

# Falls Assessment –Update

## August 2013

Welcome to an update on Falls Assessment being produced by the HEFT Library Services. This bulletin is produced to support VITAL for Nurses core skills programme developed in the Trust. This issue will highlight evidence published from Nov 2012 -July 2013. **Full text articles can be accessed via your HEFT Athens ID.**

### National Guidelines and Reports

[CG161 Falls: The assessment and prevention of falls in older people](#)

NICE, June 2013

[CG161 Falls](#): Podcast with Frances Healey, Associate Director of Patient Safety at NHS England discussing the evidence behind the recommendations and what this means for clinical practice.

[Falls - measuring the impact on older people](#) -

Women's Royal Voluntary Service (WRVS), 2012  
There is also a [BBC News report](#).

[Preventing Falls in Hospitals toolkit](#).

Agency for Healthcare Research and Quality, April 2013

[Vitamin D and Bone Health A practical clinical guideline for patient management – National Osteoporosis Society Guideline](#)

Category: [June 2013](#) Published on 03 June 2013 Written by Terence Ong and Opinder Sahota

### Falls Prevention

- Fracture prevention
- Patient Safety
- Assessment and prevention in older people

**Title:** Preventing Falls in Hospitals: A Toolkit for Improving Quality of Care.

**Citation:** Research and Quality; January 2013. AHRQ Publication No. 13-0015-EF.

**Author(s):** Ganz DA, Huang C, Saliba D, et al. Rockville, MD: Agency for Healthcare

**Abstract:** This toolkit offers information and resources to guide hospitals through process change to implement and sustain fall prevention efforts.

**Full text:** Available from [here](#) 

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**Title:** Inpatient fall prevention programs as a patient safety strategy: a systematic review.

**Citation:** Ann Intern Med. 2013; 158(5 Pt 2):390-396.

**Author(s):** Miake-Lye IM, Hempel S, Ganz DA, Shekelle PG.

**Abstract:** The purpose of this updated review is to reassess the benefits and harms of fall prevention programs in acute care settings and to identify factors associated with successful implementation of these programs.

**Full text:** Available from [here](#)

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**Title:** A framework for the assessment of community exercise programmes: a tool to assist in modifying programmes to help reduce falls risk factors

**Citation:** Age & Ageing 2013 Jul; 42(4):536-40. doi: 10.1093/ageing/aft060. Epub 2013 Jun 5.

**Author(s):** Richard C. Franklin, Jackie Boehm, Jemma King, Rose Newitt, Tonya Grant, Barbra Kurkowski, Bindee Johnston, Renae Gordon, and Jacqui Lloyd

**Abstract:** A systematic review identifying approaches used to successfully implement fall prevention programs finding high-quality evidence that multicomponent intervention including patient education, discontinuation of harmful medications, and wristband alerts can significantly reduce inpatient fall rates.

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**Title:** Objective Measures of Physical Activity, Fractures and Falls: The Osteoporotic Fractures in Men Study.

**Citation:** Journal of the American Geriatrics Society 2013 Jul; 61(7):1080-8. doi: 10.1111/jgs.12326. Epub 2013 Jun 17.

**Author(s):** Jane A. Cauley, Stephanie L. Harrison, Peggy M. Cawthon, Kristine E. Ensrud, Michelle E. Danielson, Eric Orwoll and Dawn C. Mackey

**Abstract:** This study determines the association between objectively measured physical activity (PA), fractures, and falls.

**Full text:** Available from *EBSCOhostEJS* in [Journal of the American Geriatrics Society](#)

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**Title:** Pilot comparative effectiveness study of surface perturbation treadmill training to prevent falls in older adults

**Citation:** BMC Geriatrics 2013 May 16; 13(1):49. [Epub ahead of print]

**Author(s):** Lurie JD, Zagaria AB, Pidgeon DM, Forman JL, Spratt KF

**Abstract:** The purpose of this pilot study was 1) to determine the feasibility of conducting a large pragmatic randomized trial comparing a multidimensional exercise program inclusive of the surface perturbation treadmill training (SPTT) to multidimensional exercise alone (Standard PT); and 2) to assess fall outcomes between the two groups to determine whether an effect size large enough to warrant further study might be present.

**Full text:** Available from *National Library of Medicine* in [BMC Geriatrics](#)

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**Title:** Use of risk assessment tool for inpatient traumatic intracranial hemorrhage after falls in acute care hospital setting.

**Citation:** Global Journal of Health Science, May 2012, vol./is. 4/3(64-71), 1916-9736; 1916-9736 (2012 May)

**Author(s):** Toyabe S

**Abstract:** Severe injuries such as intracranial hemorrhage (ICH) are the most serious problem after falls in hospital, but they have not been considered in risk assessment scores for falls. The authors try to determine the risk factors for ICH after falls in 20,320 inpatients (696,364 patient-days) aged from 40 to 90 years who were admitted to a tertiary-care university hospital.

