Unintentional Bathtub Drowning Deaths Among Those Aged 65 Years and Older in Australia

Amy E. Peden
Royal Life Saving Society - Australia; James Cook University, apeden@rlssa.org.au

Richard C. Franklin
James Cook University, Royal Life Saving Society - Australia, richard.franklin@jcu.edu.au

John H. Pearn M.D.
Queensland Children's Hospital, Royal Life Saving Society – Australia, James Cook University, j.pearn@uq.edu.au

Alison J. Mahony
Royal Life Saving Society - Australia, amahony@rlssa.org.au

Follow this and additional works at: https://scholarworks.bgsu.edu/ijare

Part of the Community Health and Preventive Medicine Commons, Exercise Science Commons, Health and Physical Education Commons, Leisure Studies Commons, Maternal and Child Health Commons, and the Sports Sciences Commons

Recommended Citation
Peden, Amy E.; Franklin, Richard C.; Pearn, John H. M.D.; and Mahony, Alison J. (2019) "Unintentional Bathtub Drowning Deaths Among Those Aged 65 Years and Older in Australia," International Journal of Aquatic Research and Education: Vol. 11 : No. 3 , Article 2.
DOI: https://doi.org/10.25035/ijare.11.03.02
Available at: https://scholarworks.bgsu.edu/ijare/vol11/iss3/2

This Research Article is brought to you for free and open access by the Journals at ScholarWorks@BGSU. It has been accepted for inclusion in International Journal of Aquatic Research and Education by an authorized editor of ScholarWorks@BGSU.
Unintentional Bathtub Drowning Deaths Among Those Aged 65 Years and Older in Australia

Cover Page Footnote
Acknowledgements: This research is supported by Royal Life Saving Society – Australia to aid in the prevention of drowning. Research at Royal Life Saving Society – Australia is supported by the Australian Government.
Abstract
When compared with other age groups, fatal drowning rates among seniors have stayed static. This study identifies causal factors in unintentional bathtub drowning deaths among people aged 65 years and over. This study is a 10-year (2003-2012) total population retrospective survey of all unintentional bathtub (baths, spa baths and showers) drowning deaths afflicting people aged 65 years and over. Data were sourced from the Australian National Coronial Information System. Risk factors and circumstantial variables were analysed including sex, age, activity prior to drowning, alcohol, drugs, pre-existing medical conditions, living circumstances, time until found, and performance of cardio-pulmonary resuscitation (CPR). There were 32 fatalities (20 females, 12 males); 41% drowned after a fall into the bath. High blood alcohol (≥0.05%) was disproportionately represented. Twenty-six people (81%) had a pre-existing medical condition, deemed contributory in 19 cases including cardiac (n=9) and sarcopenia or frailty (n=5). Of those with medical conditions, 69% had blood levels of prescribed drugs, commonly analgesics (n=10). Seven cases recorded both drugs and alcohol. In half of all fatalities (50%), the person resided alone. In ten cases (31%) the person was not found for one or more days. Bathtub drowning afflicting the elderly poses an unmet challenge. This study has identified five areas for targeted prevention: Pre-existing medical conditions, alcohol, falls in the bath, review of medications; and if practical, advising family members of bathing. Increased awareness of drowning among this age group (and carers) is required as the aged population increases.

Keywords: Drowning prevention; bathing; sarcopenia and frailty; cardiovascular disease; falls; pharmacology

Introduction
There is a universal trend towards the reduction of unintentional fatal drowning in developed countries. The exception has been the lack of preventive success in reducing drowning rates among seniors (Mahony, Peden, Franklin, Pearn, & Scarr, 2017; Peden, Franklin, & Queiroga, 2017). This preventive challenge will intensify (Ayers, Barzilai, Crandall, Milman, & Verghese, 2017) as worldwide the elderly population (i.e., 60 years and older) is predicted to double between 2017 and 2050 (World Health Organization, 2015).

