Guidelines and Guidance

COT Practice Guidelines

Occupational therapy in the prevention and management of falls in adults (2015)

College of Occupational Therapists

This publication is an evidence-based resource to support occupational therapists working with adults in the prevention and management of falls.

It provides a practice guideline with recommendations for those occupational therapists currently working in this speciality, as well as offering a useful reference document for students.

It can also be used to inform service users and carers, together with other health professionals, managers and commissioners working in adult services, about the roles and responsibilities of the occupational therapist in this clinical area.

Free download:

Occupational therapy in the prevention and management of falls in adults (2015)

NICE has accredited the process used by the College of Occupational Therapists to produce its practice guidelines. Accreditation is valid for five years from January 2013 and is applicable to guidance produced using the processes described in the Practice guidelines development manual 2nd edition (2011).

More information on accreditation can be viewed at www.nice.org.uk/accreditation.
Public File:

Download the implementation tools for this guideline:

1. Quick reference guide
2. Audit tool
3. Falls CPD session (PowerPoint)
4. Feedback form

- See more at: http://www.cot.co.uk/publication/z-listing/occupational-therapy-prevention-and-management-falls-adults#sthash.Lg0kLgNi.dpuf

American Occupational Therapy Association, Inc. [US Guidelines]
- Occupational therapy practice guidelines for adults with neurodegenerative diseases.
- Occupational therapy practice guidelines for home modifications.

Journal articles

Assistive Technology

Self-controlled technologies to support skill attainment in persons with an autism spectrum disorder and/or an intellectual disability: a systematic literature review
W. L. J. E. den Brok and P. S. Sterkenburg

Summary

A clinical screening protocol for the RSVP Keyboard brain–computer interface
Melanie Fried-Oken, Aimee Mooney, Betts Peters, and Barry Oken

Summary

Virtual rehabilitation in a school setting: is it feasible for children with cerebral palsy?
Juliet A. Rosie, Shelley Ruhem, Wayne A. Hing, and Gwyn N. Lewis

Summary

Technology and active agency of older adults living in service house environment
Merja Sallinen, Outi Hentonen, and Anne Kärki

Summary

Extending technology-aided leisure and communication programs to persons with spinal cord injury and post-coma multiple disabilities
Giulio E. Lancioni, Nirbhay N. Singh, Mark F. O’Reilly, Jeff Sigafos, Riccardo A. Ricciuti, Roberto Trignani, Doretta Oliva, Mario Signorino, Fiora D’Amico, and Giovanni Sasanelli

Summary

Use, performance and features of mobile shower commodes: perspectives of adults with spinal cord injury and expert clinicians
Emma L. Friesen, Deborah Theodoros, and Trevor G. Russell

Summary

Exploring the experience of clients with tetraplegia utilizing assistive technology for computer access
Alyce Folan, Linda Barclay, Cathy Cooper, and Merren Robinson

Summary

Qualitative evaluation of the SMART2 self-management system for people in chronic pain
Geoffrey B. Duggan, Edmund Keogh, Gail A. Mountain, Paul McCullagh, Jason Leake, and Christopher Eccleston

Summary

Women with fibromyalgia’s experience with three motion-controlled video game consoles and indicators of symptom severity and performance of activities of daily living
Jesper Mortensen, Lola Qvist Kristensen, Eva Petersson Brooks, and Anthony Lewis Brooks

Summary

Rehab@home: a tool for home-based motor function rehabilitation
Carlos Faria, Jorge Silva, and Aurélio Campilho

Summary

A bilateral rehabilitation system for the lower limbs
Vadim N. Dedov and Irina V. Dedova

Summary

Development and evaluation of an air mattress structure and function for reducing discomfort when elevating the head-of-bed
Yuki Ogawa, Taketoshi Mori, Hiroshi Noguchi, Gojiro Nakagami, and Hiromi Sanada

Summary

The influence of a rocker sole adaptation on gait parameters in spinal cord injury patients ambulating with the advanced reciprocating gait orthosis – a pilot study
Mokhtar Arazpour, Stephen William Hutchins, Monireh Ahmadi Bani, Sarah Curran, Mahmood Bahramizadeh, Hooshang Saberi, and Mohammad Ali Mardani

Summary

Gerontology

Systematic review of recent dementia practice guidelines
Jennifer Ngo and Jayna M. Holroyd-Leduc
Age Ageing 2014 44: 25-33
[Abstract]

