

# Geriatrics Day

January 2023

S E L F - D I R E C T E D L E A R N I N G

MHIKNET (pronounced “my net”), is Manitoba’s Health Information and Knowledge Network and is a service provided by the University of Manitoba’s Health Sciences Libraries to:

- staff of Manitoba Health, Seniors & Active Living,
- staff of participating Regional Health Authorities, and
- fee-for-service physicians in Manitoba.

MHIKNET provides quality information for patient care, evidence-based practice, and continuing education.

[Register for your free library card](#)

## Clinical Decision Support Tool: UpToDate!

MHIKNET library card holders have access to [UpToDate!](#) UpToDate is an electronic Clinical Decision Support tool used by clinicians and non-clinicians in the delivery of healthcare. It includes more than 10,500 topics covering general internal medicine and more than 20 specialities; a select drug database and drug interaction tool (in partnership with Lexicomp®); more than 1,500 patient education topics; more than 28,000 graphics; links to more than 400,000 references; and a number of medical calculators.

## Systematic Reviews

Chen S, Sarasua S, Davis N, DeLuca J, Boccuto L, Thielke S, et al. [TOMM40 genetic variants associated with healthy aging and longevity: A systematic review](#). BMC Geriatr. 2022;22(1):667.

Clemson L, Stark S, Pighills A, Torgerson D, Sherrington C, Lamb S. [Environmental interventions for preventing falls in older people living in the community](#). Cochrane Database of Systematic Reviews. 2019.

Domingos C, Pego J, Santos N. [Effects of physical activity on brain function and structure in older adults: A systematic review](#). Behav Brain Res. 2021; 402:113061.

Gampawar P, Schmidt R, Schmidt H. [Telomere length and brain aging: A systematic review and meta-analysis](#). Ageing Res Rev. 2022;80:101679.

Górska S, Singh Roy A, Whitehall L, Irvine Fitzpatrick L, Duffy N, Forsyth K. [A Systematic Review and Correlational Meta-Analysis of Factors Associated With Resilience of Normally Aging, Community-Living Older Adults](#). Gerontologist. 2022;62(9):e520-e533.

Khan M, Kannan P, Wong T, Fong K, Winsor S. [A Systematic Review Exploring the Theories Underlying the Improvement of Balance and Reduction in Falls Following Dual-Task Training among Older Adults](#). Int J Environ Res Public Health. 2022; 19(24):16890.

Kwon CY, Lee B, Cheong M, Kim T, Jang B, Chung S, et al. [Non-pharmacological treatment for elderly individuals with insomnia: A systematic review and network meta-analysis](#). Front Psychiatry. 2021.

## Systematic Reviews cont'd

Lee S, Yu S. [Effectiveness of information and communication technology \(ICT\) interventions in elderly’s sleep disturbances: A systematic review and meta-analysis](#). Sensors (Basel). 2021;21(18):6003.

Leitão C, Mignano A, Estrela M, Fardilha M, Figueiras A, Roque F, et al. [The Effect of Nutrition on Aging-A Systematic Review Focusing on Aging-Related Biomarkers](#). Nutrients. 2022;14(3):554.

Luan X, Zhang X, Zhou Y. [The role an clinical observation of Traditional Chinese Medicine in relieving senile insomnia: A systematic review and meta-analysis](#). Biomed Res Int. 2022.

Mah J, Pitre T. [Oral magnesium supplementation for insomnia in older adults: A systematic review and meta-analysis](#). BMC Complement Med Ther. 2021;21(1):125.

McGarrigle L, Boulton E, Sremanakova J, Gittins M, Rapp K, Spinks A, et al. [Population-based interventions for preventing falls and fall-related injuries in older people](#). Cochrane Database of Systematic Reviews. 2020.

Montero-Odasso M, Kamkar N, Pieruccini-Faria F, et al. [Evaluation of Clinical Practice Guidelines on Fall Prevention and Management for Older Adults](#). JAMA Netw Open. 2021;4(12):e2138911.

Rosner S, Englbrecht C, Wehrle R, Hajak G, Soyka M. [Eszopiclone for insomnia](#). Cochrane Database Syst Rev. 2018;10(10):CD010703.

Sinjyo N, Waddell G, Green J. [Valerian root in treating sleep problems and associated disorders: A systematic review and meta-analysis](#). J Evid Based Integr Med. 2020.

Tessema B, Sack U, Serebrovska Z, Konig B, Egorov E. [Effects of hyperoxia on aging biomarkers: A systematic review](#). Front Aging. 2022;2:783144.

Treacy D, Hassett L, Schurr K, Fairhall N, Cameron I, Sherrington C. [Mobility training for increasing mobility and functioning in older people with frailty](#). Cochrane Database of Systematic Reviews. 2022.

Quigley R, Russell S, Larkins S, Taylor S, Sagigi B, Strivens E, et al. [Aging well for Indigenous Peoples: A scoping review](#). Front Public Health. 2022.

Wehner-Hewson N, Watts P, Buscombe R, Bourne N, Hewson D. [Racial and Ethnic Differences in Falls Among Older Adults: a Systematic Review and Meta-analysis](#). J Racial Ethn Health Disparities. 2022;9(6):2427-2440.

