



WMCAG is a consortium of health librarians in the West Midlands.

Welcome to the latest **October** Newsletter.

This will be produced every 2-3 months and lists the most recent literature in the field.

Full text links are provided where available please login to Athens to access the article. If you do not have an NHS Open Athens account register at <https://register.athensams.net/nhs/nhseng>

QEBH, HEFT and RWT now have an online document supply request form for requesting journal articles, leading to a faster and more efficient service. Register now at <http://www.basedoc.co.uk>. There may be a charge for this service.

If you cannot access the full text, please contact your local trust library, who will be able to assist you. There may be a charge for this service. You may also access journals via <http://www.evidence.nhs.uk> via your Athens account



Falls Update

October 2015

Table of Contents

Cochrane Systematic Reviews	2
National Guidelines	2
Falls Effects.....	2
Falls Prevention	2
Injurious Falls	3
Sources	4
HEFT Libraries-Good Hope, Heartlands and Solihull	5

N.B. Press CTRL + Click on any of the headings to jump to that point within the document

To access the full text links in this bulletin, login with your Athens ID before clicking on the full text links in this bulletin for seamless access

Cochrane Systematic Reviews

None to report

National Guidelines

Promoting independence in old age: NICE guideline will support those who need help to live at home | Press and media | News | NICE.

[Full Text](#) [10/1/2015].

Research recommendations | Science policy and research | What we do | About | NICE.

[Full Text](#) [10/1/2015].

Falls Effects

BRUCE, D., DAVIS, T. and DAVIS, W., 2015. [Fear of falling is common in patients with type 2 diabetes and is associated with increased risk of falls](#). *Age and Ageing*, **44**(4), pp. 687-690.

[Do prescribed medicines affect falls risk?](#)

Practice | 15 June 2015.

KOK, K., WHITNEY, J. and JACKSON, S.H.D., 2015. [62 PSYCHOTROPIC MEDICATIONS AND FALLS-SPECIFIC HOSPITAL ATTENDANCES](#). *Age and Ageing*, **44**(suppl 2), pp. ii19.

[Older people with COPD have fall rates similar to those with neurological conditions](#)

Nursing Standard 2015 29: 50, 14.

[People who use walking sticks restrict their mobility due to fear of falling, study finds](#)

Nursing Standard 2015 29: 38, 17.

[Some over-the-counter drugs may be linked to falls in older men](#)

NHS Choices | 7 August 2015.

Falls Prevention

ALLALI, G., AYERS, E.I. and VERGHESE, J., 2015. [Multiple modes of assessment of gait are better than one to predict incident falls](#). *Archives of Gerontology and Geriatrics*, **60**(3), pp. 389-393.

[Full Text](#)

AVIN, K.G., J., HARTLEY, G. and ACADEMY OF GERIATRIC PHYSICAL THERAPY OF THE AMERICAN PHYSICAL THERAPY ASSOCIATION, 2015. [Management of falls in community-dwelling older adults: clinical guidance statement from the Academy of Geriatric Physical Therapy of the American Physical Therapy Association](#). *Physical Therapy*, **95**(6), pp. 815-834.

[Balance retraining exercise programmes help to reduce falls in at-risk older women](#)

Nursing Standard 2015 29: 52, 14 -15.

[Board's eye view - Screening for falls](#)

Linsey Sheerin

Emergency Nurse 2015 23: 3, 11.

BRADLEY, R., SHEPSTONE, L. and CLARKE, S., 2015. [60 CAN PARAMEDICS USE FRAX TO IDENTIFY PATIENTS AT GREATEST RISK OF FUTURE FRACTURE AMONG THOSE WHO FALL? A FEASIBILITY STUDY](#). *Age and Ageing*, **44**(suppl 2), pp. ii19.

