

## CRE PFI Newsletter 2023

Welcome to the NHMRC Funded CRE Prevention of Fall-related Injuries newsletter. We hope you are staying healthy and safe across Australia. In this edition we feature some of the work our investigators, early career researchers and students are working on.

### Action on Falls Prevention

On Thursday 24<sup>th</sup> November 2022 the ANZ Fall Prevention Society launched the report on *Why investing in falls prevention across Australia can't wait*.

The report can be downloaded here:

[https://crepreventfallsinjuries.org.au/wp-content/uploads/2022/11/Neura\\_FallsPreventionReport\\_web.pdf](https://crepreventfallsinjuries.org.au/wp-content/uploads/2022/11/Neura_FallsPreventionReport_web.pdf)

### The WHO Global Action Plan on Physical Activity (GAPPA)

The WHO is developing ACTIVE, a technical toolkit with implementation guidance for key approaches, settings, and populations. To inform the development of ACTIVE, several of our CRE members undertook a rapid review of systematic reviews investigating physical activity interventions and programs for older adults. Read the publication:

<https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-022-01318-9>.

*Several of our CRE members authored this rapid review. We systematically identified and extracted data from trials testing physical activity programs and services for older adults. The details of the studies included in this review are available in the searchable Excel spreadsheet available below. Instructions are included in the spreadsheet.*

<https://crepreventfallsinjuries.org.au/publications/>



## Meet some of the CRE Research team

### Dr Marina De Barros Pinheiro

Dr Pinheiro is a NHMRC Early Career Fellow at Sydney School of Public Health, The University of Sydney. Her research focuses on investigating the cost-effectiveness of physical activity programs and implementing solutions to improve physical activity promotion by health professionals within routine care. She has published 61 peer-reviewed papers and has attracted more than \$2.6 million dollars in research-related grants and fellowships. Marina will work on projects investigating the cost-effectiveness of solutions to reduce fall-related injuries and will also contribute to the co-design of fall-injury prevention interventions and implementation strategies. Marina has recently published a systematic review on the impact of physical activity programs and services for older adults.



<https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-022-01318-9>

### Ms Charlotte McLennan

Charlotte is a Physiotherapist and Health Manager in Sydney Local Health District and a PhD candidate with the University of Sydney. Her clinical background is in aged care and rehabilitation. Charlotte's current position of Inpatient Falls Research Manager is based within the Institute for Musculoskeletal Health and is supported by Sydney Local Health District. Her research focuses on understanding and reducing falls in hospital settings.



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## Upcoming News/Events

**CRE Research Seminar 2:** 21<sup>st</sup> June 2023 at 1pm.

Topic: Environmental interventions for preventing falls in older people living in the community.

Presenter Professor Emeritus LINDY CLEMSON

**Contact us for details on how to attend [cre.pfi@sydney.edu.au](mailto:cre.pfi@sydney.edu.au)**

The 10th Biennial Australia and New Zealand Falls Prevention Conference will for the first time be run as a joint conference with the World Congress on Falls and Postural Stability at the Perth Convention Centre, Western Australia, 26 – 28 November 2023 - Abstracts deadline 5<sup>th</sup> May 2023.



**Save the Date!! Trying to organize CRE – PFI Planning day for the morning of 29<sup>th</sup> November in Perth – more details to come soon.**