Drowning prevention, like all injury reduction efforts, is effective only if programmes are targeted at specific “at risk” groups. For the older population, drowning in domestic bathtubs is an under-recognised preventative challenge (Suzuk, Hikiji, & Fukunaga, 2017). Research has identified the causes and preventive stratagems of relevance to childhood bathtub drowning (Pearn & Nixon, 1977; Peden, Franklin, & Pearn, 2017). By way of contrast, the literature is relatively silent on bathtub drowning afflicting seniors (Hu & Baker, 2010; CDC, 2012). We report here a 10-year analysis of all unintentional bathtub drowning deaths involving people aged 65 years and older in Australia.
Method
This study is a detailed retrospective case study analysis of unintentional bathtub drowning fatalities. All drowning deaths of people aged 65 years and older were drawn from a total population dataset comprising every unintentional drowning fatality in Australia between 1-July-2002 to 30-June-2012. All intentional drowning deaths (e.g., suicide, homicide) and those of natural causes (e.g. coronary occlusion) were excluded. All deaths were designated by the coroner as drowning, either as the primary or a contributory cause of death. This age cut-off (65 years) represents a proxy for retirement in Australia (Australian Government, 2015). We defined “bathtubs” as any bathroom facility used for personal ablutions (Royal Life Saving Society – Australia, 2017).

Case Finding
Every case of unintentional fatal drowning in Australia over this time period was identified through privileged, confidential access to the Australian National Coronial Information System (NCIS) (Victorian Institute of Forensic Medicine, 2017). The process for sourcing drowning data from the NCIS has been published previously (Peden, Franklin, Mahony, Barnsley, & Scarr, 2017). This study used the World Health Organization definition of drowning (van Beeck, Branche, Szpilman, Modell, & Bierens, 2005).

Data Collection, Coding and Analysis
Prior medical history, coronial and subsequent forensic details were reviewed. Variables examined included age group, sex, medical history, drowning location, activity immediately prior to drowning, and drug and alcohol forensic findings. Bathtub drowning deaths were compared to all other drowning locations. Additional variables collected and coded from NCIS reports included living circumstances of victim, pre-event knowledge of the victim’s bathing, time until found, and information on cardio-pulmonary resuscitation (CPR).

Data on the presence of pre-existing medical conditions were available from the NCIS. Each case was reviewed and ascribed an interpretative determination as to the potential role of any recorded medical condition as a causative factor by J.P., the medical author. These reviews included an assessment of physical disability and frailty, and signs and symptoms observed and reported. Details of drug and alcohol consumption were sourced from toxicology reports. Drugs were coded within their therapeutic class (UBM Medica, 2011). A contributory level of alcohol was a blood alcohol concentration (BAC) reading of ≥0.05%. Season of drowning in Australia spans the following months: Summer (December, January, February), Autumn (March, April, May), Winter (June, July, August) and Spring (September, October, November). Univariate analysis and chi-squared tests were undertaken with a significance level of p<0.01.
Ethics
The Victorian Department of Justice Human Research Ethics Committee (JHREC) granted ethical approval (CF/07/13729; CF/10/25057, CF/13/19798).

Results
There were 32 fatalities, of which the mean age was 75.2 years, 44% were aged 65-74 years (Table 1). Females were significantly more likely to drown in bathtubs than other aquatic locations ($X^2=20.7; p<0.001$). Almost a third (31%) of cases were known to involve a contributory level of alcohol, a figure which was higher than that known to apply to other aquatic locations ($X^2=8.5; p<0.01$).

Table 1. Demographic and causal factors by bathtub and all other locations of unintentional fatal drowning among people aged 65 years and over, Australia, 2002/03-2011/12 (N=510)

