Access Audiology Looks at Falls Prevention

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Mobility Is a Key Predictor of Change in Well-Being Among Older Adults Who Experience Falls: Evidence From the Vancouver Falls Prevention Clinic Cohort

Citation: Archives of Physical Medicine & Rehabilitation, 01 September 2015, vol./is. 96/9(1634-1640), 00039993

Author(s): Davis, Jennifer C., Best, John R., Bryan, Stirling, Li, Linda C., Hsu, Chun Liang, Gomez, Caitlin, Vertes, Kelly, Liu-Ambose, Teresa

Language: English

Abstract: Objective To determine the factors that predict change in well-being over time in older men and women presenting to the falls prevention clinic. Design Prospective cohort study. Setting Falls prevention clinic. Participants Community-dwelling older adults who were referred to the clinic after sustaining a fall (between N=244 and N=255, depending on the analysis). Interventions Not applicable. Main Outcome Measures The ICEpop CAPability measure for Older people, a measure of well-being or quality of life, was administered at baseline, 6 months, and 12 months. We constructed linear mixed models to determine whether baseline predictor variables were related to baseline well-being and/or changes in well-being over time. In addition, we included interactions with sex to investigate the difference between men and women. Baseline predictors included 2 measures of mobility—Short Performance Physical Battery and timed Up and Go test—and a measure of global cognitive function—Montreal Cognitive Assessment. Results All 3 predictors were associated with well-being at baseline (P <.05). Furthermore, both the Short Performance Physical Battery and the timed Up and Go test interacted with sex (P <.05) to predict changes in well-being over time. Follow-up analyses suggested that better mobility was protective against decline in well-being in men but was generally unrelated to changes in well-being in women. Conclusions We found that 2 valid and reliable measures of mobility interacted with sex to predict changes in well-being over time. This is a critical research area to develop in order to appropriately tailor future intervention strategies targeting well-being in older fallers, a population at high risk of functional decline.

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A systematic review of risk factors associated with accidental falls, outcome measures and interventions to manage fall risk in non-ambulatory adults

Citation: Disability & Rehabilitation, 15 September 2015, vol./is. 37/19(1697-1705), 09638288

Author(s): Rice, Laura A., Ousley, Cherita, Sosnoff, Jacob J.

Abstract: Purpose: To systematically review peer-reviewed literature pertaining to risk factors, outcome measures and interventions managing fall risk in non-ambulatory adults. Methods: Twenty-one papers were selected for inclusion from databases including PubMed/Medline, Cumulative Index to Nursing and Allied Health Literature (CINAHL), Cochrane Library, Scopus, Consumer Health Complete and Web of Science. Selected studies involved a description of fall related risk factors, outcomes to assess fall risk and intervention studies describing protocols to manage fall risk in non-ambulatory adults. Studies were selected by two reviewers and consultation provided by a third reviewer. Results: The most frequently cited risk factors/characteristics associated with falls included: wheelchair related characteristics, transfer activities, impaired seated balance and environmental factors. The majority of the outcomes were found to evaluate seated postural control. One intervention study was identified describing a protocol targeting specific problems of individual participants. A global fall prevention program was not identified. Conclusion: Several risk factors associated with falls were identified and must be understood by clinicians to better serve their clients. To improve objective assessment, a comprehensive outcome assessment specific to non-ambulatory adults is needed. Finally, additional research is needed to examine the impact of structured protocols to manage fall risk in non-ambulatory adults.

Publication Type: journal article

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Combined resistance and balance-jumping exercise reduces older women's injurious falls and fractures: 5-year follow-up study

Citation: Age and Ageing, September 2015, vol./is. 44/5(784-789), 0002-0729;1468-2834 (01 Sep 2015)

Author(s): Karinkanta S., Kannus P., Uusi-Rasi K., Heinonen A., Sievanen H.

Abstract: Background and objective: previously, a randomised controlled exercise intervention study (RCT) showed that combined resistance and balance-jumping training (COMB) improved physical functioning and bone strength. The purpose of this followup study was to assess whether this exercise intervention had long-lasting effects in reducing injurious falls and fractures. Design: five-year health-care register-based follow-up study after a 1-year, four-arm RCT. Setting: community-dwelling older women in Finland. Subjects: one hundred and forty-five of the original 149 RCT participants; women aged 70-78 years at the beginning. Methods: participants' health-care visits were collected from computerised patient register. An injurious fall was defined as an event in which the subject contacted the health-care professionals or was taken to a hospital, due to a fall. The rate of injured fallers was assessed by Cox proportional hazards model (hazard ratio, HR), and the rate of injurious falls and fractures by Poisson regression (risk ratio, RR). Results: eighty-one injurious falls including 26 fractures occurred during the follow-up. The rate of injured fallers was 62% lower in COMB group compared with the controls (HR 0.38, 95% CI 0.17 to 0.85). In addition, COMB group had 51% less injurious falls (RR 0.49, 95% CI 0.25 to 0.98) and 74% less fractures (RR 0.26, 95% CI 0.07 to 0.97). Conclusions: home-dwelling older women who participated in a 12-month intensive multi-component exercise training showed a reduced incidence for injurious falls during 5-year post-intervention period. Reduction in fractures was also evident. These long-term effects need to be confirmed in future studies.

Publication Type: Journal: Article

Source: EMBASE

Occurrence and Predictors of Falls in People With Stroke: Six-Year Prospective Study

Citation: Stroke (0039-2499), 01 September 2015, vol./is. 46/9(2688-2690), 00392499

Author(s): Minet, Lisbeth Rosenbek, Peterson, Elizabeth, von Koch, Lena, Ytterberg, Charlotte

Abstract: BACKGROUND AND PURPOSE: The purpose was to investigate the occurrence of self-reported falls in people with stroke at 3, 6, and 12 months and 6 years post stroke and predictors for falls during 6 years. METHODS: A prospective study involving 121 people with stroke. Data were obtained through structured interviews and assessments. Generalized estimating equation modeling using proportional odds was used to explore the predictive value of fall history, functioning/disability, and personal factors during 6 years. RESULTS: The proportion of fallers constituted of 35%, 26%, 33%, and 35% of the sample at 3, 6, and 12 months and 6 years of follow-up, respectively. Higher perceived effect of stroke on activities of daily living (odds ratio, 1.37; 95% confidence interval, 1.04-1.80), falls at 3 months (odds ratio, 1.0; 95% confidence interval, 1.01-3.94), and no gait/balance disability at baseline (odds ratio, 7.29; 95% confidence interval, 1.99-26.73) were predictors for future falls. During the 6 years, the odds for a fall decreased for participants with gait/balance disability at baseline but increased for those with no gait/balance disability. CONCLUSIONS: Results highlight the importance of performing fall risk evaluations over time among people with stroke, even when gait and balance functioning initially post stroke is good.

Publication Type: journal article

Source: CINAHL

Full Text: Available from Ovid in Stroke