**Full Text:** Available from *ProQuest* in [Global Journal of Health Science](#)

**Title:** Development and validation of a questionnaire for analyzing real-life falls in long-term care captured on video.

**Citation:** BMC Geriatrics, 2013, vol./is. 13/(40), 1471-2318;1471-2318 (2013)

**Author(s):** Yang Y, Schonnop R, Feldman F, Robinovitch SN

**Abstract:** The authors developed a 24-item fall video analysis questionnaire (FVAQ) to probe key biomechanical, behavioural, situational, and environmental aspects of the initiation, descent, and impact stages of falls. They then tested the reliability of this tool using video footage of falls collected in LTC.

**Full Text:** Available from *National Library of Medicine* in [BMC Geriatrics](#)

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**Title:** Nursing staff's awareness of keeping beds in the lowest position to prevent falls and fall injuries in an adult acute surgical inpatient care setting.

**Citation:** MEDSURG Nursing, September 2012, vol./is. 21/5(271-4), 1092-0811;1092-0811 (2012 Sep-Oct)

**Author(s):** Tzeng HM, Yin CY, Anderson A, Prakash A

**Abstract:** High beds are a safety concern. This qualitative study used pre-existing nurse interview data and confirmed nurses' awareness of the importance of keeping patient beds in the lowest position. Lowering the bed helps promote patient safety and prevent falls.

**Full Text:** Available from *ProQuest* in [Medsurg Nursing](#)

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**Title:** Hospital Fall Prevention: A Systematic Review of Implementation, Components, Adherence and Effectiveness

**Citation:** Journal of the American Geriatrics Society 2013 Apr; 61(4):483-94. doi: 10.1111/jgs.12169. Epub 2013 Mar 25.

**Author(s):** Susanne Hempel, Sydne Newberry, Zhen Wang, Marika Booth, Roberta Shanman, Breanne Johnsen, Victoria Shier, Debra Saliba, William D. Spector and David A. Ganz

**Abstract:** This systematic review documents the implementation, components, comparators, adherence, and effectiveness of published fall prevention approaches in U.S. acute care hospitals.

**Full Text:** Available from *EBSCOhostEJS* in [Journal of the American Geriatrics Society](#)

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**Title:** Which bed designs and patient characteristics increase bed rail use?

**Author(s):** Sue Hignett, Gina Sands, Mike Fray, Penny Xanthopoulou, Frances Healey, and Paula Griffiths

**Citation:** Age & Ageing 2013 42: 531-535

**Abstract:** The use of bed rails was surveyed overnight at 18 hospitals between July 2010 and February 2011 to see if they were being used appropriately.

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**Title:** Fall prevention: single or multiple interventions? Single interventions for fall prevention.

**Author(s):** John Campbell and M. Clare Robertson

**Citation:** Journal of the American Geriatrics Society 2013 Feb; 61(2):281-4; discussion 286-7. doi: 10.1111/jgs.12095\_2.

**Abstract:** The authors question whether single or multifactorial interventions should be the preferred strategy to prevent falls in community-dwelling elderly adults.

**Full Text:** Available from *EBSCOhostEJS* in Journal of the [American Geriatrics Society](#)

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**Title:** Assessing fracture risk in patients who fall: A comparison of FRAX® and NICE guidelines

**Author(s):** Cook, L.; Sutton, G. M.

**Citation:** Age & Ageing 2013 42 Supplement 2 March 2013 ii5-ii16

**Abstract:** Patients who fall need to be assessed for fracture risk. The authors compare the recommendations from both models when applied to patients who fall and are observed for differences.

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**Title:** Refine-reducing falls in in-patient elderly using bed and chair pressure sensors in acute hospital care: a randomised control trial.

**Author(s):** Vass C, Sahota O, Drummond A, Kendrick D, Grainge M, Gladman J, Sach T, Avis M. **Citation:** Age & Ageing 2013 42 Supplement 2 March 2013 ii20-ii22

**Abstract:** A randomised controlled trial of bed and bedside chair pressure sensors (intervention group) compared to standard care (control group) to reduce inpatient falls in high risk elderly patients admitted to acute, general medical wards, in a large UK teaching

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**Title:** Discriminative Ability and Predictive Validity of the Timed Up and Go Test in Identifying Older People Who Fall: Systematic Review and Meta-Analysis.

**Authors:** Daniel Schoene, Sandy M.-S. Wu, A. Stefanie Mikolaizak, Jasmine C. Menant, Stuart T. Smith, Kim Delbaere and Stephen R. Lord **Citation:** Journal of the American Geriatrics Society 2013 Feb;61(2):202-8. doi: 10.1111/jgs.12106. Epub 2013 Jan 25.

