

Interventions to Prevent Falls in Older Adults: An Updated Systematic Review: Evidence Synthesis Number 80 (Paperback)



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INTERVENTIONS TO PREVENT FALLS IN OLDER ADULTS: AN UPDATED SYSTEMATIC REVIEW: EVIDENCE SYNTHESIS NUMBER 80 (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This review was undertaken to support the U.S Preventive Services Task Force (USPSTF) in updating its 1996 recommendation on prevention of falls in older adults, which was part of its general review on household and recreational injuries. The 1996 USPSTF review found sufficient evidence that certain interventions reduce the risk for falls. This review found insufficient evidence, however, that counseling could be generalized to the primary care setting or that counseling reduced fall risk factors or the incidence of falls. The USPSTF also found insufficient evidence to recommend for or against the routine use of external hip protectors to prevent fall injuries. Issues requiring rectification for the USPSTF to change its recommendations include evidence showing that: primary care feasible interventions reduce the risk for falls or fall-related injuries in high-risk older adults; the general population benefits from these interventions; primary care counseling reduces the incidence of falling or fall-related injuries; primary care counseling is effective in encouraging older adults to increase their physical activity levels; and screening (balance and gait, visual acuity, ophthalmoscopic exam, dementia or altered mental status) reduces incidence of falls or fall-related injuries. A fall is an unexpected event in which the participant comes to rest on the ground, floor, or lower level. Because no single definition for a fall was consistently used across studies, we use the definition of a fall used by each reviewed study to maximize the number of included studies in the current review. People aged 65 years and older represent the fastest-growing segment of the U.S. population. Falls are associated with many adverse health outcomes, including injury and death. In 2003, the Centers for Disease Control and Prevention reported that falls were...

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