

## Long-Term Care Survey Alert

### CLINICAL RESEARCH NEWS TO USE

Got vitamin D? The vitamin captured the spotlight as a fall prevention remedy in a review involving 41 studies. Researchers analyzing the data noted that vitamin D appeared to be the single factor able to reduce falls in nursing facilities, perhaps due to its capacity for improving muscle function, according to a review published in the Cochrane Library. Other fall prevention strategies worked but only when combined with multiple interventions and implemented by a well-coordinated healthcare team.

Other fall interventions present in the 41 trials were review of medication by a pharmacist and exercise.

Researchers looked at a total of 25,422 participants in the studies they reviewed.

Looking for some fresh ideas to help your dementia patients? Whether someone's 64, 74 or 84, an iPod might just be able to spark some good memories and brighten the day. **Dr. Concetta Tomaino**, who's long studied music's therapeutic effects for patients with dementia, has some new ideas for caregivers, reports The Wall Street Journal.

In fact, while some critics decry iPods for intensifying social isolation, iPods can be powerful tools that help people with dementia connect to their memories and to others. Why? Caregivers can customize playlists for different patients. Research shows that people best remember the music from their teens and early 20s, according to the Institute for Music and Neurologic Function. For playlist ideas, go to the institute's Web site at

[www.bethabe.org/Top\\_10s\\_for\\_Memory327.html](http://www.bethabe.org/Top_10s_for_Memory327.html).

To read more from the WSJ article, go to

<http://online.wsj.com/article/SB10001424052748704538404574540163096944766.html>.