|                      | Total | Bathtub | Other Location | $X^2$ (p value) |
|----------------------|-------|---------|----------------|----------------|
|                      | N     | %       | N     | %   | N     | %   |                |
| Total                | 510   | 100.0   | 32    | 6.3 | 478   | 93.7 |                |
| **Sex**              |       |         |       |     |       |      |                |
| Male                 | 369   | 72.4    | 12    | 37.5| 357   | 74.7 | 20.7 (p<0.001) |
| Female               | 141   | 27.6    | 20    | 62.5| 121   | 25.3 |                |
| **Age group**        |       |         |       |     |       |      |                |
| 65-74 years          | 260   | 51.0    | 14    | 43.8| 246   | 51.5 | 0.8 (p=0.664)  |
| 75-84 years          | 188   | 36.9    | 13    | 40.6| 175   | 36.6 |                |
| 85+ years            | 62    | 12.2    | 5     | 15.6| 57    | 11.9 |                |
| **Pre-existing medical condition** |       |         |       |     |       |      |                |
| Yes                  | 353   | 69.2    | 26    | 81.3| 327   | 68.4 | 4.9 (p=0.087)  |
| No                   | 29    | 5.7     | 3     | 9.4 | 26    | 5.4  |                |
| Unknown              | 128   | 25.1    | 3     | 9.4 | 125   | 26.2 |                |
| **Blood alcohol concentration (≥0.05%)** |       |         |       |     |       |      |                |
| Yes                  | 59    | 11.6    | 10    | 31.3| 49    | 10.3 | 8.5 (p=0.004)  |
| No                   | 277   | 54.3    | 17    | 53.1| 261   | 54.6 |                |
| Unknown              | 174   | 34.1    | 17    | 53.1| 168   | 35.1 | - *            |
| **Drugs**            |       |         |       |     |       |      |                |
| Yes                  | 182   | 35.7    | 18    | 56.3| 165   | 34.5 | 4.8 (p=0.092)  |
| No                   | 151   | 29.6    | 9     | 28.1| 143   | 29.9 |                |
| Unknown              | 177   | 34.7    | 5     | 15.6| 170   | 35.6 |                |
| **Season of drowning incident** |       |         |       |     |       |      |                |
| Summer               | 155   | 30.4    | 5     | 15.6| 150   | 31.4 | 7.3 (p=0.063)  |
| Autumn               | 118   | 23.1    | 5     | 15.6| 113   | 23.6 |                |
| Winter               | 96    | 18.8    | 10    | 31.3| 85    | 18.0 |                |
| Spring               | 141   | 27.6    | 12    | 37.5| 129   | 27.0 |                |

* $X^2=13.9; p=0.001$
Fourteen victims had measurable blood alcohol, ten of whom (31% of all bathtub drowning victims) had a blood alcohol level (greater than 0.05g/100mL) believed to be contributory to the drowning event.

Twenty-eight people (87%) drowned in the bathtub, three in spa-baths (10%) and one in the shower (3%). All but one case occurred in the person’s own home. Forty one percent drowned after falling into the bath. (Table 2) There were no sex (not shown) or age differences by prior activity, pre-existing medical condition, alcohol, drugs, or season of drowning incident (Table 2).

Table 2. Demographic and causal factors by age group in unintentional fatal drowning in bathtubs among people aged 65 years and over, Australia, 2002/03-2011/12 (N=32)