**Abstract:** An investigation into the discriminative ability and diagnostic accuracy of the Timed Up and Go Test (TUG) as a clinical screening instrument for identifying older people at risk of falling.

**Full Text:** Available from *EBSCOhostEJS* in Journal of the [American Geriatrics Society](#)

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**Title:** Can falls risk prediction tools correctly identify fall-prone elderly rehabilitation inpatients? A systematic review and meta-analysis.

**Author(s):** da Costa BR, Rutjes AW, Mendy A, Freund-Heritage R, Vieira ER **Citation:** PLoS ONE [Electronic Resource], 2012, vol./is. 7/7 (e41061), 1932-6203; 1932-6203 (2012)

**Abstract:** Falls of elderly people may cause permanent disability or death. Particularly susceptible are elderly patients in rehabilitation hospitals.

**Full Text:** Available from *National Library of Medicine* in [PLoS ONE](#)

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**Title:** Measure, promote, and reward mobility to prevent falls in older patients.

**Author(s):** Sinha SK, Detsky AS

**Citation:** JAMA, December 2012, vol./is. 308/24(2573-4), 0098-7484; 1538-3598 (2012 Dec 26)

**Abstract:** Maintaining and improving mobility should be encouraged when an older adult becomes acutely ill and particularly vulnerable to permanently losing functional capacity during a hospitalization.

**Full Text:** Available from *Ovid* in [JAMA](#)

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**Title:** Sent home safer.

**Author(s):** Foley A **Citation:** Journal of Emergency Nursing, July 2012, vol./is. 38/4(381-2), 0099-1767; 1527-2966 (2012 Jul)

**Abstract:** Falls in the elderly are a serious problem and here the author offers steps to improve a patient's balance.

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**Title:** Changes in falls prevention policies in hospital in England and Wales

**Author(s)** Frances Healey and Jonathan Trembl **Citation:** Age & Ageing 2013 42: 106-109

**Abstract:** An observational study aimed to identify changes in local policies in hospitals in England and Wales following publication in 2007 of the National Patient Safety Agency (NPSA) 'Slips trips and falls in hospital' and 'Using bedrails safely and effectively'

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**Title:** The development of evidenced-based falls assessment in Ireland.

**Author(s):** Duffy, Anita **Citation:** Nursing & Residential Care, 01 June 2013, vol./is. 15/6(421-425), 14659301

**Abstract:** The author addresses priorities for residential nurses caring for older people in Ireland who are required to demonstrate clinical competence when assessing and managing falls.

**Full Text:** Available from EBSCOhostEJS in [Nursing and residential care: the monthly journal for care assistants, nurses and managers working in health and social care](#)

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**Title:** Prevention of falls in the elderly: A review.

**Citation:** Scandinavian Journal of Public Health, 01 July 2013, vol./is. 41/5(442-454), 14034948

**Author(s):** Karlsson, Magnus K., Vonschewelov, Thord, Karlsson, Caroline, Cöster, Maria, Rosengen, Björn E.

**Abstract:** Evaluation of programmes that in randomized controlled trials (RCT) have been shown with fall reducing effect.

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**Title:** HELP prevent falls by preventing delirium.

**Citation:** Nursing, 01 May 2013, vol./is. 43/5(18-21), 03604039

**Author(s):** Babine, Rhonda L., Farrington, Stacey, Wierman, Heidi R.

**Abstract:** The authors describe an evidence-based practice project based on The Hospital Elder Life Program (HELP). Initiated by geriatric staff at Maine Medical Center, the project's goal was to determine whether this program could help prevent falls by preventing delirium.

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**Title:** What is the Evidence to Guide Best Practice for the Management of Older People With Cognitive Impairment Presenting to Emergency Departments?: A Systematic Review.

**Citation:** Advanced Emergency Nursing Journal, 01 April 2013, vol./is. 35/2(154-169), 19314485

**Author(s):** Schnitker, Linda, Martin-Khan, Melinda, Beattie, Elizabeth, Gray, Len

**Abstract:** The aim of this study was to conduct a systematic literature review of research-based studies to identify practices designed to meet the specific care needs of older cognitively impaired patients in emergency departments (ED).

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**Title:** Discriminative ability and predictive validity of the timed up and go test in identifying older people who fall: systematic review and meta-analysis.

**Citation:** Journal of the American Geriatrics Society, Feb 2013, vol. 61, no. 2, p. 202-208, 0002-8614 (February 2013)

**Author(s):** Schoene, Daniel 1, Wu, Sandy M-S, Mikolaizak, A Stefanie, Menant, Jasmine C, Smith, Stuart T, Delbaere, Kim, Lord, Stephen R

**Abstract:** To investigate the discriminative ability and diagnostic accuracy of the Timed Up and Go Test (TUG) as a clinical screening instrument for identifying older people at risk of falling.

