

Falls

Evidence Update



April 2018

Respecting everyone
Embracing change
Recognising success
Working together
Our hospitals.



Lunchtime Drop-in Sessions

All sessions last one hour

April (12.00-13.00)

25th (Wed) **Literature Searching**

May (13.00-14.00)

3rd (Thu) **Critical Appraisal**

11th (Fri) **Statistics**

14th (Mon) **Literature Searching**

22nd (Tue) **Critical Appraisal**

30th (Wed) **Statistics**

June (12.00-13.00)

7th (Thu) **Literature Searching**

11th (Mon) **Critical Appraisal**

20th (Wed) **Statistics**

28th (Thu) **Literature Searching**

Your Outreach Librarian – Helen Pullen

Whatever your information needs, the library is here to help. Just email us at library@uhbristol.nhs.uk

Outreach: Your Outreach Librarian can help facilitate evidence-based practice for everyone in the team, as well as assisting with academic study and research. We also offer one-to-one or small group training in **literature searching, critical appraisal and medical statistics**. Get in touch: library@uhbristol.nhs.uk

Literature searching: We provide a literature searching service for any library member. For those embarking on their own research it is advisable to book some time with one of the librarians for a one-to-one session where we can guide you through the process of creating a well-focused literature research. Please email requests to library@uhbristol.nhs.uk

Updates

NICE National Institute for
Health and Care Excellence

[Fall-Risk-Increasing Drugs: A Systematic Review and Meta-Analysis: II. Psychotropics](#)

Source: [PubMed](#) - 02 February 2018 - Publisher: Journal Of The American Medical Directors Association

BACKGROUND AND OBJECTIVE: Falls are a major public health problem in older adults. Earlier studies showed that psychotropic medication...

[Read Summary](#)

[Fall-Risk-Increasing Drugs: A Systematic Review and Meta-analysis: III. Others](#)

Source: [PubMed](#) - 02 February 2018 - Publisher: Journal Of The American Medical Directors Association

However, other frequently prescribed medication classes are still under debate as potential risk factors for falls in the older...

[Read Summary](#)

[Reducing falls in older adults recently discharged from hospital: a systematic review and meta-analysis](#)

23 March 2018 - Publisher: Age and Ageing

Review of 16 studies (n=3290, mean age 77) comprising 12 falls prevention interventions found home hazard modifications reduced falls outcomes, though the intervention was more effective among a...

[Read Summary](#)

[Fall incidence and associated risk factors among people with a lower limb amputation during various stages of recovery - a systematic review](#)

Source: [PubMed](#) - 14 March 2018 - Publisher: Disability And Rehabilitation

PURPOSE: The objective of this study was to estimate fall incidence and describe associated risk factors among people with a lower limb...

[Read Summary](#)

[Effectiveness of interventions aimed at improving physical and psychological outcomes of fall-related injuries in people with dementia: a narrative systematic review](#)

Source: [PubMed](#) - 20 February 2018 - Publisher: Systematic Reviews

BACKGROUND: The annual prevalence of falls in people with dementia ranges from 47 to 90%. Falls are a common reason for...

[Read Summary](#)

[Reducing falls in older adults recently discharged from hospital: a systematic review and meta-analysis](#)

Source: [PubMed](#) - 23 March 2018 - Publisher: Age And Ageing

Background: older adults are known to have increased falls rates and functional decline following hospital discharge, with substantial...

[Read Summary](#)

[Medications & Polypharmacy Influence on Recurrent Fallers in Community: a Systematic Review](#)

Source: [PubMed](#) - 01 March 2018 - Publisher: Canadian Geriatrics Journal : Cgj

on recurrent falls, defined as two or more falls in a 12-month period, in community-dwelling older adults. After...

[Read Summary](#)



Searched but nothing relevant to add

UpToDate®

OpenAthens login required. Register here: <https://openathens.nice.org.uk/>

Florence CS, Bergen G, Atherly A, et al. Medical Costs of Fatal and Nonfatal Falls in Older Adults. J Am Geriatr Soc 2018.



Library Clinic

Stop by and find out more about our services. We will be here to answer any questions you may have!

