A quick overview of the latest guidance and evidence on current issues such as smoking, sexual health, health inequalities, mental health, obesity, substance abuse, women’s health – in fact anything that you ask for!

If you have a topic suggestion, please email it to Rachel Posaner.

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**Department of Health**

- Developing new standards for social care

**NICE**

- New standards to prevent falls in older people and help care homes manage medicines safely
- Falls in older people: assessment after a fall and preventing further falls (QS86)
- Take action to prevent repeat falls in older people

**Royal College of Physicians**

- The Falls and Fragility Fracture Audit Programme (FFFAP) 2015
- FallSafe Prevention Programme (updated 2014)

**Age UK**

- Falls prevention
- Falls prevention exercise – following the evidence

**National Osteoporosis Society**

- The Falls and Fractures Alliance

**NHS Evidence**

- The prevention and management of falls in the community: a framework for action for Scotland 2014/2016
- Fall prevention strategies for adults in outpatient programs: clinical evidence and guidelines
- Frame Fit. A randomised controlled trial to determine the acceptability, safety and efficacy of a falls prevention exercise programme for walking frame users
- **Systematic reviews**
  - Hospital fall prevention: a systematic review of implementation, components, adherence, and effectiveness
  - Factors influencing the implementation of fall-prevention programmes: a systematic review and synthesis of qualitative studies
  - The effectiveness of physical therapist-administered group-based exercise on fall prevention: a systematic review of randomized controlled trials
  - Older adults' perceptions of technologies aimed at falls prevention, detection or monitoring: a systematic review
  - A systematic review of risk factors associated with accidental falls, outcome measures and interventions to manage fall risk in non-ambulatory adults
  - Exercise for reducing fear of falling in older people living in the community
Chartered Society of Physiotherapy
The falls prevention economic model

Centers for Disease Control and Prevention (US)
Older Adult Falls (updated)

Joint Improvement Team, Scotland
Reablement and developing the Community Equipment Service
Reducing risk when older people fall
Falls Pathway
Making the right call for a fall

Care Information Scotland
Falls prevention

Patient.co.uk
Prevention of Falls in the Elderly (updated)

Mayo Clinic
Fall prevention: Simple tips to prevent falls (updated)

World Health Organization
Age-friendly environments
Strategy and action plan for healthy ageing in Europe

HMIC
Older people's experiences of therapeutic exercise as part of a falls prevention service: survey findings from England, Wales and Northern Ireland.

Falls prevention in hospitals and mental health units: an extended evaluation of the FallSafe quality improvement project.
(Healey, F.: Age and Ageing, Vol. 43, no. 4, Jul 2014, p 484-491)

A qualitative study of the knowledge-brokering role of middle-level managers in service innovation: managing the translation gap in patient safety for older persons care.
(Currie et al: Health Services and Delivery Research 2014; 2 (32): (September 2014))

Preventing falls in older people.

The cost of falls: exploring the cost of the whole system pathway for older people in a rural community in England.
(Tian et al: Journal of Integrated Care 2014; 22 (4): 165-173)

Use of personal call alarms among community-dwelling older people.

Falls among older general practice patients: a 2-year nationwide surveillance study.
(Boffin et al: Family Practice 2014; 31 (3): 281-289 (June 2014))

Why older women do or do not seek help from the GP after a fall: a qualitative study.
(Dollard et al: Family Practice 2014; 31 (2): 222-228 (April 2014))

Social Care Online
A care bundle approach to falls prevention
Reablement: maintaining independence (SCIE video)
Interventions to reduce the number of falls among older adults with/without cognitive impairment: an exploratory meta-analysis

Ageing Well in Wales 2014-19

In the news

Manchester researchers develop computer games to prevent falls in the elderly

Walking programme fails to significantly reduce falls risk in older patients

Falls prevention: how to slash the NHS's £2bn bill

Can special flooring reduce fall injuries for elderly?

Pharmacists take a lead in community falls prevention