



# Prevention of falls in hospitals: alert no.1

Evidence and Evaluation for Improvement Team  
(EEvIT)  
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This is the first of a planned series of quarterly alerts for new publications on the topic of falls prevention in hospitals. Literature and resources on the topic have been included that are [review articles](#) published in key biomedical databases and [grey literature](#) published by key organisations. This alert contains the citation and full-text links for literature published between March and June 2021. You may need to use your [NHS Education for Scotland Knowledge Network](#) username and password to access the full-text of some of the publications (you can [register](#) if you don't have one).

## Review articles

Chu W, Chang S-F, Ho H-Y. [Adverse Health Effects of Frailty: Systematic Review and Meta-Analysis of Middle-Aged and Older Adults With Implications for Evidence-Based Practice](#). Worldviews Evid Based Nurs. 2021.

Hada A, Coyer F. [Shift-to-shift nursing handover interventions associated with improved inpatient outcomes-Falls, pressure injuries and medication administration errors: An integrative review](#). Nurs Health Sci. 2021.

Hammouda N, Souffront K, Carpenter C, Hung W, Lesser A, Nyamu S, *et al.* [Moving the Needle on Fall Prevention: A Geriatric Emergency Care Applied Research \(GEAR\) Network Scoping Review and Consensus Statement](#). Acad Emerg Med. 2021.

Harper KJ, Arendts G, Barton AD, Celenza A. [Providing fall prevention services in the emergency department: Is it effective? A systematic review and meta-analysis](#). Australas J Ageing. 2021.

Hu K, Zhou Q, Jiang Y, Shang Z, Mei F, Gao Q, *et al.* [Association between Frailty and Mortality, Falls, and Hospitalization among Patients with Hypertension: A Systematic Review and Meta-Analysis](#). BioMed Res Int. 2021;2021:2690296.

Ibrahim K, Cox NJ, Stevenson JM, Lim S, Fraser SDS, Roberts HC. [A systematic review of the evidence for deprescribing interventions among older people living with frailty](#). BMC Geriatr. 2021;21(1):258.

Jazayeri D, Heng H, Slade SC, Seymour B, Lui R, Volpe D, *et al.* [Benefits and risks of non-slip socks in hospitals: a rapid review](#). Int J Qual Health Care. 2021;33(2).

Kim E-J, Kim G-M, Lim J-Y. [A systematic review and meta-analysis of fall prevention programs for pediatric inpatients](#). Int J Environ Research Public Health. 2021;18(11):5853.

Kirchner-Heklau U, Krause K, Saal S. [Effects, barriers and facilitators in pre-discharge home assessments to improve the transition of care from the inpatient care to home in adult patients: an integrative review](#). BMC Health Serv Res. 2021;21(1):540.

Klancnik Gruden M, Turk E, McCormack B, Stiglic G. [Impact of Person-Centered Interventions on Patient Outcomes in Acute Care Settings: A Systematic Review](#). J Nurs Care Qual. 2021;36(1):E14-E21.

- Lee J, Negm A, Peters R, Wong EKC, Holbrook A. [Deprescribing fall-risk increasing drugs \(FRIDs\) for the prevention of falls and fall-related complications: a systematic review and meta-analysis](#). *BMJ Open*. 2021;11(2):035978.
- Marusic U, Narici M, Simunic B, Pisot R, Ritzmann R. [Non-uniform loss of muscle strength and atrophy during bed rest: a systematic review](#). *J Appl Physiol*. 2021.
- Nyman SR. [Tai Chi for the Prevention of Falls Among Older Adults: A Critical Analysis of the Evidence](#). *J Aging Phys Act*. 2021;29(2):343-52.
- Provencher V, D'Amours M, Menear M, Obradovic N, Veillette N, Sirois M-J, *et al*. [Understanding the positive outcomes of discharge planning interventions for older adults hospitalized following a fall: a realist synthesis](#). *BMC Geriatr*. 2021;21(1):84.
- Seeger JPH, Koenders N, Staal JB, Hoogeboom TJ. [Effects of General Physical Activity Promoting Interventions on Functional Outcomes in Patients Hospitalized over 48 Hours: A Systematic Review and Meta-Analysis of Randomized Controlled Trials](#). *Int Environ Res Public Health*. 2021;18(3).
- Yang F, Lees J, Simpkins C, Butler A. [Interventions for preventing falls in people post-stroke: A meta-analysis of randomized controlled trials](#). *Gait Posture*. 2021;84:377-88.

### Grey literature

- Allen D. How to prevent inpatient falls: start by refusing to accept they're inevitable [online]. 2021 [cited 2021 Jun 08]; Available from: <https://rcni.com/nursing-standard/features/how-to-prevent-inpatient-falls-start-refusing-to-accept-theyre-inevitable-173546>
- BMJ Best Practice. Assessment of falls in the elderly. 2021 [cited 2021 Jun 08]; Available from: <https://bestpractice-bmj-com.knowledge.idm.oclc.org/topics/en-gb/880/pdf/880/Assessment%20of%20falls%20in%20the%20elderly.pdf>
- Public Health England. National Falls Prevention Coordination Group progress report [online]. 2021 [cited 2021 Jun 08]; Available from: <https://www.gov.uk/government/publications/national-falls-prevention-coordination-group-progress-report/national-falls-prevention-coordination-group-progress-report>
- Royal College of Nursing. Falls [online]. 2021 [cited 2021 Jun 08]; Available from: <https://www.rcn.org.uk/clinical-topics/older-people/falls>
- Royal College of Physicians. National Audit of Inpatient Falls Interim Report Spring 2021 [online]. 2021 [cited 2021 Jun 08]; Available from: <https://www.rcplondon.ac.uk/projects/outputs/national-audit-inpatient-falls-interim-report-spring-2021>