|                         | Total | 65-74 years | 75-84 years | 85+ years | X² (p value) |
|-------------------------|-------|--------------|--------------|-----------|--------------|
|                         | N     | %            | N            | %         | N            | %          |
| Total                   | 32    | 100.0        | 14           | 43.8      | 13           | 40.6       | 5          | 15.6       |
| Sex                     |       |              |              |           |              |            |            |            |
| Male                    | 12    | 37.5         | 7            | 58.3      | 3            | 25.0       | 2          | 16.7       | 2.1        | (p=0.350)  |
| Female                  | 20    | 62.5         | 7            | 35.0      | 10           | 50.0       | 3          | 15.0       |            |            |
| Activity immediately prior to drowning |       |              |              |           |              |            |            |            |            |
| Bathing                 | 19    | 59.4         | 10           | 52.6      | 7            | 36.8       | 2          | 10.5       | 1.8        | (p=0.409)  |
| Fall                    | 13    | 40.6         | 4            | 30.8      | 6            | 46.2       | 3          | 23.1       |            |            |
| Pre-existing medical condition |       |              |              |           |              |            |            |            |            |
| Yes                     | 26    | 81.3         | 10           | 38.5      | 11           | 42.3       | 5          | 19.2       | 4.1        | (p=0.128)  |
| No                      | 3     | 9.4          | 3            | 100.0     | 0            | 0.0        | 0          | 0.0        |            |            |
| Unknown                 | 3     | 9.4          | 1            | 33.3      | 2            | 66.7       | 0          | 0.0        |            |            |
| Blood alcohol concentration (≥0.05%) |       |              |              |           |              |            |            |            |            |
| Yes                     | 10    | 31.3         | 6            | 60.0      | 4            | 40.0       | 0          | 0.0        | 2.9        | (p=0.240)  |
| No                      | 17    | 53.1         | 7            | 41.2      | 6            | 35.3       | 4          | 23.5       |            | (p=0.389)  |
| Unknown                 | 5     | 15.6         | 1            | 20.0      | 3            | 60.0       | 1          | 20.0       |            |            |
| Drugs                   |       |              |              |           |              |            |            |            |            |
| Yes                     | 18    | 56.3         | 7            | 38.9      | 8            | 44.4       | 3          | 16.7       | 1.9        | (p=0.389)  |
| No                      | 9     | 28.1         | 6            | 66.7      | 2            | 22.2       | 1          | 11.1       |            |            |
| Unknown                 | 5     | 15.6         | 1            | 20.0      | 3            | 60.0       | 1          | 20.0       |            |            |
| Season of drowning incident |       |              |              |           |              |            |            |            |            |
| Summer                  | 5     | 15.6         | 2            | 40.0      | 1            | 20.0       | 2          | 40.0       | 4.4        | (p=0.626)  |
| Autumn                  | 5     | 15.6         | 2            | 40.0      | 3            | 60.0       | 0          | 0.0        |            |            |
| Winter                  | 10    | 31.3         | 4            | 40.0      | 4            | 40.0       | 2          | 20.0       |            |            |
| Spring                  | 12    | 37.5         | 6            | 50.0      | 5            | 41.7       | 1          | 8.3        |            |            |

Bathtub drowning deaths commonly occurred in the evening (18:01h-00:00h) (41%), followed by the morning (06:01h-12:00h) (28%), afternoon (12:01h-18:00h) (28%) and early morning (00:01h-06:00h) (3%). Twenty-six
victims (81%) had a pre-existing medical condition (Table 1), of which 19 (59%) were believed to be contributory to the fatality. Cardiac conditions were the most common (47%), followed by sarcopenia or frailty (26%) (Table 3).

**Table 3.** Attributed pre-existing medical conditions, total population survey, Australia, 2002/03-2011/12 (n=26)

| Condition                  | Contributory | Possible contributory | No impact | Total |
|----------------------------|--------------|-----------------------|-----------|-------|
| Cardiac conditions         | 9            | 5                     | 0         | 14    |
| Epilepsy                   | 2            | 0                     | 0         | 2     |
| Sarcopenia or Frailty      | 5            | 0                     | 0         | 5     |
| Syncope / Other            | 3            | 0                     | 2         | 5     |
| **Total**                  | **19**       | **5**                 | **2**     | **26**|

Of the 26 victims with a pre-existing medical condition, 18 (56%) had blood levels of legally prescribed drugs (Table 1). The most common category of medications present was analgesics (n=10), followed by anti-anxiety (n=6) and anti-depressant medication (n=6) (Table 4). Anticonvulsants were recorded in two cases. The number of medications used ranged from one to six medications (mean 2.4). There were no cases where illicit drug use was recorded. In seven cases, both drugs and a contributory level of alcohol were recorded.