Cognitive consequences of overweight and obesity in the ninth decade of life?
Anna K. Dahl Aslan, John M. Starr, Alison Pattie, and Ian Deary
Age Ageing 2014 44: 59-65
[Abstract]

How does additional diagnostic testing influence the initial diagnosis in patients with cognitive complaints in a memory clinic setting?
Dementia prediction for people with stroke in populations: is mild cognitive impairment a useful concept?
Blossom C. M. Stephan, Thais Minett, Graciela Muniz Terrera, Fiona E. Matthews, and Carol Brayne
Age Ageing 2014 44: 78-83
[Abstract]

Polypharmacy including falls risk-increasing medications and subsequent falls in community-dwelling middle-aged and older adults
Kathryn Richardson, Kathleen Bennett, and Rose Anne Kenny
Age Ageing 2014 44: 90-96
[Abstract]

Under-reporting of food intake and body fatness in independent older people: a doubly labelled water study
Karina Pfrimer, Mariana Vilela, Cristina Maria Resende, Fernanda Baeza Scagliusi, Julio Sergio Marchini, Nereida K. C. Lima, Julio Cesar Moriguti, and Eduardo Ferrioli
Age Ageing 2014 44: 103-108
[Abstract]

Reactive stepping behaviour in response to forward loss of balance predicts future falls in community-dwelling older adults
Christopher P. Carty, Neil J. Cronin, Deanne Nicholson, Glen A. Lichtwark, Peter M. Mills, Graham Kerr, Andrew G. Cresswell, and Rod S. Barrett
Age Ageing 2014 44: 109-115
[Abstract]

Economic evaluation of the differential benefits of home visits with telephone calls and telephone calls only in transitional discharge support
Frances Kam Yuet Wong, Ching So, June Chau, Antony Kwan Pui Law, Stanley Ku Fu Tam, and Sarah McGhee
Age Ageing 2014 44: 143-147
[Abstract] [Full Text] [PDF] [Supplementary Data] OPEN ACCESS

Prevalence of frailty and disability: findings from the English Longitudinal Study of Ageing
Catharine R. Gale, Cyrus Cooper, and Avan Aihie Sayer
Age Ageing 2014 44: 162-165
[Abstract]

Factors impacting the household and recreation participation of older adults living in the community
Elizabeth Pritchard, Anna Barker, Lesley Day, Lindy Clemson, Ted Brown, and Terry Haines
Disability and Rehabilitation 2015, Vol. 37, No. 1, 2015: 56-63.
Summary

Associations between performance of activities of daily living and everyday technology use among older adults with mild stage Alzheimer's disease or mild cognitive impairment
Charlotta Ryd, Louise Nygård, Camilla Malinowsky, Annika Öhman, and Anders Kottorp
Summary

Mental and physical activities delay cognitive decline in older persons with dementia.
Cheng ST, Chow PK, Song YQ, Yu EC, Chan AC, Lee TM, Lam JH.
Home modifications to reduce injuries from falls in the Home Injury Prevention Intervention (HIPI) study: a cluster-randomised controlled trial
Dr Michael D Keall, Nevil Pierse, Philippa Howden-Chapman, Chris Cunningham, Malcolm Cunningham, Jagadish Guria, Michael G Baker
Lancet, Volume 385, No. 9964, p231–238

HIV/AIDS

Three Case Studies of Community Occupational Therapy for Individuals with Human Immunodeficiency Virus
Alexis N. Misko, David L. Nelson, and Joan M. Duggan
Summary

Mental Health

Empowerment and occupational engagement among people with psychiatric disabilities
Jenny Hultqvist, Mona Eklund, and Christel Leufstadius
Summary

Mental and physical activities delay cognitive decline in older persons with dementia.
Cheng ST, Chow PK, Song YQ, Yu EC, Chan AC, Lee TM, Lam JH.