Wu J, Shi Y, Wang X, Dong X, Liu X, Wang G, et al. [Efficacy and safety of acupuncture for senile insomnia: A protocol for systematic review and meta-analysis](#). Medicine (Baltimore). 2021;100(29):e26700.

# Geriatrics Day

January 2023

S E L F - D I R E C T E D L E A R N I N G

## CADTH Reports

- [Case Management for frail elderly in the community setting: Clinical effectiveness, cost-effectiveness, and guidelines. 2017.](#)
- [Constant Observation Monitors for Geriatric Patients with Dementia or Delirium: Clinical and Cost-Effectiveness. 2015.](#)
- [Dementia Concerns and Considerations: A CADTH Panel of People With Lived Experience. 2022.](#)
- [Fall Prevention Guidelines for Patients in Wheelchairs or Patients with Delirium: A Review of Evidence-Based Guidelines. 2019.](#)
- [Hip protectors for community-dwelling older adults. 2021.](#)
- [Interventions for insomnia disorder. 2018.](#)
- [Medical Cannabis for the Treatment of Dementia: A Review of Clinical Effectiveness and Guidelines. 2019.](#)
- [Screening for Cognitive Impairment in Asymptomatic Community-Dwelling Older Adults: Clinical Utility and Guidelines. 2020.](#)
- [Treatments for Insomnia: A Review of Patients' and Caregivers' Experiences and Perspectives. 2017.](#)
- [Understanding the Portrait of Dementia Care in Canada: A CADTH Panel of Experts. 2022.](#)
- [Vitamin D Supplementation for the Prevention of Falls and Fractures in Residents of Long-Term Care Facilities: A 2021 Update. 2021.](#)

## Guidelines

- American Geriatrics Society Expert Panel on Postoperative Delirium in Older Adults. [Postoperative delirium in older adults: best practice statement from the American Geriatrics Society.](#) J Am Coll Surg. 2015;220(2):136-48.
- Avin KG, Hanke TA, Kirk-Sanchez N, McDonough CM, Shubert TE, Hardage J, et al. [Management of falls in community-dwelling older adults: clinical guidance statement from the Academy of Geriatric Physical Therapy of the American Physical Therapy Association.](#) Phys Ther. 2015;95(6):815-34.
- British Columbia Ministry of Health. [Fall Prevention: Risk Assessment and Management for Community-Dwelling Older Adults.](#) 2021.
- Bush SH, Lawlor PG, Ryan K, Centeno C, Lucchesi M, Kanji S, et al. [Delirium in adult cancer patients: ESMO Clinical Practice Guidelines.](#) Ann Oncol. 2018;29(Suppl 4):iv143-iv165.
- Chan T. [Appraisal of Clinical Practice Guideline: Clinical Practice Guidelines and Principles for the care of people with dementia.](#) J Physiother. 2022.
- Harrison J, Reid J, Quinn T, Shenkin D. [Using quality assessment tools to critically appraise ageing research: a guide for clinicians.](#) Age and Ageing. 2017;46:359-365.
- Izquierdo M, Duque G, Morley J. [Physical activity guidelines for older people: Knowledge gaps and future directions.](#) The Lancet Healthy Longevity. 2021;2(6):e380-e383.
- Littlejohn J, Bowen M, Constantinidou F, Dawes P, Dickinson C, Heyn P, et al. [International Practice Recommendations for the Recognition and Management of Hearing and Vision Impairment in People with Dementia.](#) Gerontology. 2022;68(2):121-135.
- Marcucci M, Damanti S, Germini F, Apostolo J, Bobrowicz-Campos E, Gwyther H, et al. [Interventions to prevent, delay or reverse frailty in older people: A journey towards clinical guidelines.](#) BMC Medicine. 2019;17:193.

## Guidelines cont'd

- Wiener JM, Pazzaglia F. [Ageing- and dementia-friendly design: theory and evidence from cognitive psychology, neuropsychology and environmental psychology can contribute to design guidelines that minimise spatial disorientation.](#) Cogn Process. 2021;22(4):715-730.
- World Health Organization. [Integrated care for older people: guidelines on community-level interventions to manage declines in intrinsic capacity.](#) 2017.

## Literature Searches:

Do you want to know more about these or other topics? Health sciences librarians will do a professional literature search for you on any topic or question you have. We will send you a list of references by email, mail, or fax. Select the citations that are of interest to you and we will send you the full text documents.

Request a search at:  
<https://libguides.lib.umanitoba.ca/mhiknet/literaturesearch>

## Current Awareness:

Our librarians can set up current awareness alerts on specific topics, authors, and/or journals of interest to you. You will receive an email every week that cites any new articles that have been published on your topic.

Contact us to set up a current awareness alert: <https://libguides.lib.umanitoba.ca/mhiknet/currentawareness>

## Order Full-Text Resources

Do you want one of the resources listed? Is there an article, book or resource not mentioned here that you need? Contact us to request the item, we will mail, email, or fax it to you.

For more information visit:  
<https://libguides.lib.umanitoba.ca/mhiknet/borrowing>

## Contact Us

Toll Free: 1.877.789.3804

Phone: 204.789.3804

Fax: 204.789.3923

Email: [mhiknet@umanitoba.ca](mailto:mhiknet@umanitoba.ca)  
[www.mhiknet.ca](http://www.mhiknet.ca)

