Articles

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**Effect of virtual reality on balance and gait ability in patients with Parkinson’s disease: a systematic review and meta-analysis.**


[This systematic review and meta-analysis supports the use of virtual reality to enhance the balance of patients with Parkinson’s disease. However, the review does not find any definite effect upon gait by the use of virtual reality.]

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**Effectiveness of occupational therapy interventions in acute geriatric wards: A systematic review.**


[The evidence is limited as to whether specific occupational therapy programs are effective in improving functionality in ADL in this group of patients. However, occupational therapy was significantly effective in reducing delirium and improving cognitive function. There is insufficient evidence to claim that specific occupational therapy programs are effective in reducing levels of anxiety, increasing perceived quality of life, reducing readmission rates, or reducing the length of hospital stay.]

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**Potential of emotional freedom techniques to improve mood and quality of life in older adults.**

Harbottle L. *British Journal of Community Nursing* 2019;24(9):432-435.

[Key Points: What are emotional freedom techniques (EFTs)? How might acupoint stimulation improve symptoms of depression and anxiety? Can you describe potential applications of EFTs within your role/area of work?]

Reports

The following report(s) may be of interest:

**Diagnosis of delirium in hospitals can be improved by the 4 A’s test.**

NIHR Dissemination Centre; 2019.

[NIHR Signal. Delirium is common in older people who have been hospitalised, but it can go undiagnosed. To help combat this, the 4 A’s test was developed as an alternative to a longer screening process. This NIHR-funded study found that the test is easy to use and appears to...]

https://discover.dc.nihr.ac.uk/content/signal-000821/delirium-assessment-in-hospitals-can-be-improved-by-the-4-as-test
have been widely adopted in NHS hospitals. The study also reinforced the high costs of patients with delirium to the service.

Freely available online

This Bulletin was created by Su Keill, Knowledge Specialist of NHS East Dorset Knowledge and Library Service.