Musculoskeletal/Orthopaedics

A review of conservative management of camptodactyly in children and adolescents
Katrina Lethbridge and Leslie Wollin
Hand Therapy December 2014 19: 93-101
Abstract

Influence of volar and dorsal static orthoses in different wrist positions on muscle activation and grip strength in healthy subjects
Alexandre M Marcolino, Marisa Fonseca, Fernanda Colombari, Eula Rodrigues, Guilherme Tamanini, and Rafael Barbosa
Hand Therapy December 2014 19: 114-125
Abstract

Neurology/Stroke

Use of an Algorithm for Assessment and Treatment of The Upper Extremity Post Stroke: A Case Study
Debra S. Ouellette, Susie Wong Okamoto, and Emily R. Rosario
Summary

Occupational Performance Coaching for stroke survivors: A pilot randomized controlled trial protocol: Protocole pilote d’un essai clinique randomisé sur l’Occupational performance coaching for stroke survivors (OPC-Stroke)
Dorothy E. Kessler, Mary Y. Egan, Claire-Jehanne Dubouloz, Fiona P. Graham, and Sara E. McEwen
Abstract

Prevalence of Depression After Spinal Cord Injury: A Meta-Analysis
Ryan Williams, Adrian Murray
**Archives of Physical Medicine and Rehabilitation, January 2015, Volume 96, Issue 1, p133–140**

**Dance for People With Parkinson Disease: What Is the Evidence Telling Us?**
Joanne Shanahan, Meg E. Morris, Orfhlaith Ni Bhriain, Jean Saunders, Amanda M. Clifford
Archives of Physical Medicine and Rehabilitation, January 2015, Volume 96, Issue 1, p141–153

Complex negotiations: The lived experience of enacting agency after a stroke
Aileen L. Bergström, Gunilla Eriksson, Eric Asaba, Anette Erikson, and Kerstin Tham

**Summary**

**Occupational Therapy Practice**

Impact of an Evidence-Based Practice Course on Occupational Therapist's Confidence Levels and Goals
Joan Brangan, Sarah Quinn, and Michelle Spirtos

Summary

Evaluation of a Continuing Education Course for Occupational Therapy Practitioners on the Use of Applied Behavior Analysis
Leah Dunleavy

Summary

Digital Storytelling: An Innovative Tool for Practice, Education, and Research
Shalini Lal, Catherine Donnelly, and Jennifer Shin

Summary

Role of Occupational Therapy in Promoting Self-Determination Through Consumer-Directed Supports
Evan E. Dean, Winnie Dunn, and Scott Tomchek

Summary

Gender differences in the importance of participation associated with injured workers/patients perceived barriers to returning to work in the context of vocational rehabilitation
Lisbeth Kvam and Arne Henning Eide

Summary

Occupational therapy evaluation: use of self-report and/or observation?
Kristina Tomra Nielsen and Eva Ejlersen Wæhrens

Summary

Making use of research: Clinical views on an evaluation of everyday technology use
Louise Nygård, Anders Kottorp, and Lena Rosenberg

Summary

**The Integrating Theory, Evidence and Action (ITEA) method: a procedure for helping practitioners translate theory and research into action**
Hitch, Danielle; Pepin, Genevieve; Stagnitti, Karen
*The British Journal of Occupational Therapy, December 2014, VO: 77 NO: 12 PG: 592-600*
http://www.ingentaconnect.com/content/cot/bjot/2014/00000077/00000012/art00002
Evidencing what works: are occupational therapists using clinical information effectively?
Morley, Mary
The British Journal of Occupational Therapy, December 2014, VO: 77 NO: 12 PG: 601-604
http://www.ingentaconnect.com/content/cot/bjot/2014/00000077/00000012/art00003

Exploring addiction-as-occupation
Wasmuth, Sally; Crabtree, Jeffrey L.; Scott, Patricia J.
The British Journal of Occupational Therapy, December 2014, VO: 77 NO: 12 PG: 605-613(9)
http://www.ingentaconnect.com/content/cot/bjot/2014/00000077/00000012/art00004

Using Writing as Therapy: finding identity
Cooper, Pauline
The British Journal of Occupational Therapy, December 2014, VO: 77 NO: 12 PG: 619-622
http://www.ingentaconnect.com/content/cot/bjot/2014/00000077/00000012/art00006

Sexual orientation and occupation: some issues to consider when working with older gay people to meet their occupational needs
Twinley, Rebecca
The British Journal of Occupational Therapy, December 2014, VO: 77 NO: 12 PG: 623-625
http://www.ingentaconnect.com/content/cot/bjot/2014/00000077/00000012/art00007