BROOKE-WAVELL, K., GAGE, H. and MASUD, T., 2015. [46 DOES ADHERENCE TO FALLS PREVENTION EXERCISE PROGRAMMES BENEFIT BONE MINERAL DENSITY IN OLDER PEOPLE? THE PROACT65+ BONE STUDY](#). *Age and Ageing*, **44**(suppl 2), pp. ii13.

BUTLER, A.A., TAYLOR, J.L. and FITZPATRICK, R.C., 2015. [Ability versus hazard: risk-taking and falls in older people](#). *The journals of gerontology. Series A, Biological sciences and medical sciences*, **70**(5), pp. 628-634

CAPEK, E., SIMPSON, L. and MITCHELL, L., 2015. [18 REDUCING NON-ATTENDANCE AT FALLS CLINICS - AN ONGOING CHALLENGE](#). *Age and Ageing*, **44**(suppl 2), pp. ii5.

CHANG, V.C. and DO, M.T., 2015. [Risk factors for falls among seniors: implications of gender](#). *American Journal of Epidemiology*, **181**(7), pp. 521-531.

DAVIS, J.C., VERDES, K.A. and LIU-AMBROSE, T., 2015. [Mobility and cognition are associated with wellbeing and health related quality of life among older adults: a cross-sectional analysis of the Vancouver Falls Prevention Cohort](#). *BMC geriatrics*, **15**:75.

[Full Text](#)

DUCKHAM, R.L., DINAN-YOUNG, S. and BROOKE-WAVELL, K., 2015. [Randomised controlled trial of the effectiveness of community group and home-based falls prevention exercise programmes on bone health in older people: the ProAct65+ bone study](#). *Age and Ageing*, **44**(4), pp. 573-579

[Education programme helps prevent falls and related injuries in hospital trial](#)

Nursing Standard 2015 29: 47, 15.

[Exercise lowers falls risk and improves life for older people](#)

Ruth Sander

Nursing Older People 2015 27: 7, 15.

Exercise regularly | Health and wellbeing | Age UK.
[Full Text](#) [9/18/2015].

Get up and go - a guide to staying steady | The Chartered Society of Physiotherapy.
[Full Text](#) [9/18/2015].

GLENN, J.M., GRAY, M. and BINNS, A., 2015. [The effects of loaded and unloaded high-velocity resistance training on functional fitness among community-dwelling older adults](#). *Age and Ageing*, Jul 11. [Epub ahead of print]

GUSE, C.E., LAUD P. and LAYDE, P.M., 2015. [Translating a Fall Prevention Intervention Into Practice: A Randomized Community Trial](#). *American Journal of Public Health*, **105**(7), pp. 1475-1481.

HAYLEY, A.C., BRENNAN-OLSEN, S.L. and PASCO, J.A., 2015. [Excessive daytime sleepiness and falls among older men and women: cross-sectional examination of a population-based sample](#). *BMC geriatrics*, **15**:74.
[Full Text](#)

HOUSTON, D.K., KRITCHEVSKY, S.B. and WILLIAMSON, J.D., 2015. [Delivery of a Vitamin D Intervention in Homebound Older Adults Using a Meals-on-Wheels Program: A Pilot Study](#). *Journal of the American Geriatrics Society*, **63**(9), pp. 1861-7.
[Full Text](#)

KARINKANTA, S., HEINONEN, A. and SIEVÄNEN, H., 2015. [Combined resistance and balance-jumping exercise reduces older women's injurious falls and fractures: 5-year follow-up study](#). *Age and Ageing*, **44**(5), pp. 784-789.

KHARRAZI, R.J., NASH, D. and MIELENZ, T.J., 2015. [Increasing Trend of Fatal Falls in Older Adults in the United States, 1992 to 2005: Coding Practice or Reporting Quality?](#) *Journal of the American Geriatrics Society*, **63**(9) pp. 1913-1917.
[Full Text](#)

OKEKE, J., MORGAN, K. and SINGH, I., 2015. [41 THE IMPACT OF A SYSTEMATIC NURSE TRAINING PROGRAMME ON FALLS RISK ASSESSMENT AND FALLS INCIDENCE: A STUDY BASED IN A 100% SINGLE-ROOM ELDERLY CARE ENVIRONMENT](#). *Age and Ageing*, **44**(suppl 2), pp. ii10-ii11.

