Fall prevention in community-dwelling older adults

Source: Annals of Internal Medicine

Follow this link for the abstract

Date of publication: 4 December 2018

In a nutshell: Falls are common among older adults. One in 3 adults aged 65 years or older and 1 in 2 adults aged 80 years or older fall each year. Interventions for prevention have been identified; however, they are often not addressed in primary care practice. Screening all older adults annually for falls can identify who will benefit from further clinical evaluation and management. Falls and the need for care from subsequent injury increase with age. They adversely affect quality of life and are a financial burden on the health care industry. As a result, risk reduction is a key focus of prevention efforts, even among very elderly persons.

Effects of the post fall index on device and equipment costs for falls prevention

Source: Innovation In Ageing

Follow this link for the abstract

Date of publication: November 2018, supp. 1, pps. 361-362

In a nutshell: Interventions for fall prevention must consider facility costs for purchasing durable medical equipment (DME), especially since items are expensive, possibly non-reimbursable or ineffective in falls prevention. The purpose of this study was to monetize the aggregate costs for DME used for fall care for one nursing home of elderly fallers pre- and post-intervention.

Feasibility of Trial Procedures for a Randomised Controlled Trial of a Community Based Group Exercise Intervention for Falls Prevention in Visually Impaired Older People: The VIOLET Study

Source: Northumbria Research Link

Follow this link for the full text

Date of publication: 11 December 2018

In a nutshell: Visually impaired older people (VIOP) have a higher risk of falling than their sighted peers, and are likely to avoid physical activity. The aim was to adapt the existing Falls Management Exercise (FaME) programme for VIOP, delivered in the community, and to investigate the feasibility of conducting a
definitive randomised controlled trial (RCT) of this adapted intervention.

Geriatrician-led evidence-based Falls Prevention Clinic: a prospective 12-month feasibility and acceptability cohort study among older adults

Source: BMJ Open

Follow this link for the abstract

Date of publication: December 2018 Vol. 8 iss. 12

In a nutshell: This study assessed the feasibility and acceptability of delivering a geriatrician-led evidence-based Falls Prevention Clinic to older adults with a history of falls.

A systematic review of falls in hospital for patients with communication disability: highlighting an invisible population

Source: Journal of Safety Research

Follow this link for the abstract

Date of publication: 11 December 2018

Publication type: Journal article

In a nutshell: Patients with communication disability, associated with impairments of speech, language, or voice, have a three-fold increased risk of adverse events in hospital. However, little research yet examines causal relationship between communication disability and risk for specific adverse events in hospital. The aim of this study is to examine the impact of a patient’s communication disability on their falls risk in hospital.

The role of enhanced cognition to counteract detrimental effects of prolonged bed rest: current evidence and perspectives

Source: Frontiers in Physiology

Follow this link for the abstract

Date of publication: 11 December 2018

In a nutshell: Prolonged periods of physical inactivity or bed rest can lead to a significant decline of functional and cognitive functions. Different kinds of countermeasures (e.g. centrifugation, nutritional and aerobic interventions) have been developed to attempt to mitigate negative effects related to bed rest confinement. The aim of this report is to provide an overview of the current evidence related to the effectiveness of computerized cognitive training (CCT) intervention during a period of complete physical inactivity in older adults.
Nutritional status, body mass index, and the risk of falls in community-dwelling older adults: a systematic review and meta-analysis

Source: Journal of the American Medical Directors Association

Follow this link for the abstract

Date of publication: 13 December 2018

In a nutshell: The object of this study is to evaluate the association between nutritional status, defined on the basis of a multidimensional evaluation, and body mass index (BMI) with the risk of falls and recurrent falls in community-dwelling older people.

The impact of community-based interventions for the older population: a quasi-experimental study of a hip-fracture prevention program in Norway

Source: BMC Geriatrics

Follow this link for the abstract

Date of publication: 13 December 2018

In a nutshell: Hip fractures among older adults are a major public health problem in many countries. Hip fractures are associated with expensive health care treatments, and serious adverse effects on patients’ health and quality-of-life. In this paper, we estimate the effect of a community-based hip fracture prevention program that was initiated in 16 Norwegian municipalities in 2007. Specifically, the participating municipalities implemented one or more of the following interventions: exercise programs for older adults, information and education campaigns to communicate how to effectively reduce falls to care workers and older adults, and preventive home safety assessment and modification help services.

Workshops help seniors with balance, fall prevention

Source: Fort Myers Florida Weekly

Follow this link for the full text

Date of publication: 19 December 2018

In a nutshell: To help seniors prevent falls, a leading cause of fatal injuries, the Area Agency on Aging for Southwest Florida is offering free balance and falls prevention programs in January.

Town of Cambridge helps residents over 65 prevent falls

Source: Western Suburbs Weekly

Follow this link for the full text
In a nutshell: The Town of Cambridge (Western Australia) helped local residents over 65 by running an Injury Matters falls prevention program.

Housebound patients’ experiences of a falls service provided by a team of community physiotherapists

Source: International Journal of Therapy and Rehabilitation

Follow this link for the abstract

In a nutshell: The aim of this paper is to explore the experiences of patients of a falls service provided by a community physiotherapy team to elderly, housebound people who have fallen.