Oncology/Palliative Care

Initial development and psychometric testing of an instrument to measure the quality of children’s end-of-life care
Widger K, Tourangeau AE, Steele R, Streiner DL
BMC Palliative Care 2015, 14:1 (13 January 2015)
http://www.biomedcentral.com/1472-684X/14/1/abstract
http://www.biomedcentral.com/content/pdf/1472-684X-14-1.pdf

Care planning needs of palliative home care clients: development of the interRAI palliative care assessment clinical assessment protocols (CAPs)
Freeman S, Hirdes J, Stolee P, Garcia J, Smith TF, Steel K, Morris J
BMC Palliative Care 2014, 13:58 (15 December 2014)
http://www.biomedcentral.com/1472-684X/13/58/abstract

Supporting family carers providing end-of-life home care: a qualitative study on the impact of a hospice at home service
Barbara A Jack, Mary R O'Brien, Joyce Scrutton, Catherine R Baldry and Karen E Groves
Journal of Clinical Nursing, January 2015, 24(1-2), (pages 131–140)

Paediatrics

Children's Perspective on Health-Related Quality of Life During Active Treatment for Acute Lymphoblastic Leukemia: An Advanced Content Analysis Approach
Momani, Tha’eer G; Mandrell, Belinda N; Gattuso, Jami S; West, Nancy K; Taylor, Stephanie L; Hinds, Pamela S.
Cancer Nursing: January/February 2015 - Volume 38 - Issue 1 - p 49-58

The promotion of recovery through rehabilitation after acquired brain injury in children
Rob Forsyth and Anna Basu
Developmental Medicine and Child Neurology, January 2015, 57(1), (pages 16–22)
Early identification and intervention in cerebral palsy
Anna Herskind, Gorm Greisen and Jens Bo Nielsen
Developmental Medicine and Child Neurology, January 2015, 57(1), (pages 29–36)

Longitudinal trajectories of behavior problems and social competence in children with new onset epilepsy
Qianqian Zhao, Paul J Rathouz, Jana E Jones, Daren C Jackson, David A Hsu, Carl E Stafstrom, Michael Seidenberg and Bruce P Hermann
Developmental Medicine and Child Neurology, January 2015, 57(1), (pages 37–44)

Neurodevelopmental and mental health comorbidities in children and adolescents with epilepsy and migraine: a response to identified research gaps
Janelle L Wagner, Dulaney A Wilson, Gigi Smith, Angela Malek and Anbesaw W Selassie
Developmental Medicine and Child Neurology, January 2015, 57(1), (pages 45–52)

Social cognition in children with epilepsy in mainstream education
Adina R Lew, Charlie Lewis, Judith Lunn, Pamela Tomlin, Helen Basu, Julie Roach, Karl Rakshi and Timothy Martland
Developmental Medicine and Child Neurology, January 2015, 57(1), (pages 53–59)

Association between impairment, function, and daily life task management in children and adolescents with autism
Ying-Chia Kao, Jessica M Kramer, Kendra Liljenquist and Wendy J Coster
Developmental Medicine and Child Neurology, January 2015, 57(1), (pages 68–74)

The association between congenital anomalies and autism spectrum disorders in a Finnish national birth cohort
Laura Timonen-Soivio, Raija Vanhala, Heli Malm, Susanna Leivonen, Elina Jokiranta, Susanna Hinkka-Yli-Salomäki, Mikaela Gissler, Alan S Brown and Andre Sourander
Developmental Medicine and Child Neurology, January 2015, 57(1), (pages 75–80)

The effects of Kinesio Taping on body functions and activity in unilateral spastic cerebral palsy: a single-blind randomized controlled trial
Ozgun Kaya Kara, Songul Atasavun Uysal, Duygu Turker, Sedat Karayazgan, Mintaze Kerem Gunel and Gul Baltaci
Developmental Medicine and Child Neurology, January 2015, 57(1), (pages 81–88)

The influence of early modified constraint-induced movement therapy training on the longitudinal development of hand function in children with unilateral cerebral palsy
Ann-Christin Eliasson and Marie Holmefur
Developmental Medicine and Child Neurology, January 2015, 57(1), (pages 89–94)

Depression, anxiety and self-care behaviours of young adults with Type 2 diabetes: results from the International Diabetes Management and Impact for Long-term Empowerment and Success (MILES) Study
J. L. Browne, G. Nefs, F. Pouwer and J. Speight
Diabetic Medicine, January 2015, 32(1), (pages 133–140)