PATIL, R., KANNUS, P. and SIEVÄNEN, H., 2015. [Effects of a Multimodal Exercise Program on Physical Function, Falls, and Injuries in Older Women: A 2-Year Community-Based, Randomized Controlled Trial](#). *Journal of the American Geriatrics Society*, **63**(7), pp. 1306-1313.
[Full Text](#)

[Preventing falls in older people](#)
Nursing Standard 2015 29: 34, 19.

SACCOMANO, S.J. and FERRARA, L.R., 2015. [Fall prevention in older adults](#). *The Nurse practitioner*, **40**(6), pp. 40-7; quiz 47-8.

SHEERIN, L., 2015. [Board's eye view--Screening for falls](#). *Emergency nurse: the journal of the RCN Accident and Emergency Nursing Association*, **23**(3), pp. 11.

UUSI-RASI, K., LAMBERG-ALLARDT, C. and SIEVANEN, H., 2015. [Exercise and vitamin D in fall prevention among older women: a randomized clinical trial](#). *JAMA internal medicine*, **175**(5), pp. 703-711

Injurious Falls

ALLALI, G., AYERS, E.I. and VERGHESE, J., 2015. [Multiple modes of assessment of gait are better than one to predict incident falls](#). *Archives of Gerontology and Geriatrics*, **60**(3), pp. 389-393.
[Full Text](#)

BOULTON, C., WAKEMAN, R. and WILLIAMS, A., 2015. [31 FALLS AMONG HOSPITAL INPATIENTS USING HIP FRACTURE INCIDENCE TO MONITOR PATIENT SAFETY](#). *Age and Ageing*, **44**(suppl 2), pp. ii8.

DUVAL, G.T., BEAUCHET, O. and ANNWEILER, C., 2015. [Vitamin D Deficiency and Incident Onset of Orthostatic Hypotension in Older Adults: Preliminary Results from the 'MERE' Study](#). *Journal of the American Geriatrics Society*, **63**(6), pp. 1245-1247.
[Full Text](#)

FREUD, T., PUNCHIK, B. and YAN, P., 2015. [Orthostatic Hypotension and Mortality in Elderly Frail Patients: A Retrospective Cross-Sectional Study](#). *Medicine*, **94**(24), pp. e977.

HELGADOTTIR, B., MOLLER, J. and LAFLAMME, L., 2015. [Patterns in health-related behaviours and fall injuries among older people: a population-based study in Stockholm County, Sweden](#). *Age and Ageing*, **44**(4), pp. 604-610.

HILL, A.M., FLICKER, L., BULSARA, M. and HAINES, T.P., 2015. [Fall rates in hospital rehabilitation units after individualised patient and staff education programmes: a pragmatic, stepped-wedge, cluster-randomised controlled trial](#). *Lancet (London, England)*, **385**(9987), pp. 2592-2599.
[Full Text](#)

JANSEN, S., VAN DER VELDE, N. and KENNY, R.A., 2015. [AF is associated with self-reported syncope and falls in a general population cohort](#). *Age and Ageing*, **44**(4), pp. 598-603.

LOCHRIE, N., JACKSON, S.H.D. and WHITNEY, J., 2015. [64 IMPULSIVE BEHAVIOURS PREDICT FALLS IN HOSPITAL INPATIENTS](#). *Age and Ageing*, **44**(suppl 2), pp. ii20.

LUTHER, S.L., VALENCIA, K.M. and POWELL-COPE, G., 2015. [Improving identification of fall-related injuries in ambulatory care using statistical text mining](#). *American Journal of Public Health*, **105**(6), pp. 1168-1173.

