

Empira Signature Program Evidence Based Resources: February 2018

Appropriate Bed Heights:

1. Morse, J., Gervais, P., Pooler, C., Merryweather, A., Doig, A., Bloswick, D. (2017). The safety of hospital beds: ingress, egress, and in-bed mobility. doi: 10.1177/2333393615575321

Environmental Design:

1. Beach, R., (2013). Effect of compliant floor on postural stability. 40005B7445E9F714
2. Leiva-Caro, J., Salzar-Goonzalez, B. (2015). Connection between competence, usability, environment and risk of falls in elderly adults. doi: 10.1590/0101-1169.0331.2659

Strength and Balance Activities:

1. Ciprandi, D., Bertozzi, F., Zago, M., Ferreira, C., Boari, G., Sforza, C., Galvani, C. (2017). Study of the association between gait variability and physical activity. doi: 10.1186/s11556-017-0188-0
2. Lopez, P., Pinto, RS., Radaelli, R., Rech, A., Grazioli, R., Izquierdo, M., Cadore, EL. (2017). Benefits of resistance training in physically frail elderly; a systemic review. doi: 10.1007/s40520-017-0863-z
3. Reinoso, H., McCaffrey, R., (2017). Mitigating fall risk: A community fall reduction program. doi.org/10.1016/j.gerinurse.2017.08.014
4. Trela, C., Forlini, C., Oliveira, S., Pereira, M., Dias, J., Cardoso, J., (2017). Effects of exercise program on risk factors of falls in the elderly, doi 10.4025/actahealthsci.v34ispec.11353
5. Tsutsumumoto, K., Doi, T., Makizako, H., Suzuki, T., Shimada, H. (2017). Association of social frailty with both cognitive and physical deficits among older people; doi 10.1016/j.jamda.2017.02.005

Alarm Elimination:

1. Author unknown (Jan. 2013). Why Bed alarms fail to reduce patient falls, Health Forum Magazine.
2. Farnina-Lopez, E., Estevez-Guerra, G.J., Polo-Luque, M.L, Hanzelikova Pogranyiva, A., Penelo, E. (2017). Physical restraint use with elderly patient: perceptions of nurses and nursing assistants in spanish acute care hospitals, doi: 10.1097/NNR.0000000000000252
3. Horowitz, A.; (Dec. 2014). Personal resident alarm: more protection or more risk?, Legal Landscape Long-Term Living.

Medication Reduction:

1. Hanlon, J., Zhao, X., Naples, J., Aspinall, S., Perera, S., Nace, D., Castle, N., Greenspan, S., Thorpe, C. (2017). Central nervous system medication burden and serious falls in older nursing home residents, *JAGS* 65:1183-1189.
2. Jamieson, D., Nishtala, P.S., Scrase, R., Deely, J.M., Abey-Nesbit, R., Connolly, M.J., Hilmer, S.N., Abernethy, D.R., Schuluter, P.J., (Dec. 2017). Drug burden and its association with falls among older adults in New Zealand; A national population cross-sectional study. doi: 10.1007/s40266-017-0511-5
3. Marcum, Z., Perera, S., Newman, A., Thorpe, J., Switzer, G., Gray, S., Simonsick, E., Shorr, R., Bauer, D., Castle, N., Studenski, S., Hanlon, J. (Aug. 2015). Antihypertensive use and recurrent falls in community-dwelling older adults: findings from the ABC study. doi: 10.1093/Gerona/giv095
4. Okada, H., Okada, M., Kamada, N., Yamaguchi, Y., Kakehashi, M., Sasaki, H., Katoh, S., Morita, K. (2016). Reducation of diuretics and analysis of water and muscle volumes to prevent falls and fall-related fractures in older adults. doi: 10.1111/ggi.12719
5. Yusupov, E., Chen, D., & Krishnamachari, B. Medication use and falls: Applying BEERS criteria to medication review in parkinson's. doi: 10.1177/2050312117743673

Removal of Floor Mats:

1. Doig, Alexa K. PhD, RN; Morse, Janice M. PhD (Nurs), PhD (Anthro), FAAN. The Hazards of Using Floor Mats as a Fall Protection Device at the Bedside. *Journal of Patient Safety*: June 2010 - Volume 6 - Issue 2 - p 68-75, doi: 10.1097/PTS.0b013e3181cb439a

Hip Protectors:

1. Cianferotti, L., Fossi, C., & Brandi, M.L., (July 2015). Hip protectors: are they worth it? doi:10.1007/s00223-015-0002
2. Korall, A., Godin, J., Feldman, F., Cameron, I., Leung, P.M., Sims-Gould., Robinovitch. (2017). Validation and psychometric properties of commitment to hip protectors (C-HiP) index in long-term care providers of British Columbia, Canada; a cross-sectional survey. doi: 10.1186/s12877-017-0493-5

Individual Risk Assessment:

1. Costa dos Reis, K., & Costa de Jesus, C ". (2015). Cohort study of institutionalized elderly people: fall risk factors from nursing diagnosis.
2. de Ruitter, S., de Jonghe, J., Germans, T., Ruite, J., Jansen, R. (2016). Cognitive impairment is very common in patients with syncope and unexplained falls. *AMDA*, doi: 10.1016/j/jamda2016.11.2012

3. Dicke J.D. (2015). Discriminative ability of fall Risk outcome measures. 4DB5563ABE860CF4
4. Klenk, J., Becker, C., Palumbo, P., Schwickert, L., Rapp, K., Helbistad, Todd C., Lord, S., Kerse, N. (2017). Conceptualizing a dynamic fall risk model including intrinsic factors and exposures, doi: 10.1016/j.jamda.2017.08.001
5. Ko, F. (2017). STRIDE: A pragmatic trial of multifactorial fall injury prevention intervention. Strategies to Reduce Injuries and Develop Confidence in Elders.

Root Cause Analysis:

1. Dan J. Sheridan PhD, "Falls & Accidents Prevention" Workshop Conducted on December 4 & 5, 2007 for Empira. Eden Prairie, MN.
2. Gray-Miceli, D., de Cordova, P., Crane, G., Quigley, P., Ratcliffe, S., (2016). Nursing home registered nurses' and licensed practical nurses' knowledge of causes of falls, Wolters Kluter Health, J Nurs Care Qual; (Vol 31). No. 2., pp 153-160.

Team-Based Approach:

1. Author unknown. (June 20, 2014). Falls Team, Veteran's Affairs Fall Protocol
2. Boockvar, K., (2017). Interdisciplinary approaches for preventing delirium and falls in the nursing home setting", HELP (Hospital Elder Life Program).
3. Chu, R. (March 2017). Preventing in-patient falls: The nurse's pivotal role", Wolters Kluter Health; retrieved from: www.Nursing2017.com
4. Mercer, J., Fagan, C.; (2010). Hourly Rounding-The 4 P's", Peninsula Regional Medical Center