Welcome to the latest Falls Update Newsletter. This will be produced every 2-3 months and lists the most recent literature in the field.

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**Table of Content**

Cochrane Systematic Reviews ................................................................. 1
National Guidelines ............................................................................. 1
Reports .................................................................................................. 1
Falls Prevention ..................................................................................... 2
Inpatient Falls ......................................................................................... 3
Falls Effects .............................................................................................. 4
Sources ..................................................................................................... 6
Trust Information .................................................................................... 7

N.B. Press CTRL + Click on any of the headings to jump to that point within the document.

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**Cochrane Systematic Reviews**

Nothing to report

**National Guidelines**

NICE., updated October 2013. Falls in older people Pathway.

***Abstract***: This pathway covers the assessment and prevention of falls in older people both in the community and during a hospital stay and was created from the NICE clinical guideline 161 (2013) Falls: assessment and prevention of falls in older people.

**Reports**

GREAT BRITAIN. DEPARTMENT OF HEALTH., 27 November 2013 - 3:49pm. Department of Health’s winter crisis fund will back additional physio posts.

***Abstract***: Properly funded community services, such as physio-led falls prevention programmes are essential to keeping more people out of hospital and reducing unnecessary use of A&E.
Falls Prevention


**Abstract:** This study showed an increased rate of acute care admissions for both traumatic and non-traumatic brain injury with age. It also provided additional support for falls prevention strategies to prevent injury leading to cognitive disability with costly human and economic consequences.

Full Text


**Abstract:** This study investigates whether the integration of a simple screening vibration perception threshold for peripheral neuropathy in physical (fall risk) assessment among the elderly should be recommended.


**Abstract:** A study into the effectiveness of the MAHC program in the identification and management of fallers in the home.


**Abstract:** This report describes the results collected from an annual questionnaire measuring care problems including falls which occur frequently in healthcare organisations.

Full Text


**Abstract:** A semi structured interview was used to gather feedback from geriatric care workers on what was needed for universal fall risk screening.


**Abstract:** Health professionals can provide support for older people to help reduce the risk of, and harm from, falls, while maintaining quality and dignity in the care home setting.

Full Text


**Abstract:** This study aims to analyse the overall effect of exercise on falls and fracture prevention in long term care facilities


**Abstract:** The authors compare the effectiveness of supervised Tai Chi exercises versus the conventional physical therapy exercises in a personalised rehabilitation program in terms of the incidence and severity of falls in a frail older population


**Abstract:** A study to identify fall factors and their prevention in a nursing home for the elderly in Finland

Full Text


**Abstract:** For prevention and detection of falls, it is essential to unravel the way in which older people fall. This study aims to provide a description of video-based real-life fall events.

Full Text

Abstract: People with dementia have a disproportionately high rate of falls and fractures and poorer outcomes. A randomised trial design was used to test feasibility of study components and acceptability of a home hazard reduction and balance and strength exercise fall prevention program. Full Text


SCHOENE, D., SMITH, S.T., DAVIES, T.A., DELBAERE, K. and LORD, S.R., 2013. A Stroop Stepping Test (SST) using low-cost computer game technology discriminates between older fallers and non-fallers. Age and Ageing, epub ahead of print Oct 14. Abstract: This study shows the SST, a low-cost video game device, was able to distinguish fallers from non-fallers providing a novel way to explore cognitive mechanisms for fall-risk in older people. Full Text

NG, C.T. and TAN, M.P., 2013. Osteoarthritis and falls in the older person. Age and Ageing, 42(5), pp. 561-566. Abstract: The authors review the existing literature on the relationship between osteoarthritis and falls have found limited evidence supporting the current assumption that the presence of osteoarthritis is associated with increased risk of falls. Full Text


MANSON, J., ROTONDI, M., JAMNIK, V., ARDerN, C. and TAMIM, H., 2013. Effect of tai chi on musculoskeletal health-related fitness and self-reported physical health changes in low income, multiple ethnicity mid to older adults. BMC Geriatrics, 13, pp. 114. Abstract: Tai Chi has proven to be effective at improving musculoskeletal fitness by increasing upper and lower body strength, low back flexibility and overall physical health. Full Text

GRANACHER, U., 2013. A best practice fall prevention exercise program to improve balance, strength / power, and psychosocial health in older adults: study protocol for a randomized controlled trial. BMC Geriatrics, 13, pp. 105. Abstract: With increasing age neuromuscular deficits (e.g., sarcopenia) may result in impaired physical performance and an increased risk for falls. Full Text

FINK, H.A., KUSKOWSKI, M.A. and MARSHALL, L.M., 2013. Association of stressful life events with incident falls and fractures in older men: the Osteoporotic Fractures in Men (MrOS) Study. Age and Ageing, epub ahead of print Sep 3. Abstract: This study of older men over 65 years of age examines the relationship of stressful life events and an increased risk of incident falls independent of other explanatory variables. Full Text


CALDER, C.G., MANNION, J. and METCALF, P.A., 2013. Low-Intensity Whole-Body Vibration Training to Reduce Fall Risk in Active, Elderly Residents of a Retirement Village. Journal of the American Geriatrics Society, 61(8), pp. 1424-1426. Abstract: Whole-body vibration training (WBVT) is a new exercise concept that may be beneficial in elderly adults. This study assessed the effect of low-intensity WBVT on gait, balance, and health-related quality of life in active elderly volunteers. Full Text


GSCHWIND, Y., KRESSIG, R., LACROIx, A., MUEHLBAUER, T., PFENNINGER, B. and GRANACHER, U., 2013. A best practice fall prevention exercise program to improve balance, strength / power, and psychosocial health in older adults: study protocol for a randomized controlled trial. BMC Geriatrics, 13, pp. 105. Abstract: With increasing age neuromuscular deficits (e.g., sarcopenia) may result in impaired physical performance and an increased risk for falls. Full Text
Inpatient Falls


Abstract: This pilot study investigates shock-absorbing flooring for fall-related injuries in wards for frail older people.