**Table 4.** Pre-existing medical conditions by drug involvement in bathtub drowning fatalities among people aged 65+ years, Australia, 2002/03 to 2011/12 (n=26)

| Condition                  | Drugs - Yes | Drugs - No | Drugs - Unknown | Total |
|----------------------------|-------------|------------|-----------------|-------|
| Cardiac conditions         | 9           | 2          | 3               | 14    |
| Epilepsy                   | 1           | 1          | 0               | 2     |
| Sarcopenia or Frailty      | 5           | 0          | 0               | 5     |
| Syncope / Other            | 1           | 4          | 0               | 5     |
| **Total**                  | **16**      | **7**      | **3**           | **26**|

In half of all cases (50%), the person resided alone; 38% resided with family, namely spouse (58%), adult children (8%) or other family members (33%), 3% had a visiting carer and in 9% of cases, living circumstances were unknown. In 69% of cases the person didn’t tell anyone that they were going to take a bath. In ten cases (31%) the person was not found for one day or longer after they had died in the bath. None of these factors were found to be
statistically significant by age group (Table 5). In nine cases (28%) CPR was performed, most commonly by a family member or ambulance officer.

Discussion

Bathtub drowning is a rare but regularly occurring cause of death among the elderly in Australia. Such deaths often generate disproportionate overtones of guilt among relatives and carers (Sheldon, 1998). A significant proportion was related to pre-existing medical conditions (commonly cardiac and sarcopenia or frailty). Forty-one percent drowned as a result of a fall into the bathtub and females were more likely to drown in the bath when compared to males. Aquatic immersion in warm water stimulates reflexes in the autonomic nervous system, decreasing sympathetic tone whilst increasing vagal influence (Perini & Veicsteinas, 2003). Those with pre-existing cardiac conditions may be selectively more prone to immersion-induced dysrhythmias (Lippmann & Pearn, 2012).

In 31% of cases, the person who drowned had a pre-existing medical condition but did not have blood levels of prescribed medications (Franklin, Pearn, & Peden, 2017). While it is not able to be derived from coronial files whether the person who drowned was aware of the medical condition or not, this finding justifies the need for the elderly to regularly see a general practitioner (GP) for check-ups and to assess prescribed medications.

Alcohol is a contributory factor for elderly fatal bathtub drowning. Further work is needed to understand the role alcohol plays. We noted that BAC levels ranged from 0.007% to 0.310% (n=15) of which 67% were ≥0.05%. There is a higher proportion of people who drown in the bath who have been drinking compared to other drowning locations ($X^2=8.5; p=0.004$). It should be noted that those who drowned in the bath were more likely to be tested for the presence of alcohol and therefore a definitive result, be it yes or no, for alcohol consumption was achieved.

Challenges for Prevention

Preventative stratagems, which reduce the likelihood of falls into the bath, are obvious and include installation of handrails, non-slip matting, and potentially the accompaniment of another person when getting in and out of the bath (Bhasin, Gill, Reuben, Latham, Gurwitz, Dykes, et al, 2017). In this study, half of all victims lived alone. We believe that the challenges for prevention include intensified counselling of risk, care options, alarm systems, exploring the role of the medical practitioner, especially GPs, geriatricians and gerontologists, as well as understanding the role of bathing in the elderly, and mitigating the risk of falls.
Table 5. Circumstantial variables by age group for bathtub drowning fatalities among people aged 65+ years, Australia, 2002/03 to 2011/12 (N=32)