**Full Text:** Available from *EBSCOhost EJS* in [Journal of the American Geriatrics Society](#)

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**Title:** Reduce falls, increase mobility: Effective fall management requires full staff participation and a logical, commonsense approach.

**Citation:** Long-Term Living, Jan 2013, vol. 23, no. 1, p. 24-25, 1940-9958 (January 2013)

**Author(s):** Hoban, Sandra

**Abstract:** Mobility Matters series. Description of the fall prevention program of the Center for Nursing and Rehabilitation in Brooklyn, NY, which received the 2012 Quality Improvement and Health Outcome Award from the American Medical Directors Association.

**Full Text:** Available from *EBSCOhostEJS* in [Long-Term Living: For the Continuing Care Professional](#)

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**Title:** Assessment of the elderly: it's worth covering the risks

**Citation:** Journal of Nursing Management, Jan 2013, vol. 21, no. 1, p. 94-105, 0966-0429 (January 2013) **Author(s):** Langdon, Rachel, Johnson, Maree, Carroll, Vince, Antonio, Geraldine

**Abstract:** This study aimed to evaluate the effectiveness of a comprehensive assessment tool, the Adult Patient Assessment Tool (APAT), particularly in relation to early identification of older people at risk of falls, pressure areas, cognitive impairment or delirium, or patients with mental illness or substance abuse.

**Full Text:** Available from *EBSCOhost EJS* in [Journal of Nursing Management](#)

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## Falls

- Injurious falls
- Falls in hospital
- Inpatient falls

**Title:** Fall risk associated with inpatient medications.

**Citation:** American Journal of Health-System Pharmacy, November 2012, vol./is. 9/21(1888-94), 1079-2082; 1535-2900 (2012 Nov 1)

**Author(s):** Lamis RL, Kramer JS, Hale LS, Zackula RE, Berg GM

**Abstract:** This article highlights the association between fall risk and inpatient medications was evaluated.

**Full Text:** Available from *EBSCOhostEJS* in [American Journal of Health-System Pharmacy](#)

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**Title:** Incidence and risk factors of poststroke falls after discharge from inpatient rehabilitation.

**Citation:** Pm & R, December 2012, vol./is. 4/12(945-53), 1934-1482;1934-1563 (2012 Dec)

**Author(s):** Lim JY, Jung SH, Kim WS, Paik NJ

**Abstract:** The objective of this study is to investigate the incidence of falls and risk factors for falls in persons who had a stroke.

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**Title:** Toileting-related inpatient falls in adult acute care settings.

**Citation:** MEDSURG Nursing, November 2012, vol. /is. 21/6(372-7), 1092-0811; 1092-0811 (2012 Nov-Dec) **Author(s):** Tzeng HM, Yin CY

**Abstract:** A toileting-related fall was associated with history of a previous fall, use of physical restraints, and risk for falling in hospital settings. This study provided insights to be used to prioritize patient fall prevention strategies.

**Full Text:** Available from *ProQuest* in [Medsurg Nursing](#)

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**Title:** Inpatient fall prevention: use of in-room Webcams.

**Citation:** J Patient Saf. 2013 Mar; 9(1):29-35. doi: 10.1097/PTS.0b013e3182753e4f **Author(s):** Hardin SR, Dienemann J, Rudisill P, Mills KK.

**Abstract:** This study compared inpatient falls on medical-surgical units with and without Webcams and assessed the Morse Risk Assessment (MRA) for effectiveness in identifying fall risk.

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**Title:** Effects of an intervention to increase bed alarm use to prevent falls in hospitalized patients: a cluster randomized trial.

**Citation:** Ann Intern Med. 2012 Nov 20; 157(10):692-9. doi:10.7326/0003-4819-157-10-201211200-00005. Author(s): Shorr RI, Chandler AM, Mion LC, Waters TM, Liu M, Daniels MJ, Kessler LA, Miller ST.

**Abstract:** The study looked at investigating whether an intervention aimed at increasing bed alarm use decreases hospital falls and related events.

**Full Text:** Available from [here](#).

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**Title:** The no-fall zone.

**Citation:** Hosp Health Netw. June 2013. Author(s): Butcher L.

**Abstract:** This magazine article explores patient falls and describes strategies to prevent them, including transparency, teach-back, and hallway monitor screens.

**Full Text:** Available from [here](#).

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**Title:** In-patient falls: what can we learn from incident reports?

**Citation:** Age & Ageing 2013 42: 527-531.

**Author(s):** Sue Hignett, Gina Sands, and Paula Griffiths

**Abstract:** Analysis of 3 years national incident data (2005–08) to further explore the contributory factors of in-patient falls. It identifies significant contributory factors for fall locations and activities associated with physical and cognitive characteristics.

