

Primary care–relevant interventions to prevent falling in older adults: a systematic evidence review for the U.S. Preventive Services Task Force.

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2010;153(12):815-25. doi:10.7326/0003-4819-153-12-201012210-00008.

<https://psnet.ahrq.gov/issue/primary-care-relevant-interventions-prevent-falling-older-adults-systematic-evidence-review>

Falls are a major source of preventable morbidity and mortality for [elderly patients](#) in both the [ambulatory care](#) and [hospital setting](#). However, efforts to prevent falls have been limited by a lack of high quality [evidence](#) supporting specific prevention strategies. This AHRQ-funded systematic review identified several focused interventions, including physical therapy, exercise, and vitamin D supplementation, that appeared to reduce the risk of falls in outpatients. The evidence base in this area has also been strengthened by recent studies showing that [patient education](#) and [individualized interventions](#) can prevent falls in hospitalized patients.