|                          | Total | 65-74 years | 75-84 years | 85+ years | X² (p value) | Male | Female | X² (p value) |
|--------------------------|-------|-------------|-------------|-----------|--------------|-------|--------|-------------|
|                          | N     | %           | N           | %         | N            | %     | N      | %           |
| Total                    | 32    | 100.0       | 14          | 43.8      | 13           | 40.6  | 5      | 15.6        |
| Living circumstances     |       |             |             |           |              |       |        |             |
| Lives alone              | 16    | 50.0        | 2           | 12.5      | 11           | 68.8  | 3      | 18.8        |
|                         | 2.101 |             |              |           |              | 2.101 |        |             |
| Lives alone, carer visit| 1     | 3.1         | 1           | 100.0     | 0            | 0.0   | 0      | 0.0         |
|                         | 1.000 |             |              |           |              | 1.000 |        |             |
| Lives with family        | 12    | 37.5        | 9           | 75.0      | 1            | 8.3   | 2      | 16.7        |
|                         | 5.418 |             |              |           |              | 5.418 |        |             |
| Unknown                  | 3     | 9.4         | 2           | 66.7      | 1            | 33.3  | 0      | 0.0         |
|                         | 1.000 |             |              |           |              | 1.000 |        |             |
| Did they tell anyone they went to take a bath? |       |             |             |           |              |       |        |             |
| Yes                      | 4     | 12.5        | 3           | 75.0      | 0            | 0.0   | 1      | 25.0        |
|                         | 2.955 |             |              |           |              | 2.955 |        |             |
| No                       | 22    | 68.8        | 9           | 40.9      | 10           | 45.5  | 3      | 13.6        |
|                         | 0.193 |             |              |           |              | 0.193 |        |             |
| Unknown                  | 6     | 18.8        | 2           | 33.3      | 3            | 50.0  | 1      | 16.7        |
|                         | 4.364 |             |              |           |              | 4.364 |        |             |
| Time until found         |       |             |             |           |              |       |        |             |
| Less than 2 hours        | 5     | 15.6        | 2           | 40.0      | 1            | 20.0  | 2      | 40.0        |
|                         | 2.360 |             |              |           |              | 2.360 |        |             |
| 2 hours – 23 hours       | 7     | 21.9        | 4           | 57.1      | 2            | 28.6  | 1      | 14.3        |
|                         | 2.203 |             |              |           |              | 2.203 |        |             |
| 1 day or more           | 10    | 31.3        | 5           | 50.0      | 4            | 40.0  | 1      | 10.0        |
|                         | 3.243 |             |              |           |              | 3.243 |        |             |
| Unknown                  | 10    | 31.3        | 3           | 30.0      | 6            | 60.0  | 5      | 50.0        |
|                         | 4.269 |             |              |           |              | 4.269 |        |             |
The prevention of falls is a complex area that involves psychosocial (Peel, McClure, & Hendrikz, 2007) and health-related factors (Peel, McClure, & Hendrikz, 2006), environmental modification and systems that alert others when a fall occurs (Lord, Menz, & Sherrington, 2006). While there have been significant advances in alarm systems it is unclear if people wear these, or have access to them, in the bathroom (Edwards & Jones, 1998). The use of rails and non-slip bath mats may reduce the risk of a fall while in the bath. As medical conditions play a significant contributory role in bathtub drowning deaths, increased GP and carer awareness will help. Showering is a safer solution especially where showering aids such as chairs are used.

Limitations
Due to people being found alone, detailed information on how the victim came to be in the bath was unknown. There were also those cases where alcohol and pre-existing medical conditions were unknown due to the lack of an autopsy (9%). Bathing deaths in the elderly and children is a relatively unexplored area and while some information is missing, this data can be used by the coroner to inform future investigations and by GPs to aid in education of patients and therefore prevention.

Conclusions
Drowning deaths among elderly people in the bathtub are rare but regularly occurring and continue to constitute an unmet challenge of preventable deaths in a vulnerable population. This study highlights five areas where prevention can be targeted: pre-existing medical conditions, alcohol, the bathing environment leading to a fall, review of medications, and if practical, letting family members know you are bathing. In enacting prevention stratagems early, as the aged population increases, it is hoped lives will be saved.

References
Australian Government Department of Health (2015). Age pension Australia [12-12-2017]. Available from: www.humanservices.gov.au/customer/services/centrelink/age-pension

Ayers, E., Barzilai, N., Crandall, J.P., Milman, S., & Verghese, J. (2017). Association of family history of exceptional longevity with decline in physical function in aging. Journal of Gerontology, Applied Biological Science and Medical Science, 72(12): 1649-55.

Bhasin, S., Gill, T.M., Reuben, D.B., Latham, N.K., Gurwitz, J.H., Dykes, P., et al (2018). Strategies to reduce injuries and develop confidence in elders (STRIDE): A cluster-randomized pragmatic trial of a multifactorial fall injury prevention strategy: Design and methods. The Journals of Gerontology: Series A, 73(8): 1053-1061..

Centers for Disease Control and Prevention (CDC) (2012). Drowning-United States. 2005-2009. Morbidity and Mortality Weekly Report, 61(19): 344-347.
Edwards, N.I., & Jones, D.A. (1998). Ownership and use of assistive devices amongst older people in the community. *Age and Ageing, 27*(4): 463-468.