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**Title:** Predictors of a fall event in hospitalized patients with cancer.

**Citation:** Oncology Nursing Forum, September 2012, vol./is. 39/5(E407-15), 0190-535X;1538-0688 (2012 Sep)

**Author(s):** Capone LJ, Albert NM, Bena JF, Tang AS

**Abstract:** The study aims to determine predictors of fall events in hospitalized patients with cancer and to develop a scoring system to predict fall events by nursing staff that can be acted on when the risk is sufficiently high.

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**Title:** Identification of patients at risk for falls in an inpatient rehabilitation program.

**Citation:** Rehabilitation Nursing Journal, November 2012, vol./is. 37/6(292-7), 0278-4807;0278-4807 (2012 Nov-Dec)

**Author(s):** Salamon LA, Victory M, Bobay K

**Abstract:** The authors investigate if there is a more sensitive method to identify inpatient rehabilitation patients at high risk for falls rather than the Morse fall scale.

**Full Text:** Available from *ProQuest* in [Rehabilitation Nursing](#)

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**Title:** Is ankle strength as important as vitamin D status in helping to prevent falls in winter?

**Author:** Helen M. Macdonald

**Citation:** Age & Ageing 2013 42: 154-155

**Abstract:** The article discusses maintaining a good vitamin D status in older age and observational evidence relating vitamin D status to muscle function. It is suggested that exercise can reduce falls.

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**Title:** In-hospital patient falls after total joint arthroplasty: incidence, demographics, and risk factors in the United States.

**Citation:** Journal of Arthroplasty, June 2012, vol./is. 27/6(823-8.e1), 0883-5403;1532-8406 (2012 Jun)

**Author(s):** Memtsoudis SG, Dy CJ, Ma Y, Chiu YL, Della Valle AG, Mazumdar M

**Abstract:** In-hospital falls (IFs) increase morbidity, cost, and may result in litigation. We analysed the Nationwide Inpatient Sample to quantify the incidence of IFs in patients who underwent hip and knee arthroplasty and to define trends, patient's demographics, risk factors, complications, and hospital cost

**Full Text:** Available from [here](#)

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**Title:** Cost–utility analysis of a shock-absorbing floor intervention to prevent injuries from falls in hospital wards for older people

**Author(s):** Nicholas Latimer, Simon Dixon, Amy Kim Drahota, and Martin Severs

**Citation:** Age & Ageing published 9 July 2013, 10.1093/ageing/af076

**Abstract:** The authors assess the cost-effectiveness of shock-absorbing flooring compared with standard hospital flooring in hospital wards for older people as an intervention against fall-related injuries.

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**Title:** In-patient falls: what can we learn from incident reports?

**Citation:** Age & Ageing, 01 July 2013, vol./is. 42/4(527-531), 00020729

**Author(s):** Hignett, Sue, Sands, Gina, Griffiths, Paula



**Abstract:** A 3 years analysis of national incident data (2005-08) to further explore the contributory factors of in-patient falls. It identifies significant contributory factors for fall locations and activities associated with physical and cognitive characteristics.

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**Title:** Safety Culture Relationships with Hospital Nursing Sensitive Metrics.

**Citation:** Journal for Healthcare Quality: Promoting Excellence in Healthcare, 01 July 2013, vol./is. 35/4(61-74), 10622551

**Author(s):** Brown, Diane Storer, Wolosin, Robert

**Abstract:** This study explored linkages between staff perceptions of safety culture (SC) and ongoing measures of hospital nursing unit-based structures, care processes, and adverse patient outcomes.

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**Title:** Preventing Patient Falls: What Are the Factors in Hospital Settings That Help Reduce and Prevent Inpatient Falls?

**Citation:** Home Health Care Management and Practice, Jun 2013, vol. 25, no. 3, p. 98-103, 1084-8223 (June 2013) **Author(s):** Rowe, Jimmy

**Abstract:** Patients are at a higher risk of falling in the hospital than at home because of their acute illness, medications, other treatments, or unfamiliarity with the hospital environment. This article explores the factors in hospital settings that can reduce and prevent inpatient falls.

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**Title:** No fall is just an accident

**Citation:** Nursing Standard, Apr 2013, vol. 27, no. 34, p. 20-21, 0029-6570 (April 24, 2013)

**Author(s):** Duffin, Christian

**Abstract:** Older people in hospital have a high risk of falls. Clinical manager Janet Brown developed a package of improvements that has reduced the number of falls at a Mental Health and Learning Disabilities Trust. All vulnerable patients are risk-assessed - and every fall is scrutinised.