May 2nd: **Canteen (Level 9, BRI) 12.00-14.00**

June 6th: **Terrace (Level 4, Education Centre) 12.00-14.00**

June 19th: **Welcome Centre, BRI 10.00-16.00**

July 3rd: **Welcome Centre, BRI 10.00-16.00**

July 4th: **Canteen (Level 9, BRI) 12.00-14.00**

August 8th: **Foyer, Education Centre 12.00-14.00**

August 29th: **Foyer, St Michael's Hospital 12.00-14.00**

September 5th: **Canteen (Level 9, BRI) 12.00-14.00**

September 11th: **Welcome Centre, BRI 10.00-16.00**

October 3rd: **Terrace (Level 4, Education Centre) 12.00-14.00**

November 7th: **Canteen (Level 9, BRI) 12.00-14.00**

December 5th: **Foyer, Education Centre 12.00-14.00**

December 11th: **Welcome Centre, BRI 10.00-16.00**

Database Articles

If you would like any of the following articles in full text, or if you would like a more focused search on your own topic, then get in touch: library@uhbristol.nhs.uk

1. Interdisciplinary Collaboration in Medication-Related Falls Prevention in Older Adults

Author(s): Huang, Lisa; Turner, Jazmin; Brandt, Nicole J

Source: Journal of Gerontological Nursing; Apr 2018; vol. 44 (no. 4); p. 11

Publication Date: Apr 2018

Publication Type(s): Journal Article

Available at [Journal of Gerontological Nursing](#) - from ProQuest (Hospital Premium Collection) - NHS Version

Abstract:The older adult population continues to steadily increase. Largely attributed to longer life spans and aging of the Baby Boomer generation, continued growth of this population is expected to affect a multitude of challenging public health concerns. Specifically, falls in older adults are prevalent but overlooked concerns. Health care providers are well-positioned to provide valuable interventions in this aspect. An interdisciplinary, team-based approach of health care providers is required to maximize falls prevention through patient-centered and collaborative care. The current article highlights the implications of inappropriate medication use and the need to improve care coordination to tackle this public health issue affecting older adults. [Journal of Gerontological Nursing, 44(4), 11–15.]

Database: BNI

2. Falls and Social Isolation of Older Adults in the National Health and Aging Trends Study

Author(s): Pohl, Janet S; Cochrane, Barbara B; Schepp, Karen G; Woods, Nancy F

Source: Research in Gerontological Nursing; Mar 2018; vol. 11 (no. 2); p. 61

Publication Date: Mar 2018

Publication Type(s): Journal Article

Available at [Research in Gerontological Nursing](#) - from ProQuest (Hospital Premium Collection) - NHS Version

Abstract:A longitudinal secondary analysis of 2 years of data from the National Health and Aging Trends Study was undertaken to determine the extent to which social isolation predicts falls in older adults. Social isolation during Year 1 (baseline) was operationalized as a multiple-indicator measure based on Social Network Index participation domains. Falling during the previous year was self-reported using Year 2 data. Logistic regression models revealed social isolation significantly predicted falls (odds ratio [OR] = 1.11; 95% confidence interval [CI] [1.05, 1.17]). The relationship remained significant after adjusting for age, gender, and education (OR = 1.08; 95% CI [1.02, 1.14]). The relationship weakened after adjusting for self-reported general health, depression risk, and worry about falling (OR = 1.02; 95% CI [0.96, 1.08]). Adjusting for Short Physical Performance Battery (SPPB), assistive mobility device, and activities of daily living further weakened the relationship (OR = 0.99; 95% CI [0.94, 1.04]). SPPB demonstrated the strongest correlation with social isolation ($r = -0.42$; $p < 0.01$). Fall prevention intervention studies specifically targeting social isolation may incorporate physical performance as a shorter-term and cost-effective proxy outcome for falls.[Res Gerontol Nurs. 2018; 11(2):61–70.]

Database: BNI

3. David Oliver: Do bed and chair sensors really stop falls in hospital?

Author(s): Oliver, David

Source: BMJ : British Medical Journal (Online); Feb 2018; vol. 360 ; p. n

Publication Date: Feb 2018

Publication Type(s): Journal Article

Available at [BMJ : British Medical Journal \(Online\)](#) - from BMJ Journals - NHS

Available at [BMJ : British Medical Journal \(Online\)](#) - from BMJ Journals

Abstract:Clinical trials give us a considerable evidence base around interventions to prevent falls in institutional settings, set out clearly by the Cochrane Collaboration, 2 the National Institute for Health and Care Excellence, 3 and detailed evidence commentaries. 4 What emerges is that, in trials, even multi-pronged approaches to preventing falls will reduce them by around 20% at best. Clin Geriatr Med 2010; 26: 645- 92. [http://www.geriatric.theclinics.com/article/S0749-0690\(10\)00053-4/abstract](http://www.geriatric.theclinics.com/article/S0749-0690(10)00053-4/abstract). doi:10.1016/j.cger.2010.06.005 20934615 5 Sahota O Drummond A Kendrick D. REFINE (REducing Falls in In-patienT Elderly) using bed and bedside chair pressure sensors linked to radio-pagers in acute hospital care: a randomised controlled trial. Ann Intern Med 2012; 157: 692- 9. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3549269/>. doi:10.7326/0003-4819-157-10-201211200-00005 23165660 7 Barker AL Morello RT Wolfe R. 6-PACK programme to decrease fall injuries in acute hospitals: cluster randomised controlled trial.

