Practical tips for prescribing exercise for fall prevention

Source: [Osteoporosis International](#)

Follow this link for the abstract

Date of publication: 30 August 2019

In a nutshell: There is strong evidence from meta-analyses that exercise as a single intervention can reduce the number and risk of falls in community-dwelling older adults, yet not all types of exercise are equal.

Effects of multidirectional and variable-speed body weight supported treadmill training on balance rehabilitation for fall prevention among community-dwelling elderly persons

Source: [ASEAN Journal of Rehabilitation Medicine](#)

Follow this link for the abstract

Date of publication: 29 August 2019, Vol. 29(2) pps. 45-50

In a nutshell: The aim of this study is to assess the effectiveness of multidirectional and variable-speed body weight supported treadmill training (BWSTT) in walking and balance rehabilitation for elderly persons with a history of falls or with perceived impaired balance.

The temporal trend in the transfer of older adults to the emergency department for traumatic injuries: a retrospective analysis according to their place of residence

Source: [Journal of the American medical Directors Association](#)

Follow this link for: the abstract

Date of publication: 30 August 2019

In a nutshell: There has been an increase in the number of visits by older individuals to emergency departments (EDs). The primary cause of this is trauma. The objective of this study was to evaluate the temporal changes in the use of EDs by older individuals for traumatic injuries, characterize their trauma, and specify the mode of transport to the ED according to their place of residence (community-dwelling or nursing home resident).
Fall-related deaths among older adults in British Columbia: cause and effect of policy change

Source: Injury Prevention

Follow this link for the abstract

Date of publication: September 2019

In a nutshell: The British Columbia Coroners Service implemented a policy in 2010 advising the reclassification of underlying causes of deaths due to falls from ‘natural’ to ‘accidental’. This study investigates whether observed data trends reflect this change in practice, are artefacts of inconsistent reporting, or indicate a true increase in fall-related deaths.