**Full Text:** Available from *EBSCOhostEJS* in [Nursing Standard](#)

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**Title:** Hospital Fall Prevention: A Systematic Review of Implementation, Components, Adherence, and Effectiveness

**Citation:** Journal of the American Geriatrics Society, Apr 2013, vol. 61, no. 4, p. 483-494, 0002-8614 (April 2013) **Author(s):** Hempel, Susanne, Newberry, Sydne, Wang, Zhen, Booth, Marika, Shanman, Roberta, Johnsen, Breanne, Shier, Victoria, Saliba, Debra, Spector, William D., Ganz, David A.

**Abstract:** A systematic review that documents the implementation, components, comparators, adherence, and effectiveness of published fall prevention approaches in U.S. acute care hospitals.

**Full Text:** Available from *EBSCOhost EJS* in [Journal of the American Geriatrics Society](#)

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**Title:** Feasibility of implementing a practice guideline for fall prevention on geriatric wards: A multicentre study

**Citation:** International Journal of Nursing Studies, Apr 2013, vol. 50, no. 4, p. 495-507, 0020-7489 (April 2013) **Author(s):** Milisen, Koen, Coussement, Joke, Arnout, Hanne, Vanlerberghe, Virginie, De Paepe, Leen, Schoevaerds, Didier, Lambert, Margareta, Van Den Noortgate, Nele, Delbaere, Kim, Boonen, Steven, Dejaeger, Eddy

**Abstract:** About 40% of all adverse events in hospital are falls, but only about one in three Belgian hospitals have a fall prevention policy in place. The implementation of a national practice guideline is urgently needed. This multi-centre study aimed to determine the feasibility of a previously developed guideline.

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**Title:** Instruments for assessing the risk of falls in acute hospitalized patients: a systematic review protocol.

**Citation:** Journal of Advanced Nursing, Jan 2013, vol. 69, no. 1, p. 185-193, 0309-2402 (January 2013) **Author(s):** Aranda-Gallardo, Marta, Asencio, Jose Miguel Morales, Canca-Sanchez, Jose Carlos, Mora-Banderas, Ana Maria, Moya-Suarez, Ana Belen

**Abstract:** The purpose of this article is to present the research protocol of a systematic review about fall risk assessment tools in acute hospitalized patients.

**Full Text:** Available from *Ovid* in [Journal of Advanced Nursing](#)

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**Title:** Reducing serious fall-related injuries in acute hospitals: are low-low beds a critical success factor?

**Citation:** Journal of Advanced Nursing, Jan 2013, vol. 69, no. 1, p. 112-121, 0309-2402 (January 2013) **Author(s):** Barker, Anna, Kamar, Jeannette, Tyndall, Tamara, Hill, Keith

**Abstract:** Aim. This article is a report of a study of associations between occurrence of serious fall-related injuries and implementation of low-low beds at The Northern Hospital, Victoria, Australia.

**Full Text:** Available from *Ovid* in [Journal of Advanced Nursing](#)

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## Falls – effects

- Syncope
- Postural hypotension
- Disequilibrium

**Title:** The impact of positive affect on falls and fear of falling in the older adult population

**Author(s):** O'Halloran, A. M.; King-Kallimanis, B.; Kenny, R. A

**Citation:** Age & Ageing 2013 42 Supplement 2 March 2013 pg. ii20-ii22

**Abstract:** This study examined the impact of positive affect on falls and fear of falling.

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**Title:** The effects of a long-term care walking program on balance, falls and well-being.

**Citation:** *BMC Geriatrics* 2012, **12**:76 (18 December 2012)

**Author(s):** Dal Bello-Haas VP, Thorpe LU, Lix LM, Scudds R, Hadjistavropoulos T

**Abstract:** This study compares residents of long-term care facilities assigned into one of three intervention groups

**Full Text:** Available from *National Library of Medicine* in [BMC Geriatrics](#)

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**Title:** The identification of frail older adults in primary care: comparing the accuracy of five simple instruments.

**Citation:** Age & Ageing 2013 Mar;42(2):262-5. doi: 10.1093/ageing/afs163. Epub 2012 Oct 28.

**Author(s):** Emiel O. Hoogendijk, Henriëtte E. van der Horst, Dorly J. H. Deeg, Dinnus H. M. Frijters, Bernard A. H. Prins, Aaltje P. D. Jansen, Giel Nijpels, and Hein P. J. van Hout

**Abstract:** The authors compare five simple instruments to select a valid tool for identifying frail older adults in primary care.

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**Title:** Age-related self-overestimation of step-over ability in healthy older adults and its relationship to fall risk

**Citation:** *BMC Geriatrics* 2013, **13**:44 (7 May 2013)

**Author(s):** Sakurai R, Fujiwara Y, Ishihara M, Higuchi T, Uchida H, Imanaka K

**Abstract:** An investigation into whether older adults tended to overestimate step-over ability compared with young adults and whether such overestimation in stepping over obstacles was associated with falls.

