	3	E
2. Multifactorial fall risk assessments to identify multiple risk factors for falls can reduce the risk of falls and improve the health status of older adults at an increased risk for falls.	0	1	0		3	E
3. The use of combined vitamin D and calcium supplementation may be recommended to prevent fractures in community-dwelling elderly who are at an increased risk for falls.	2	2	0	0	0	E
4. Vitamin D supplementation may be recommended to prevent falls in community-dwelling older people who have low vitamin D levels.	2	0	0	0	0	B
5. Supplementation with vitamin D may be recommended for elderly people residing in long-term care settings for the prevention of falls.		5				A
6. We recommend regular exercise to prevent falls and fall risk in community-dwelling elderly people.	6	11		0	0	A
7. We recommend balance training, strengthening exercise, aerobic exercise, or resistance exercise to prevent falls and fall risk among community-dwelling elderly.	0	26		0	0	A

Detailed reports can be identified in Korean version of “Evidence-based guideline for fall prevention in Korea” in “Korean J Med 2015;89:752-780.

SR/MA, systemic review/meta-analysis; RCT, randomized controlled trial; NRCS, non-randomized comparative study.