Database: BNI

4. Development and Validation of the Self-Awareness of Falls in Elderly Scale Among Elderly Inpatients

Author(s): Shyu, Meei-Ling; Huang, Hui-Chuan; Wu, Mei-Jung; Chang, Hsiu-Ju

Source: Clinical Nursing Research; Feb 2018; vol. 27 (no. 1); p. 105

Publication Date: Feb 2018

Publication Type(s): Journal Article

Abstract:The objectives of this study were to develop the Self-Awareness of Falls in Elderly (SAFE) scale and test its reliability and validity among elderly inpatients. A cross-sectional study design and convenience sampling were used to test the validity and reliability of the SAFE scale. Explanatory factor analysis and confirmatory factor analysis yielded an acceptable goodness of model fit, confirming the 21 items in the SAFE scale that were distributed among four factors: awareness of activity safety and environment, awareness of physical functions, awareness of medication, and awareness of cognitive behavior. The values of interrater reliability and Cronbach's alpha were at least .70, indicating that reliability of the SAFE scale was acceptable. The SAFE scale is the first instrument to measure self-awareness of fall risk among high-risk groups. Further management and fall prevention can then be designed to reduce the incidence of falls among elderly people in clinical care.

Database: BNI

5. Fall determinants and home modifications by occupational therapists to prevent falls

Author(s): Maggi, Patrick; de Almeida Mello Johanna; Delye Sam; Cès Sophie; Macq, Jean; Gosset Christiane; Declercq Anja

Source: The Canadian Journal of Occupational Therapy; Feb 2018; vol. 85 (no. 1); p. 79

Publication Date: Feb 2018

Publication Type(s): Journal Article

Available at [The Canadian Journal of Occupational Therapy](#) - from ProQuest (Hospital Premium Collection)
- NHS Version

Database: BNI

6. Multilevel Factors Associated With Injurious Falls in Acute Care Hospitals

Author(s): Zhao, Yunchuan (Lucy), PhD, MPAff, RN; Bott, Marjorie, PhD, RN; He, Jianghua, PhD; Kim, Heejung, PhD, RN; Park, Shin Hye, PhD, RN; Dunton, Nancy, PhD, RN

Source: Journal of Nursing Care Quality; 2018; vol. 33 (no. 1); p. 20

Publication Date: 2018

Publication Type(s): Journal Article

Abstract:Using National Database of Nursing Quality Indicators data from July 2013 to June 2014, this correlational study examined the associations of injurious falls among all patient falls with multilevel factors in hospitals. The sample included all falls recorded in adult medical, surgical, combined medical-surgical, and step-down units (N = 2299) in participating hospitals (N = 488). Hierarchical negative binomial regression analyses were performed. Results revealed hospital and unit organizational factors associated with inpatient injurious falls.

Database: BNI

7. Preventing Falls and Fall-Related Injuries at Home

Author(s): Powell-Cope, Gail, PhD, ARNP, FAAN; Thomason, Susan, DNP, RN; Bulat, Tatjana, MD; Pippins, Karla M, DPT, PT, NCS; Young, Heather M, PhD, RN, FAAN

Source: The American Journal of Nursing; Jan 2018; vol. 118 (no. 1); p. 58

Publication Date: Jan 2018

Publication Type(s): Journal Article

Abstract:This article is part of a series, Supporting Family Caregivers: No Longer Home Alone, published in collaboration with the AARP Public Policy Institute. Results of focus groups, conducted as part of the AARP Public Policy Institute's No Longer Home Alone video project, supported evidence that family caregivers aren't given the information they need to manage the complex care regimens of family members. This series of articles and accompanying videos aims to help nurses provide caregivers with the tools they need to manage their family member's health care at home. The articles in this new installment of the series explain principles for promoting safe mobility that nurses should reinforce with family caregivers. Each article also includes an informational tear sheet Information for Family Caregivers that contains links to instructional videos. To use this series, nurses should read the article first, so they understand how best to help family caregivers, and then encourage the caregivers to watch the videos and ask questions. For additional information, see Resources for Nurses.

Database: BNI

Journals: Tables of Contents

Click on the titles (+ Ctrl) for hyperlinks to the journal contents table. If you would like any of these papers in full text then get in touch: library@uhbristol.nhs.uk

Age and Ageing

March 2018 – Volume 47 – Issue 2



Journal of the American Geriatrics Society

March 2018 – Volume 66 – Issue 3



Departmental News

News, Research, Conferences, Training etc

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