

COGNITIVE IMPAIRMENT INCREASES RISKS OF FALLS

HOW CAN WE PREVENT FALLS?

A Systematic Review

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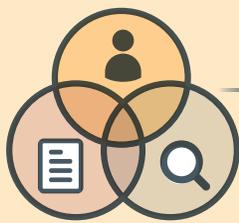


Did you know?

- Despite fall prevention interventions, **fall rates have remained unchanged**
- Older adults with cognitive impairment fall 2-3 times more than cognitively healthy adults and 60-80% of adults with cognitive impairment fall annually.
- Falls cost our public health system as they are the leading cause of injury-related admissions to acute care hospitals and in-hospital deaths.
- With an aging population the cost of fall injuries to seniors in Canada is estimated to rise from \$2.4 billion a year in 2021 in direct healthcare costs to \$240 billion by 2040.

➤ **Practitioners and clinicians asked, What evidence is available to guide decision-making about how to prevent falls in cognitively impaired adults?**

Methods Used



Define Search Strategy and criteria



Rank Outcomes



Screened 42,147 articles



Data Extraction and Analysis of 12 Intervention Studies



8
Exercise Interventions



3
Multifactorial Interventions



1
Medication Intervention

Key Messages/Results

- There is limited evidence on what best practices, strategies, or interventions will help prevent or reduce falls in community-dwelling adults with cognitive impairment.
- The results based on moderate certainty of evidence suggest that fall prevention interventions, particularly physical exercise programs may be effective in reducing fall risk factors in community-dwelling adults with cognitive impairment.
- Further high-quality research is needed to determine the most appropriate falls prevention interventions for community-dwelling adults with cognitive impairment.