

Sound, Noise and Alarm Reduction:

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9. **“Wisconsin Success Stories in Restraint and Alarm Reduction,”** Advancing Excellence – Wisconsin Coalition for Person Directed Care. Web conference: June 18, 2009. (archived) <http://www.metastar.com/web/Default.aspx?tabid=312>
10. MI DHS, Departmental Appeals Board, **Civil Remedies Division**, September 30, 2009, Docket# C-08-690, Decision# CR2011, <http://www.hhs.gov/dab/decisions/civildecisions/cr2011.pdf>
11. **“The Impact of Alarms on Patient Falls at a VA Community Center Living.”** Poster session 2010 Annual Conference: Transforming Fall Management Practices, Department of Veterans Affairs.

12. **“Strategic Approaches to Improving the Care Delivery Process, Falls and Fall Risk.”** Dr. Steven Levenson, MN Joint Coalition Statewide Training. May 2010.
13. **“What’s That Noise? An Account of the Journey to an Alarm Free Culture,”** by Morgan Hinkley, Administrator, Mala Strana Health Care Ctr., Care Providers’ Quality First Award, June 2010.
14. **“Eliminating Restraints including Alarms.”** Pioneer Network’s Annual Convention, Indianapolis, IN. Preconference Intensive. August 9, 2010. Carmen Bowman, MSH & Theresa Laufmann, BSN and DON at Oakview Terrace Nursing Home, Freeman SD.
15. **“Eliminating Restraints and Alarms by Engaging the Whole Person.”** Action Pact Culture Change Now Teleconference, August 20, 2010, Carmen Bowman, MSH, Theresa Laufmann, BSN.
16. **“Integrating the MDS 3.0 Into Daily Practice: Promoting Mobility, Reducing Falls, and Eliminating Alarms Through Individualized Care,”** Series Two, Part Four, Pioneer Network Webinar, Joanne Rader, February 12, 2012.
17. **“Leading a Fall Prevention Program Without Physical Restraints or Personal Alarms,”** Stratis Health, Quality Improvement Organization for Minnesota, Webinar Archives. April 17 & 24, 2012.
18. **“Physical Restraints and Fall Prevention; Participants will identify effective strategies to eliminating alarms without increasing their fall rate.”** Healthcentric Advisors, Quality Improvement Organization for Road Island, Long Term Care Leadership Advisory Group. Providence, RI, April 24, 2012. <http://www.healthcentricadvisors.org/events/256-long-term-care-leadership-advisory-group-physical-restraints-and-fall-prevention.html>

Balance, Strength, Exercise, Activity:

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2. **“Effective Exercise for the Prevention of Falls in Older People: A Systematic Review and Meta-Analysis.”** Catherine Sherrington, PhD., et al., Journal of American Geriatric Society, Vol. 56, pp. 2234 – 2243, 2008.
3. **“Tai Chi and Fall Reductions in Older Adults: A Randomized Controlled Trial.”** F. Li, PhD., et al., Journal of Gerontological and Biological Sciences, February; 60(2):187-94, 2005.
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5. **“Exercise Training for Rehabilitation and Secondary Prevention of Falls in Geriatric Patients with a History of Injurious Falls.”** K. Hauer, PhD., et al., Journal of the American Geriatric Society, Vol. 49, pp. 10 – 20. 2001.
6. **“Balance Training Program is Highly Effective in Improving Functional Status and Reducing the Risk of Falls in Elderly Women with Osteoporosis.”** MM. Madureira, PhD., et al., Osteoporosis International, Vol. 18, pp. 419 – 425, 2007.
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Correct Bed Heights, Chair Heights, Sit to Stand, Movement:

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2. **“Bed and Toilet Height as Potential Environmental Risk Factors,”** Elizabeth Capezuti, et al., Clinical Nursing Research, 17(1), 50-66. 2008.
3. **“Revolutionary advances in adaptive seating systems for the elderly and persons with disabilities that assist sit-to-stand transfers.”** R. F. Edlich, (2003). Journal of Long-Term Effects of Medical Implants, 13(1), 31-39. 2003.
4. **“Association between subject functional status, seat height, and movement strategy in sit-to-stand performance.”** C. Mazza, et al., Journal of the American Geriatrics Society, 52(10), 1750-1754. 2004.
5. **“The relative importance of strength and balance in chair rise by functionally impaired older individuals.”** M. Schenkman, et al., Journal of the American Geriatrics Society, 44(12), 1441-1446. 1996.
6. **“When older adults face the chair-rise challenge. A study of chair height availability and height modified chair-rise performance in the elderly.”** D. K. Weiner, et al., Journal of the American Geriatrics Society, 41(1), 6-10. 1993.
7. **“Influence of the relative difference in chair seat height according to different lower thigh length on floor reaction force and lower-limb strength during sit-to-stand movement.”** T. Yamada, et al., Journal of Physiological Anthropology & Applied Human, Science, 23(6), 197-203. 2004.

Reducing Bedside Floor Mats:

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2. **“Tips and Tricks for Selecting a Bedsize Floor Mat.”** S.P. Applegarth, Tampa, FL: VISN 8 Patient Safety Center of Inquiry, 2004.
3. **“Staff and Patient Safety: Issues surrounding the use of fall-injury-protection bedside floor mats at a large southeastern VA medical center community living center,”** Human Factors and Ergonomics in Manufacturing & Service Industries, Melville Bradley. Volume 22, Issue 1, Pages 32 – 38, January/February 2012. <http://onlinelibrary.wiley.com/doi/10.1002/hfm.20279/full>
4. **“The Hazards of Using Floor Mats as a Fall Protection Device at the Bedside.”** A.K. Doig, and J.M. Morse, Journal of Patient Safety. 6(2):68-75, June 2010.

Hip Protectors:

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2. **“Efficacy of a Hip Protector to Prevent Hip Fracture in Nursing Home Residents.”** Douglas P. Kiel, MD, MPH, et al. JAMA. 298(4):413-422, July 2007.
3. **“Hip Protector Implementation Toolkit, VISN 8 Patient Safety.”** Tatjana Bulat, MD, et al. May 2010. www.visn8.va.gov

Environmental Design:

1. **“Environmental & Communication Assessment Toolkit,”** Jenifer Brush, Jon Sanford, et al., Health Professional Press, 2012. www.healthpropress.com
2. **“Energize Your Interior Design for Powerful Person-Centered Outcomes,”** Lorraine G. Hiatt, Pioneer Network Annual Conference, Current Session A4, 2012.