Franklin, R.C., Pearn, J.H., & Peden, A.E. (2017). Drowning fatalities in childhood – The role of pre-existing medical conditions. *Archives of Disease in Childhood, 102*(10): 888-893.

Hu, G., & Baker, S.P. (2010) Recent increases in fatal and non-fatal injury among people aged 65 years and over in the USA. *Injury Prevention, 16*(1): 26-30.

Lippmann, J., & Pearn, J.H. (2012). Snorkelling-related deaths in Australia, 1994-2006. *Medical Journal of Australia, 197*(4): 230-2.

Lord, S.R., Menz, H.B., & Sherrington, C. (2006). Home environment risk factors for falls in older people and the efficacy of home modifications. *Age and Ageing, 35*(suppl_2): ii55-ii59.

Mahony A.J., Peden A.E., Franklin R.C., Pearn J.H., & Scarr, J. (2017). Fatal, unintentional drowning in older people: An assessment of the role of preexisting medical conditions. *Healthy Aging Research, 1*:e7.

Pearn J.H., & Nixon, J.M. (1977). Bathtub immersion accidents involving children. *Medical Journal of Australia, 1*:211-3.

Peden A.E., Franklin, R.C., & Pearn, J.H. (2018). Unintentional fatal child drowning in the bath: A 12-year Australian review (2002-2014). *Journal of Paediatrics and Child Health, 54*(2): 153-159.

Peden, A.E., Franklin, R.C., & Queiroga, A.C. (2018). Epidemiology, risk factors and strategies for the prevention of global unintentional fatal drowning in people aged 50 years and older: A systematic review. *Injury Prevention, 24*(3): 240-247.

Peden A.E., Franklin, R.C., Mahony, A., Barnsley, P., & Scarr, J. (2017). Using a retrospective cross-sectional study to analyse unintentional fatal drowning in Australia: ICD-10 coding-based methodologies verses actual deaths. *BMJ Open, 7*: (e019407).

Peel, N.M., McClure, R.J., & Hendrikz, J.K. (2006). Health-protective behaviours and risk of fall-related hip fractures: A population-based case–control study. *Age and Ageing, 35*(1): 491-497.

Peel, N.M., McClure, R.J., & Hendrikz, J.K. (2007). Psychosocial factors associated with fall-related hip fractures. *Age and Ageing, 36*(2): 145-151.

Perini, R., & Veicsteinas, A. (2003). Heart rate variability and autonomic activity at rest and during exercise in various physiological conditions. *European Journal of Applied Physiology, 90*(3-4): 317-25.

Royal Life Saving Society – Australia (A.E. Peden, Ed.). (2017). *Royal Life Saving Society - Australia Drowning Database Definitions and Coding Manual*. Sydney: Royal Life Saving Society – Australia. p: 27

Sheldon, F. (1998). ABC of palliative care. Bereavement. *BMJ, 316*(7129): 456-458.
Suzuki H, Hikiji, W., & Fukunaga, T. (2017). Bath-related deaths: Preventive strategies and suggestions for general physicians. *Journal of General and Family Medicine, 18*(1): 21-26.

UBM Medica (2011). Monthly Index of Medical Specialities (MIMS): UBM Medica. Haymarket Media Group, London.

van Beeck E., Branche, C.M., Szpilman, D., Modell, J.H., & Bierens, J.J.L.M. (2005). A new definition of drowning: towards documentation and prevention of a global public health problem. *Bulletin of the World Health Organisation, 83*(11): 853-6.

Victorian Institute of Forensic Medicine (2017). National Coronial Information System (NCIS) [19-11-2017]. Available from: [www.ncis.org.au](http://www.ncis.org.au).

World Health Organization (2015). *WHO Fact Sheet - Ageing and Health*: World Health Organization [13-12-2017]. Available from: [http://www.who.int/mediacentre/factsheets/fs404/en/](http://www.who.int/mediacentre/factsheets/fs404/en/).