**Full Text:** Available from *National Library of Medicine* in [BMC Geriatrics](#)

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**Title:** Laxative use and incident falls, fractures and change in bone mineral density in postmenopausal women: results from the Women's Health Initiative.

**Citation:** *BMC Geriatrics* 2013, **13**:38 (1 May 2013)

**Author(s):** Haring B, Pettinger M, Bea JW, Wactawski-Wende J, Carnahan RM, Ockene JK, Wyler von Ballmoos M, Wallace RB, Wassertheil-Smoller S

**Abstract:** Associations between laxative use and risk for fractures and change in bone mineral density [BMD] are investigated.

**Full Text:** Available from *National Library of Medicine* in [BMC Geriatrics](#)

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**Title:** Depressive Symptomatology as a Risk Factor for Falls in Older People: Systematic Review and Meta-Analysis (pages 694–706)

**Citation:** *Journal of the American Geriatrics Society* 2013 May;61(5):694-706. doi: 10.1111/jgs.12209. Epub 2013 Apr 25.

**Author(s):** Tasha Kvelde, Catherine McVeigh, Barbara Toson, Mark Greenaway, Stephen R. Lord, Kim Delbaere and Jacqueline C.T. Close

**Abstract:** A systematic literature review and meta-analysis to evaluate studies that have addressed depressive symptoms as a risk factor for falls in older people.

**Full Text:** Available from *EBSCOhost EJS* in [Journal of the American Geriatrics Society](#)

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**Title:** Which factors are associated with fear of falling in older people?

**Citation:** Age & Ageing 2013 42 Supplement 2 March 2013 ii20-ii22

**Author(s):** Kumar, A., Carpenter, H, Morris, R, Iliffe, S, Kendrick, D.

**Abstract:** Understanding which factors are associated with fear of falling in older people will help identify those most at risk and provide guidance for the development of health care services and future fall prevention interventions.

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**Title:** How do older people make sense of and accommodate fear of falling in everyday life - a qualitative view.

**Citation:** Age Ageing 2013 42 Supplement 2 March 2013 ii20-ii22

**Author(s):** Bamford, C, Parry, S, Deary, V, Finch, T.

**Abstract:** To develop a psychological intervention to address fear of falling, the authors investigate how older people make sense of and accommodate fear of falling in their everyday lives.

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**Title:** Fear of falling in an older Irish population: prevalence and psychosocial predictors

**Citation:** Age Ageing 2013 42 Supplement 2 March 2013

**Authors:** Cronin, H, Savva, G. 1; O'Regan, C, Donoghue, O. A, Kearney, P, Kenny, R.

**Abstract:** The link between anxiety and fear of falling merits attention as it is possible that these two conditions are two different manifestations of the same disease.

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**Title:** Clinical correlates of between-limb synchronization of standing balance control and falls during inpatient stroke rehabilitation.

**Citation:** Neurorehabilitation & Neural Repair, July 2012, vol./is. 26/6(627-35), 1545-9683; 1552-6844 (2012 Jul-Aug)

**Author(s):** Mansfield A, Mochizuki G, Inness EL, McIlroy WE

**Abstract:** Stroke-related sensorimotor impairment potentially contributes to impaired balance. This study aimed to determine the relationships between clinical measures of sensorimotor control, functional balance, and fall risk and between-limb synchronization of balance control.

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**Title:** Recurrent Falls as Onset of Myasthenia Gravis in Elderly Adults

Erwin Martin Hernandez Ocampo and Jose María Aragonès Pascual

**Citation:** Journal of the American Geriatrics Society 2012 Dec;60(12):2379. doi: 10.1111/jgs.12019

**Abstract:** The authors present a case of recurrent falls in an elderly man caused by Myasthenia Gravis (MG) to show the variability of clinical onset with risk of underdiagnosis, especially if MG is not taken into account in the differential diagnosis.

**Full Text:** Available from EBSCOhost EJS in [Journal of the American Geriatrics Society](#)

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**Title:** Gait and Cognition: A Complementary Approach to Understanding Brain Function and the Risk of Falling (pages 2127–2136)

**Citation:** Journal of the American Geriatrics Society 2012 Nov;60(11):2127-36. doi: 10.1111/j.1532-5415.2012.04209.x. Epub 2012 Oct 30. Review.

**Author(s):** Manuel Montero-Odasso, Joe Verghese, Olivier Beauchet and Jeffrey M. Hausdorff

**Abstract:** This article reviews the importance of the interrelationship between gait and cognition in ageing and presents evidence that gait assessments can provide a window into the understanding of cognitive function and dysfunction and fall risk in older people in clinical practice.