Health-related quality of life in preschool children with Type 1 diabetes
F. Sundberg, P. Sand and G. Forsander
Diabetic Medicine, January 2015, 32(1), (pages 116–119)

Effect of Occupation-Based Groups on Self-Concept of Children Aged 5–8: A Pilot Study
Debra Scurlock

Summary

Changes in Gross Grasp Strength and Fine Motor Skills in Adolescents with Pediatric Multiple Sclerosis
Mary Squillace, Sharon Ray, and Maria Milazzo
Gender differences in students' self-awareness of their handwriting performance
Lahav, Orit; Maeir, Adina; Weintraub, Naomi
The British Journal of Occupational Therapy, December 2014, VO: 77 NO: 12 PG: 614-618
http://www.ingentaconnect.com/content/cot/bjot/2014/00000077/00000012/art00005

Supporting children with visual stress: the development of a web resource for parents and professionals
Harries, Priscilla; Perkins, Lucy; Parker, Clare; Fowler, Lisa; Wignall, Sharon; Mangalpara, Esheeta; Harries, Luke
The British Journal of Occupational Therapy, December 2014, VO: 77 NO: 12 PG: 626-633
http://www.ingentaconnect.com/content/cot/bjot/2014/00000077/00000012/art00008

Renal

Effect of Chair Stand Exercise on Activity of Daily Living: A Randomized Controlled Trial in Hemodialysis Patients
Shota Matsufuji, Tetsuo Shoji, Yoshiaki Yano, Yoshihiro Tsujimoto, Hiroshi Kishimoto, Tsutomu Tabata, Masanori Emoto, Masaaki Inaba

Characterization of Physical Activity and Sitting Time Among Patients on Hemodialysis Using a New Physical Activity Instrument
Kirsten L. Johansen, Patricia Painter, Cynthia Delgado, Julie Doyle

Wheelchair Use/Driving Assessment

Krista L. Best, William C. Miller, Janice J. Eng, François Routhier, and Charles Goldsmith
Canadian Journal of Occupational Therapy December 2014 81: 308-319
Abstract

News items

British Journal of Occupational Therapy moves online
Thursday 15th January 2015
The British Journal of Occupational Therapy (BJOT) has moved online, building its reputation as one of the world's leading academic journals for the profession. The monthly peer-reviewed journal will be published by SAGE Publications, a leading independent academic and...

Occupational Therapists poised to play greater role in Blue Badge Assessments
Tuesday 13th January 2015
Blue Badge assessments will move from GPs to 'independent mobility assessors' following government reforms of the Blue Badge scheme. The change represents an ideal opportunity for OTs to take on additional responsibility particularly those working in local authorities as...

OTs tackle winter pressures with dedicated reablement ward
Monday 12th January 2015
Occupational therapists and the use of activity as a treatment mode has played a key role in the opening of a temporary ward designed to speed up patients’ recovery and free up beds at the Royal Free Hospital during winter.

**The NHS England Children and Young People’s Rehabilitation Scoping Project**

Thursday 8th January 2015

Dear AHPF members

The NHS England Children and Young People’s Rehabilitation Scoping Project aims to establish if there is a case of need for work to improve CYP rehabilitation services.

- See more at: [http://www.cot.co.uk/news#sthash.qtIxU0ct.dpuf](http://www.cot.co.uk/news#sthash.qtIxU0ct.dpuf)

**Evidence updates**

**Exercise for reducing fear of falling in older people living in the community.**  

**Department of Health publications**

**Guidance: Ebola: advice for allied health and social care professionals in community settings**  
15 January, 2015 at 05:00pm  
Guidance and advice for allied health and social care professionals who encounter patients with Ebola virus disease (EVD).

**Websites**

**COT Toolkit:**

**Living well in care homes**

**Free resource - Living well through activity in care homes: the toolkit**

We believe that everyone has a fundamental right to shape their daily life regardless of age and health needs. Developed by the College of Occupational Therapists, the toolkit is a free online resource full of practical ideas of how to support care home residents to live their lives doing the day-to-day activities that are important to them.

**How can I access it? Just click on the green button below.**

- See more at: [http://www.cot.co.uk/living-well-care-homes#sthash.ARUBgpYM.dpuf](http://www.cot.co.uk/living-well-care-homes#sthash.ARUBgpYM.dpuf)
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