



Falls/Frailty Bulletin

How to obtain an article

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library.grantham@ulh.nhs.uk

Focus Board Games

Many older people do not feel thirsty or forget to drink enough so will need extra support to stay hydrated. Becoming dehydrated can lead to dizziness and feeling light-headed, which could cause a fall

Game based learning is the perfect way to learn!

The following board games are available to loan from the library

The Nutrition Game



The Hydration Game



Please contact library.grantham@ulh.nhs.uk for information on how to loan these items

Articles

Frailty - <https://bestpractice.bmj.com/topics/en-gb/3000323>

BMJ Best Practice

BMJ Best Practice have announced the addition of the topic 'Frailty'. This topic serves as a comprehensive toolkit for healthcare professionals, offering evidence-based guidance, resources, tools, and guidelines tailored to the UK healthcare setting.

[Access is free to all NHS staff. You can access from NHS networked computers without logging in. If you are accessing from a personal computer or mobile you will need an OpenAthens username and password. If you don't have one you can register here: <https://openathens.nice.org.uk/>

Emergency department care for older people with frailty

James van Oppen et al

Nursing Times 120 (2) 54-55



FRAIL strategy – a strategy for the development and/or improvement of acute frailty same day emergency care services

Click on the link below to access the document:

<https://www.england.nhs.uk/publication/frail-strategy/>

Interaction between hypertension and frailty and their impact on death risk in older adults: a follow-up study

Shi J et al

BMC Geriatrics 24 (2024) 187-200

Frailty before and during austerity: a time series analysis of the English Longitudinal Study of Ageing 2002-2018

Pugh C et al

PLoS One 19 (2) e0296014

Frailty and nutrition

Wilson N, Mullaney W

BJCN 29 (3) 118-123

How community providers, alongside wider system partners, can support people living with frailty

(Click on the link to access the full document)

March 2024

[NHS Providers Community Network](#)

Specific dairy foods and risk of frailty in older women: a prospective cohort study

Struijk E et al

BMC Medicine 22 (1) specific dairy foods

The mediating effect of nutrition on oral frailty and fall risk in community-dwelling elderly people

Song H et al

BMC Geriatrics 24 (1) the mediating effect

Incorporating frailty to address the key challenges to geriatric economic evaluation

Kown J et al

BMC Geriatrics 24 (2) incorporating frailty

Risk assessment and prevention of falls in older community-dwelling adults: a review

Colon-Emeric C et al

JAMA 2024 online first risk assessment



Library Services

Website: <https://www.nhslincslibrary.uk/>

Register for a NHS OpenAthens account

Register for a NHS OpenAthens account via the following link: <https://openathens.nice.org.uk/>

KnowledgeShare

Sign up to KnowledgeShare and we will send out regular emails alerting you to the latest evidence on a particular topic. To sign up, please click on the following link: <https://www.nhslincslibrary.uk/knowledgeshare-request/>

Evidence Searching Training

If you need evidence, we can provide training on how to search the healthcare databases and resources. We can also show you how to appraise the information that you find. To book a training session please contact clinical.librarian@ulh.nhs.uk. More information can be found at: <https://www.nhslincslibrary.uk/training/>

Online Resources

BMJ Best Practice is available to all NHS staff. This clinical decision support tool provides step-by-step guidance on diagnosis, prognosis, treatment and prevention of a wide variety of conditions.

Available from: <https://bestpractice.bmj.com/oafed>

ClinicalKey is a database which supports healthcare professionals by providing access to the latest evidence across specialties.

Available from: <https://www.clinicalkey.com/>