**Full Text:** Available from EBSCOhost EJS in [Journal of the American Geriatrics Society](#)

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**Title:** The development of an Assessment and Intervention Falls Guide for older hospitalized adults with cardiac conditions

**Citation:** European Journal of Cardiovascular Nursing, Jun 2013, vol. 12, no. 3, p. 302-309, 1474-5151 (June 2013)

**Author(s):** Belita, Lydia, Ford, Patricia, Kirkpatrick, Helen

**Abstract:** This paper describes the process taken to design, develop and implement a practice-change initiative that specifically focuses on cardiac-related falls and injuries.

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**Title:** Orthostatic hypotension, diabetes, and falling in older patients: a cross-sectional study.  
**Citation:** British Journal of General Practice, Oct 2012, vol. 62, no. 603, p. 530-531, 0960-1643 (October 2012)  
**Author(s):** van Hateren, Kornelis JJ  
**Abstract:** Research summary of a cross-sectional study in general practice in the Netherlands into the prevalence of orthostatic hypotension (OH) in older people living at home and with type 2 diabetes. The relationship between the existence of OH, symptoms such as dizziness or faintness, and the risk of falls, was examined.

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**Title:** Orthostatic Hypotension: Pathophysiology, Problems, and Prevention  
**Citation:** Home Healthcare Nurse, Oct 2012, vol. 30, no. 9, p. 525-530, 0884-741X (October 2012)  
**Author(s):** Mager, Diana R  
**Abstract:** Orthostatic hypotension (OH) has traditionally been associated with falls. This manuscript discusses the pathophysiology, contributing diagnoses and drug classes, signs and symptoms, treatment, and implications for home care and hospice nurses related to orthostatic hypotension.

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**Title:** Pain and Anxiety Mediate the Relationship Between Dizziness and Falls in Older People  
**Citation:** Journal of the American Geriatrics Society, Mar 2013, vol. 61, no. 3, p. 423-428, 0002-8614 (March 2013)  
**Author(s):** Menant, Jasmine C., Wong, Alfred, Sturnieks, Daina L., Close, Jacqueline C.T., Delbaere, Kim, Sachdev, Perminder S., Brodaty, Henry, Lord, Stephen R.  
**Abstract:** identify medical, psychological, and physiological mediators of the relationship between dizziness and falls in older adults.  
**Full Text:** Available from *EBSCOhost EJS* in [Journal of the American Geriatrics Society](#)

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**Title:** The Importance of Trunk Muscle Strength for Balance, Functional Performance, and Fall Prevention in Seniors: A Systematic Review.  
**Citation:** Sports Medicine, 01 July 2013, vol./is. 43/7(627-641), 01121642  
**Author(s):** Granacher, Urs, Gollhofer, Albert, Hortobágyi, Tibor, Kressig, Reto, Muehlbauer, Thomas  
**Abstract:** The ageing process results in a number of functional (e.g., deficits in balance and strength/power performance), neural (e.g., loss of sensory/motor neurons), muscular (e.g., atrophy of type-II muscle fibres in particular), and bone-related (e.g., osteoporosis) deteriorations.

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**Title:** Identification of Risk Factors for Falls in Multiple Sclerosis: A Systematic Review and Meta-Analysis.  
**Citation:** Physical Therapy, 01 April 2013, vol./is. 93/4(504-513), 00319023  
**Author(s):** Gunn, Hilary J., Newell, Paul, Haas, Bernhard, Marsden, Jonathan F., Freeman, Jennifer A.

**Abstract:** Falls are a significant issue in people with multiple sclerosis (MS), with research demonstrating fall rates of more than 50%. This study evaluates the risk factors associated with falling in people with MS.

**Full Text:** Available from *EBSCOhostEJS* in [Physical Therapy](#)

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## New Books on Falls added to the HEFT Libraries

New books on Falls or Falls prevention have not been added to the HEFT Libraries collection in 2013. But if you would like to recommend any resources –books/journals/DVDs on **Falls and Falls prevention**, please email [Preeti.Puligari@heartofengland.nhs.uk](mailto:Preeti.Puligari@heartofengland.nhs.uk) or call x47836.

### Further information

The following sources have been scanned on a monthly basis to collate the bulletin – British Geriatrics Society, Age UK, NPSA, Cochrane Library, NICE, Royal College of Physicians, NHS Institute for Innovation and Improvement, Chartered Society of Physiotherapists, Age and Ageing, Nursing Older People, Nursing Times, Nursing Standard, Journal of the American Geriatrics Society, BMC Geriatrics, Reviews in Clinical Gerontology and Annual Review of Gerontology and Geriatrics. Also, searches on healthcare databases such as BNI/CINHAL/MEDLINE where possible have been performed.

For a detailed list of sources that have been scanned, please contact [Yolande.Brookes@heartofengland.nhs.uk](mailto:Yolande.Brookes@heartofengland.nhs.uk) or [Preeti.Puligari@heartofengland.nhs.uk](mailto:Preeti.Puligari@heartofengland.nhs.uk) on ext 47836 (Good Hope Hospital)

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