‘Managing pieces of a personal puzzle’ — Older people’s experiences of self-management falls prevention exercise guided by a digital program or a booklet

Source: BMC, research in progress

Follow this link for the abstract

Date of publication: February 2018

In a nutshell: The aim of this study was to explore older people’s experiences of a self-management fall prevention exercise routine guided either by a digital program (web-based or mobile) or a paper booklet.

Environmental interventions for preventing falls in older people living in the community

Source: The Cochrane Library

Follow this link for the full text

Date of publication: February 2019

In a nutshell: This is a protocol for a Cochrane Review (Intervention). The objectives are as follows: To assess the effects (benefits and harms) of environmental interventions (such as assistive devices, and reduction of fall hazards in home, outdoors, and public places) for preventing falls in older people living in the community.

Exercise prevents fall-related injuries in older people

Source: Nature Reviews: Endocrinology

Follow this link for the abstract

Date of publication: February 2019

In a nutshell: Long-term exercise is an important lifestyle factor that can substantially improve the health of older individuals. A new meta-analysis and systematic review builds on previous studies and provides further evidence that exercise interventions can prevent fall-related injuries and fractures in people aged >60 years.
Does aquatic exercise improve commonly reported predisposing risk factors to falls within the elderly? A systematic review

Source: BMC, research in progress

Follow this link for the abstract

Date of publication: February 2019

In a nutshell: According to the World Health Organization, the elderly are at the highest risk of injury or death from a fall. Age-related changes in strength, balance and flexibility are degenerative factors that may increase the risk of falling, and an aquatic training may offer a favourable environment to improve these modifiable risk factors.

Walking adaptability for targeted fall-risk assessments

Source: Gait & Posture

Follow this link for the abstract

Date of publication: May 2019

In a nutshell: The objective of this study was to evaluate the potential merit of a walking-adaptability assessment for identifying prospective fallers and risk factors for future falls in a cohort of stroke patients, Parkinson’s disease patients, and controls.

Using a fall prevention checklist to reduce hospital falls: results of a quality improvement project

Source: American Journal of Nursing

Follow this link for the abstract

Date of publication: March 2019

In a nutshell: This quality improvement (QI) initiative aimed to promote patient safety by improving adherence to an existing hospital-approved fall prevention protocol. Specific aims of the initiative were to evaluate the impact of using a fall prevention checklist on (1) the implementation of a bundle of 14 specific interventions (the fall prevention protocol) and (2) the incidence of falls on participating units.

Influence of age and falls incidence on tau guidance of centre of pressure movement during gait initiation

Source: Gait & Posture

Follow this link for the abstract
In a nutshell: Prospective balance control can be assessed in terms of the characteristics of a tau-guidance function that summarizes the velocity profile of Centre of Pressure (CoP) movement during gait initiation. This allows the nature of CoP movement to be assessed on a continuum between controlled ‘soft’- and unstable ‘hard’ CoP-motion gap-closure. Previous research has shown less stable movement patterns with harder closures with increasing age, which makes movements more prone to overshooting and could possibly explain the increasing falls risk with age.

The primary research question was ‘what is the relationship between falls incidence and tau-guidance in the mediolateral centre of pressure movements during gait initiation?’ The secondary research question was ‘what are the influences of age and task demands on the variability of tau-guidance characteristics?’.