



Falls/Frailty Bulletin

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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/>

Assessing frailty in older people as part of holistic care

Dobson K

Nursing Times 120 (4) 42-48



Multicomponent Exercise Intervention for Preventing Falls and Improving Physical Functioning in Older Nursing Home Residents: A Single-Blinded Pilot Randomised Controlled Trial

Munseef Sadaqa et al

Journal of Clinical Medicine 13 (6) 1577-1591

Enhancing knowledge, attitude and perceptions towards fall prevention among older adults: a pharmacist-led intervention in a primary healthcare clinic, Gemas, Malaysia

Manirajan P et al

BMC Geriatrics 24 (1) enhancing knowledge

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

Designing a fall prediction model for inpatient rehabilitation facilities using readily available data

Wright J et al

Archives of Physical Medicine & Rehabilitation 105 (4) 704-709

Examination of risk factors associated with falls and injurious falls in people with multiple sclerosis: an updated nationwide study

Abou L et al

Archives of Physical Medicine & Rehabilitation 105 (4) 717-724

The effect of resistance exercised using an elastic band on balance and fear of falling in older adults with diabetic peripheral neuropathy: a 16-week randomized controlled trial

Armat M et al

Archives of Physical Medicine & Rehabilitation 105 (4) 733-741

The influence of fear of falling on the control of upright stance across the lifespan

Hill M et al

Gait and Posture 110 (Mar) 226-232

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

Song H et al

BMC Geriatrics 24 (1) mediating effect



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/>