OKEKE, J., EDWARDS, C. and SINGH, I., 2015. [36 IMPACT OF COGNITIVE IMPAIRMENT ON INPATIENT FALLS IN SINGLE ROOM SETTING AND ITS ADVERSE OUTCOMES](#). *Age and Ageing*, **44**(suppl 2), pp. ii9.

TAZEROUT, L. and LEE, C., 2015. [34 IN-PATIENTS FALLS MANAGEMENT - MAKING A DIFFERENCE](#). *Age and Ageing*, **44**(suppl 2), pp. ii8-ii9.

TAIRA, T., NAKAGAWA, Y. and INOKUCHI, S., 2015. [Risk factors for ground-level falls differ by sex](#). *The American Journal of Emergency Medicine*, **33**(5), pp. 640-644.
[Full Text](#)

ZHAO, Y.L. and KIM, H., 2015. [Older Adult Inpatient Falls in Acute Care Hospitals: Intrinsic, Extrinsic, and Environmental Factors](#). *Journal of gerontological nursing*, **41**(7), pp. 29-43; quiz 44-5.

Sources

The following sources have been searched for evidence published in the previous three months.

- [Age UK](#)
- [British Geriatrics Society](#)
- [Care Quality Commission](#)
- [Chartered Society of Physiotherapists](#)
- [Cochrane Library](#)
- [Department of Health](#)
- [National Patient Safety Agency](#)
- [NHS Institute for Innovation and Improvement](#)
- [NICE Evidence Healthcare Databases: BNI, CINAHL, Health Business Elite and MEDLINE](#)
- [NICE Guidelines](#)
- [Nursing and Midwifery Council](#)
- [Royal College of Physicians](#)

Some key Nursing journals were also scanned. For a full list of sources used for the update, Please contact the [Editor](#) for further information.

HEFT Libraries-Good Hope, Heartlands and Solihull

Mobile Apps

The libraries facilitate access to NICE, BNF and Cochrane Library apps for your phone or tablet via your Athens password. These can be downloaded from the [Apple App Store](#) or [Google Play](#).

ASK your local library if you need support:

Goodhope.library@heartofengland.nhs.uk

Heartlands.library@heartofengland.nhs.uk

Solihull.library@heartofengland.nhs.uk

HEFT Repository

If you have published any Full text as part of your role in the Trust, then email the details to preeti.puligari@heartofengland.nhs.uk. You can browse the repository at www.repository.heartofengland.nhs.uk or via the [HEFT Library website](#).

Health Service Journal Online

You can now access HSJ Online. Please register for an account using your HEFT email id for a username and password using this [link](#). The login details will be emailed to you within 48 hours. This will allow you to access HSJ Online from anywhere.

UpToDate Anywhere

Registering for an UpToDate account and creating a unique user name and password allows you to earn and redeem CME/CE/CPD credit, access the UpToDate Mobile App, and log in directly to www.uptodate.com from any computer with internet access.



Twitter

HEFT Library is now on Twitter – please follow us for library updates at [Follow@HEFTLibrary](https://twitter.com/HEFTLibrary). Visit www.heftlibrary.nhs.uk for more information about the services the library provides or to request a literature search. Scan the QR code if you're reading a printout.



BMJ Case Reports

All faculty, staff and students at this institution can:

- submit unlimited number of cases
- enjoy fast, sympathetic peer review and rapid publication
- access all published material and reuse it for personal use and teaching
- rate and comment on cases

Get published today!

Anatomy TV

Athens registered users can now access this online resource with award-winning interactive 3D human anatomy. Rotate, peel away layers and export images.

We hope you find this newsletter useful. Suggestions or comments? E-mail the Editor yolande.brookes@heartofengland.nhs.uk or Sub-editor preeti.puligari@heartofengland.nhs.uk

Alternatively, to **remove** your name from our mailing list, please [click here](#).

This newsletter is produced by:

Heart of England NHS Foundation Trust
Good Hope Hospital
Rectory Road,
Sutton Coldfield
B75 7RR



This work is licensed under the Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-sa/3.0/>