

CRE PFI who we are.

The NHMRC Funded CRE Prevention of Fall-related Injuries brings together a diverse team of researchers that will collaboratively develop and evaluate strategies in fall prevention that will have the best chance of reducing Australia's rising rate of fall-related injuries.

This CRE-PFI newsletter will provide an update on the progress of the CRE in the prevention of Falls injuries. Our funding will enable the team to undertake innovative research that involves consultative development and rigorous testing of new approaches to implementation and scale-up of effective interventions as well as the development of new interventions to prevent fall-related injuries in Australia.

We will focus on solutions that can be implemented within current health, community services or residential care. All strategies will be developed with input from policy makers, health service managers, clinicians, consumers, and carers to maximise their chance of success.

CRE Research Streams

- 1) Better use of existing data
- 2) Co design new preventive strategies
- 3) Evaluate implementation
- 4) Test new interventions.

Meet some of the CRE Research team

CI - Professor Ian Cameron

Prof Cameron is the Head of the John Walsh Centre for Rehabilitation Research, Faculty of Medicine and Health, University of Sydney. He is a Consultant Physician in Rehabilitation Medicine and has the Chair in Rehabilitation Medicine, at the University of Sydney. His current research themes are injury, rehabilitation, and disability; specifically, disability and health in older people, musculoskeletal injury in compensable settings, and catastrophic injury (associated with severe long-term disability).



Post Doc Fellow Dr Juliana Souza De Oliveira

Juliana is a Postdoctoral Research Fellow physiotherapist at the Institute of Musculoskeletal Health at the University of Sydney. Juliana has a leading role in coordinating an NHMRC trial within the healthy ageing theme.

Juliana's research focuses on clinical trials for optimising physical activity and preventing falls among older people.



PhD Student Venisa Kwok

Venisa is a PhD student at the Institute of Musculoskeletal health at the University of Sydney. She is a physiotherapist and has been working with older people in residential aged care facilities and in the community.

Venisa's research focuses on preventing falls and fall related injuries in older adults.

Upcoming News/Events

CRE - Prevention of Fall Related Injuries Launch Webinar 26th March 2021 at 9am

Speakers include: Hon Pru Goward, Prof Jacqui Close, Prof Cathie Sherrington, Prof Maria Crotty and more.

Webinar link for the event: <https://uni-sydney.zoom.us/j/85889040290>

More information visit our website crepreventfallsinjuries.org.au/

Key Publications on Falls

1. **Evidence on physical activity and falls prevention for people aged 65+ years: systematic review to inform the WHO guidelines on physical activity and sedentary behaviour.** Sherrington, C., Fairhall, N., Kwok, W. *et al. Int J Behav Nutr Phys Act* 17, 144 (2020). <https://doi.org/10.1186/s12966-020-01041-3>
2. **Interventions for preventing falls in older people in care facilities and hospitals.** Ian D Cameron, Suzanne M Dyer, Claire E Panagoda, Geoffrey R Murray, Keith D Hill, Robert G Cumming, Ngaire Kerse. Cochrane Systematic Review – Intervention. 2018. <https://doi.org/10.1002/14651858.CD005465.pub4>
3. **Multifactorial and multiple component interventions for preventing falls in older people living in the community.** Sally Hopewell, Olubusola Adedire, Bethan J Copsey, Graham J Boniface, Catherine Sherrington, Lindy Clemson, Jaqueline CT Close, Sarah E Lamb. Cochrane Systematic Review – Intervention. 2019. <https://doi.org/10.1002/14651858.CD012221.pub2>