

(Reuters Health) - Preventing falls among elderly patients who've just left the hospital is an important part of keeping them safe, a large U.S. study shows.

When elderly patients are discharged, one of the major reasons they end up back in the hospital is that they've suffered a fall, researchers found.

Fall prevention efforts need to continue as the patient moves from the hospital to home, or elsewhere, he said.

Preventing falls requires multifaceted interventions, some of which are beyond the hospital's control, said Tamara Konetzka, a researcher at the University of Chicago who has studied patient safety but who was not involved in the new study.

These interventions include physical and occupational therapy to improve balance, medication review to avoid drugs that may contribute to dizziness, and home modification efforts such as installing handrails and removing rugs or slippery surfaces.

Patients who had fallen in the past, and those with impaired cognition, had a higher risk of being readmitted for any reason, the researchers found - particularly if they went home after discharge, rather than to a skilled nursing facility.

Saint Joseph Rehabilitation and Nursing Center are the experts in building your strength and to return home after a fall. Saint Joseph's is staffed with OTAGO certified therapists. OTAGO is a specialized exercise program that is

targeted to muscle groups that will decrease physical limitations that cause older adults to fall.

<https://www.reuters.com/article/us-health-elderly-falls/when-elders-leave-hospital-falls-are-big-reason-they-return-idUSKCN1TI2PZ>