Abstract: Patient falls in hospitals are a serious problem and can cause long delays in their recovery. This article describes the steps taken by The Walton Centre to reduce falls and provides an evaluation of the programme.


Abstract: A cost-analysis on the effectiveness of shock-absorbing flooring compared with standard hospital flooring in hospital wards for older people and whether the intervention flooring results in a higher faller rate than standard flooring.


Abstract: Advances in sensor technology afford innovative approaches to reducing falls in acute hospital care. However, whether these are clinically effective and cost effective in the UK setting has not been evaluated.


Abstract: In this 2 part series, analysis of the risk stratification tools that are available and definition of the scope of the problem and potential solutions is presented in a review of the literature.

Full Text


Abstract: The authors identify patterns of falls in an EMU and compare them with risk factors for inpatient falls and highlight the practice gap in preventing falls in an EMU


Abstract: Should all patients have single rooms? The most important impact of 100% single rooms was a significant increase in such falls.

Full Text


Abstract: Increasing non-RN staffing seems ineffective at preventing unassisted falls. Increasing RN staffing may be effective, depending on the unit type and the current level of staffing.

Full Text
Falls Effects


DRZAL-GRABIEC, J., SNELA, S., RYKALA, J., PODGORSKA, J. and BANAS, A., 2013. Changes in the body posture of women occurring with age. BMC Geriatrics, 13, pp.108 Abstract: A study of the changes in body posture occurring with age of women over the age of 60years compared with a control group to determine the dynamics of body posture changes in the following decades

KUMAR, A., CARPENTER, H., MORRIS, R., ILIFFE, S. and KENDRICK, D., 2013. Which factors are associated with fear of falling in community-dwelling older people? Age and Ageing, epub ahead of print Oct 6. Abstract: A study to identify those at risk of fear of falling (FOF) which is common in older people and associated with serious physical and psychosocial consequences. Identifying those at risk of FOF can help target interventions to both prevent falls and reduce FOF.


NEWTON, M. and SANDERSON, A., 2013. The effect of visual impairment on patients' falls risk. Nursing older people, 25(8), pp.16-21 Abstract: This article explores the risk of falling and preventive assessment in patients with visual impairment, whether they are in long-term care settings or living in their own homes.

Abstract: The authors perform a retrospective review of medical records to examine the association of falls with hyponatremia in the hospital setting. The admission serum sodium levels were compared with levels at the time of the fall.

SJÖBERG, C. and WALLERSTEDT, S.M., 2013. Effects of Medication Reviews Performed by a Physician on Treatment with Fracture-Preventing and Fall-Risk-Increasing Drugs in Older Adults with Hip Fracture? A Randomized Controlled Study. *Journal of the American Geriatrics Society, 61*(9), pp. 1464-1472

Abstract: An investigation into whether medication reviews increase treatment with fracture-preventing drugs and decrease treatment with fall-risk-increasing drugs.

Full Text

STENHAGEN, M., EKSTROM, H., NORDELL, E. and ELMSTAHL, S., 2013. Falls in the general elderly population: a 3- and 6-year prospective study of risk factors using data from the longitudinal population study 'Good ageing in Skane'. *BMC geriatrics, 13*, pp. 81

Abstract: Accidental falls in the elderly are a major health problem, despite extensive research on risk factors and prevention. The aim of this study in Sweden was to identify risk factors predicting falls in a general elderly population after three and six years, using a prospective design.

Full Text


Abstract: Fall events were examined in two distinct geriatric populations to identify factors associated with repeat fallers, and to examine whether patients who use gait aids, specifically a walker, were more likely to experience repeat falls.

Full Text

Sources

The following sources have been searched for evidence published in the previous four months. Please contact the editor for further information.

- Age UK
- British Geriatrics Society
- Chartered Society of Physiotherapists
- Cochrane Library
- Department of Health
- National Patient Safety Agency
- NHS Evidence Healthcare Databases: BNI, CINAHL, Health Business Elite and MEDLINE.
- National Patient Safety Agency
- NHS Institute for Innovation and Development
- NICE Guidelines
- Nursing and Midwifery Council
- Royal College of Physicians

Some key Nursing journals were also scanned. For a full list of sources used for the update, please contact the Editor for further information.

HEFT Libraries-Good Hope, Heartlands and Solihull

Mobile Apps

The libraries facilitate access to NICE, BNF and Cochrane Library apps for your phone or tablet via your Athens password. These can be downloaded from the Apple App Store or Google Play.

ASK your local library if you need support: Goodhope.library@heartofengland.nhs.uk Heartlands.library@heartofengland.nhs.uk Solihull.library@heartofengland.nhs.uk

Topic of the Month

The topic of the month on display in the libraries across the sites for the December is Human Rights. Visit your local library to see the display. You can also visit the United Nations to find out more.

Struggling with Referencing?
Use Refworks when researching your assignments to organise your citations. RefWorks is available through your Athens Login. Or contact our Faculty Training Librarian, Laura Walsh for a 1-2-1 or group session laura.walsh@heartofengland.nhs.uk

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