Falls: nine things to consider before dialling 999

Source: Nursing and Residential care

Follow this link for the abstract

Date of publication: June 2019

In a nutshell: Policies of how to deal with falls vary greatly between care homes and staff are not always aware of when it is appropriate to call an ambulance. Catherine Hayes and colleagues report the results of a study on falls policies they carried out in North East England.

Dietary Protein Intake and Falls in older people: longitudinal analyses from the osteoarthritis initiative

Source: Journal of the American Medical Directors Association

Follow this link for the abstract

Date of publication: 8 May 2019

In a nutshell: Literature regarding dietary protein intake and risk of falls is limited to a few studies with relatively small sample sizes and short follow-ups, which have reported contrasting findings. Thus, we investigated whether dietary protein intake is associated with risk of falls in a large cohort of North American adults.

Effects of the FIT-HIP Intervention for Fear of Falling After Hip Fracture: a cluster-randomized controlled trial in geriatric rehabilitation

Source: Journal of the American Medical Directors Association

Follow this link for the abstract

Date of publication: 8 May 2019

In a nutshell: Fear of falling (FoF) is common after hip fracture and can impede functional recovery because of activity restriction. The Fear of falling InTervention in HIP fracture geriatric rehabilitation (FIT-HIP intervention) was designed to target FoF and consequently to improve mobility. The aim of this study was to evaluate the effect of the FIT-HIP intervention in patients with FoF in geriatric rehabilitation (GR) after hip fracture.
Morecambe Bay CCG encourage people to have a plan if they fall

Source: Lancaster Guardian

Follow this link for the full text

Date of publication: 9 May 2019

In a nutshell: As part of Morecambe Bay CCG's falls prevention campaign, members of the public are being asked to think about what they would do if they had a fall.

When will my patient fall? Sensor-based in-home walking speed identifies future falls in older adults

Source: The Journal of Gerontology series A

Follow this link for the abstract

Date of publication: 16 May 2019

In a nutshell: Although there are known clinical measures that may be associated with risk of future falls in older adults, we are still unable to predict when the fall will happen. Our objective was to determine whether unobtrusive in-home assessment of walking speed can detect a future fall.

Ward sees dramatic drop in falls after introducing ‘safety huddles’

Source: Nursing Times

Follow this link for the abstract

Date of publication: 20 May 2019

In a nutshell: A ward at Harrogate and District NHS Foundation Trust has seen inpatients falls drop by 70% since it introduced “safety huddles” almost 12 months ago.

Evaluation of RESPOND, a patient-centred program to prevent falls in older people presenting to the emergency department with a fall: a randomised controlled trial

Source: PLOS Medicine

Follow this link for the abstract

Date of publication: 24 May 2019

In a nutshell: Falls are a leading reason for older people presenting to the emergency department (ED), and
many experience further falls. Little evidence exists to guide secondary prevention in this population. This randomised controlled trial (RCT) investigated whether a 6-month telephone-based patient-centred program—RESPOND—had an effect on falls and fall injuries in older people presenting to the ED after a fall.

Assessment of implementation outcomes of a peer-led program targeting fear of falling among older adults

Source: Journal of Applied gerontology

Follow this link for the abstract

Date of publication: 25 May 2019

In a nutshell: This study examined the implementation outcomes (program reach, fidelity, adaptations, responsiveness) of a peer-led program for older adults with fear of falling —Vivre en Équilibre (VEE).