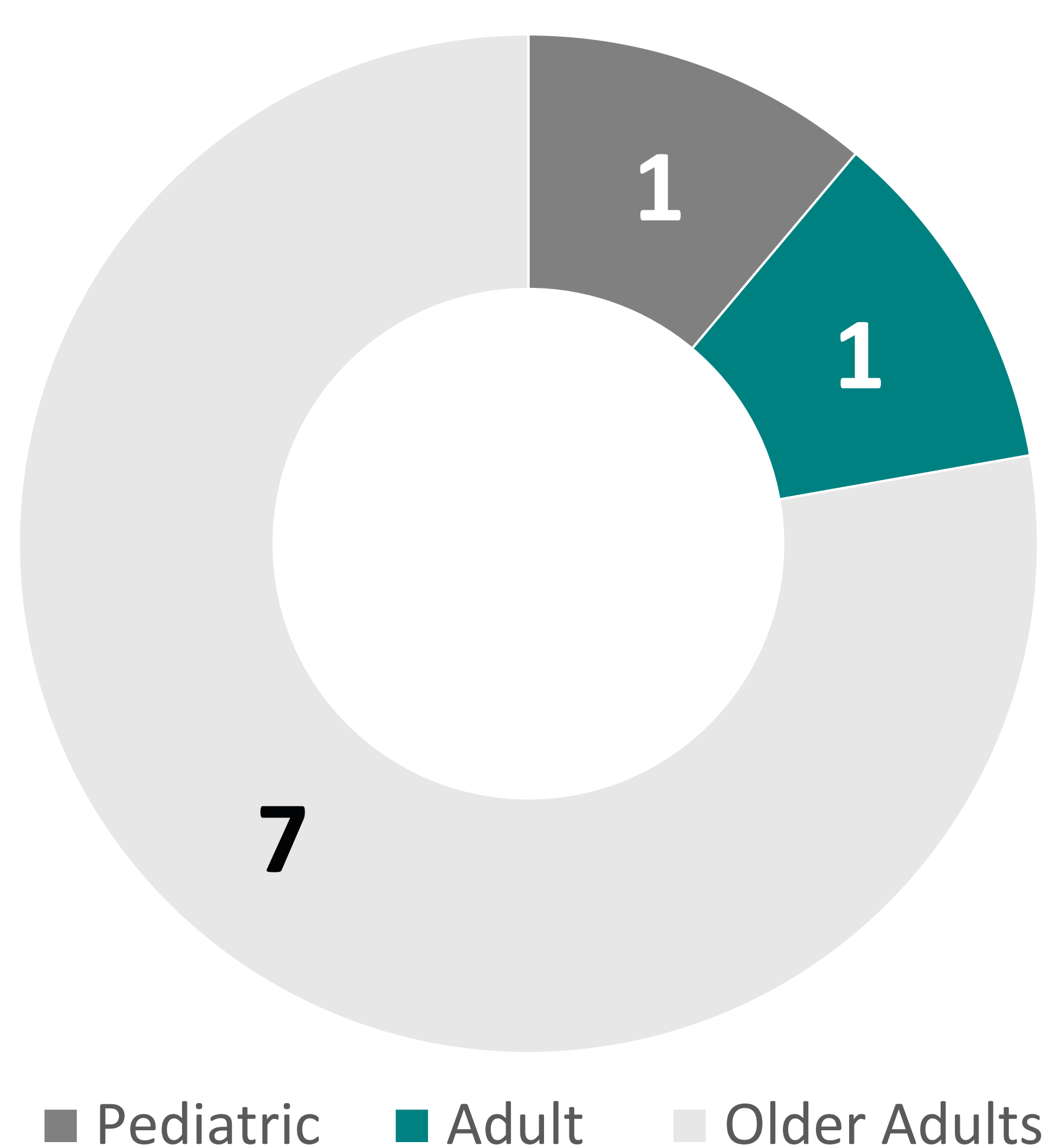


Best practice guidelines are needed to address falls across the lifespan

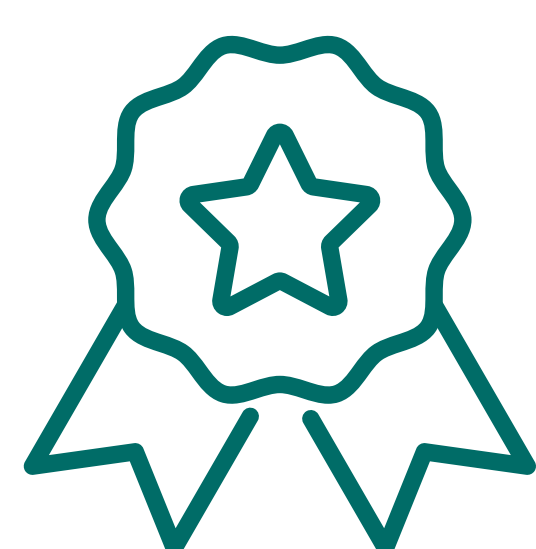
Examining Falls Guidelines: A Systematic Review with AGREE-II and AGREE-REX.

Background: Falls are a common problem that can occur at any age. The burden of falls across the lifespan is substantial, and many falls are preventable. Given the variety of clinical practice guidelines available for preventing, assessing and managing falls, it is useful to understand the quality of these guidelines and the clinical applicability of their recommendations.



Existing guidelines mainly focus on older adults

Of the nine included guidelines published since 2016, seven provided recommendations for older adults (age >65 years), while one focused on children (age <18 years) and one on adults (age 18-64 years).



Quality appraisal with AGREE-II and AGREE-REX

The average AGREE-II score was 54%, with scores ranging from 29% to 83%. The average AGREE-REX score was 48%, with scores ranging from 39% to 56%.

54%

Mean AGREE-II score

48%

Mean AGREE-REX score

Conclusion: Variations in guideline quality suggest the need for refined development processes, emphasizing stakeholder involvement and applicability. The findings underscore the urgency of developing inclusive, evidence-based guidelines to address falls across the lifespan.

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