Assessment


Balance


Fall and fracture prediction and modifiable risk factors


Fall prevention and accountability


**Knowledge to practice/ implementation science**


32. **Vitamin D Supplementation for the Prevention of Falls and Fractures in Residents in Long-Term Care Facilities: A Review of the Clinical Effectiveness, Cost-Effectiveness, or Guidelines.** Ottawa (ON): Canadian Agency for Drugs and Technologies in Health; 2016 Apr 15.  abstract

**Mental health, addictions, medications**


41. Min Y, Kirkwood CK, Mays DP, Slattum PW. **The Effect of Sleep Medication Use and Poor Sleep Quality on Risk of Falls in Community-Dwelling Older Adults in the US: A Prospective Cohort Study.** Drugs Aging. 2016 Feb;33(2):151-8 abstract


46. Wong H, Heuberger R, Logomarsino J, Hewlings S. **Associations between alcohol use, polypharmacy and falls in older adults.** Nurs Older People. 2016 Feb;28(1):30-6 abstract

47. Zia A, Kamaruzzaman SB, Tan MP. **The consumption of two or more fall risk-increasing drugs rather than polypharmacy is associated with falls.** Geriatr Gerontol Int. 2016 Jan 28 epub ahead of print abstract

**Risk taking and choice**

48. Tuvemo Johnson S, Martin C, Anens E, Johansson AC, Hellström K. **Older Adults' Opinions on Fall Prevention in Relation to Physical Activity Level.** J Appl Gerontol. 2016 Jan 14 abstract

49. Gimm GW, Kitsantas P. **Falls, Depression, and Other Hospitalization Risk Factors for Adults in Residential Care Facilities.** Int J Aging Hum Dev. 2016 Jun;83(1):44-62. abstract

**Vision and hearing impairment**

What now? After the fall


Emerging themes


More Global Links and Guidelines (All articles are full-text and fully accessible):


Resources from Canada
Centers for Disease Control & Prevention: The CDC STEADI Program at http://www.cdc.gov/homeandrecreationalsafety/falls/


Canadian Medical Association : Recommendations for Preventing Fractures in Long Term Care at http://www.cmaj.ca/content/early/2015/09/14/cmaj.141331.full.pdf

Resources from the United States:

Physical activity is one of the most important things Americans can do to improve their health.
The goal of *Step it up! The Surgeon General’s Call to Action to Promote Walking and Walkable Communities* is to increase walking by working together to increase access to safe and convenient places to walk and wheelchair roll and to create a culture that supports walking for all Americans.

- Complete report[PDF-1.27MB]
- Executive summary
- Partner booklet[PDF-2.62MB](http://www.cdc.gov/physicalactivity/walking/call-to-action/pdf/partnerguide.pdf)
- Consumer video
- Infographic[PDF-1.44MB](http://www.cdc.gov/physicalactivity/walking/call-to-action/pdf/infographic.pdf)


More links from the VA National Center for Patient Safety:

- The Administration on Aging (HHS)†
- American Association for Retired Persons (AARP)†
- CDC - National Center for Injury Prevention†
- CDC - National Center for Injury Prevention: A Toolkit to Prevent Senior Falls†
- The Gerontological Society of America†
- The American Geriatrics Society, Clinical Practice Guideline: Prevention of Falls in Older Persons†
- Practicing Physician Education in Geriatrics Project: Falls Toolkit†
- National Institute on Aging†
- 4 Tips Minimize Injuries from Falling as You Age, from Inside Edition†
- Learn NOT to fall†

**Resources from the UK, Australia and New Zealand**


**Australian and New Zealand Falls Prevention Society** at [http://www.anzfallsprevention.org/](http://www.anzfallsprevention.org/)


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