

2022 Annual Report

The Centre of Research Excellence in the Prevention of Fall-related Injuries

**A research collaboration funded by the National Health and
Medical Research Council.**

Welcome to the second annual report of the Centre of Research Excellence Prevention of Fall-related Injuries (CRE-PFI). This report was prepared by Ms Sandra O'Rourke, CRE-PFI manager, and Professor Cathie Sherrington, CRE-PFI Chief Investigator.

This report will provide an update on the progress of the CRE in the Prevention of Falls Injuries in the 2022 year.

Background

Who are we?

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.

What we do

We strive to extend our knowledge base by linking with stakeholder groups to co-create, implement, scale-up and evaluate strategies designed to reduce fall-related injuries. We support and guide implementation of evidence-based falls prevention strategies into policies, practices, and programs.

Our Mission

Our mission is to develop and implement evidence-based strategies to prevent fall injuries.

Aims

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. The CRE-PFI is divided into four research streams.

Research Themes

Theme 1. Better use of existing data to develop new solutions

Identify the most effective solutions for fall-related injuries in different Australian settings and circumstances.

Theme 2. Co-design new solutions

Co-design fall-injury prevention interventions and implementation strategies, suitable to be scaled up and embedded into existing services in conjunction with clinicians, managers, policy makers, patients and carers.

Theme 3. Test implementation of evidence-based interventions

Evaluate implementation of evidence-based fall-prevention interventions with pragmatic trials using effectiveness-implementation hybrid designs.

Theme 4. Test new pragmatic interventions

Test new pragmatic fall-injury prevention interventions that build on previous evidence and offer novel solutions.

Our Team

Our CRE team consist of researchers from many disciplines including:

- Falls prevention
- Falls injury prevention
- Geriatric Medicine and Gerontology
- Physiotherapy
- Occupational therapy
- Implementation science
- Orthopaedics
- Endocrinology
- Rehabilitation Medicine
- Health Economics
- Epidemiology

OUR TEAM

Chief Investigators

Professor Cathie Sherrington

Professor, Sydney School of Public Health, University of Sydney. Cathie leads the 28-person Physical Activity, Ageing and Disability Research Stream within the Institute for Musculoskeletal Health (a partnership between the University and Sydney Local Health District) and is Deputy Director of the Institute. She has led or collaborated on 47 RCTs (18 with NHMRC funding) and 25 systematic reviews about exercise to prevent falls and enhance mobility. *Scopus* ranks her 3rd in the world for research into independent living and falls. She co-leads the physiotherapy group of the Global Fragility Fracture Network.



Professor Stephen R Lord

A Scientia Professor at UNSW and NHMRC Senior Principal Research Fellow. He works in the areas of applied neurology, psychology, instability, falls and fractures in older people. He has co-edited a Handbook of Neurology on Balance, Gait and Falls and published 145 peer-reviewed journal articles, 3 reviews, four book chapters and nine other articles. He has received a Tomson Reuters Highly Cited Researcher Award ranking him among the top 1% most cited researchers internationally.



Professor Maria Crotty

A Rehabilitation Physician who leads the Rehabilitation Studies Unit at Flinders University College of Medicine and Public Health, which undertakes research on treatments in rehabilitation. She is a clinician manager and Director of Rehabilitation in Southern Adelaide. Her expertise lies in running pragmatic clinical trials within rehabilitation and aged care settings and she has led trials on home rehabilitation, day rehabilitation, transition care and case conferencing, which have informed Australian funding models. Professor Crotty has extensive networks with clinicians, managers and policy makers working in aged care and in the disability and rehabilitation sectors.



Professor Terry Haines

Head of School, School of Primary and Allied Health Care at Monash University. This follows his previous appointment as Director of Monash Health & Monash University Allied Health Research Unit, Monash Health. He has pursued work in the areas of falls prevention, implementation science and translation of evidence into policy and practice.



Professor Julie Byles

Director of the Research Centre for Generational, Health and Ageing – a Priority Research Centre at the University of Newcastle. As a clinical epidemiologist, Professor Byles' interests are in risk determination, health assessment, other health care evaluation, and measurement of health outcomes. As a Gerontologist and Fellow of the Australian Association of Gerontology, Professor Byles' research interests in ageing include the role of health services, preventive activities, and treatments in maintaining quality of life for older people. Her work has included health assessment, medications used by older people, sleep disturbance, health effects of alcohol, nutrition screening and interventions, health and retirement, and prevention of falls in residential care.



Professor Markus J Seibel

Professor of Endocrinology at the University of Sydney and the Inaugural Director of the Bone Research Program at Sydney's ANZAC Research Institute. He has an extensive track record in basic and clinical research into musculoskeletal health and biology. In recognition of his substantial contributions to biomedical sciences and health, Markus was elected Fellow of the Australian Academy of Health & Medical Sciences in 2017. Since 1986, his research has been continuously funded through competitive grants and his work has been cited >20,000 times.



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 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).



Professor Jacqueline Close

A consultant in Orthogeriatrics at the Prince of Wales Hospital in Sydney and Clinical Director of the Falls, Balance and Injury Research Centre at Neuroscience Research Australia. Her primary research area is falls in people with cognitive impairment and dementia and particularly the relationship of cognitive function to postural stability, falls and fractures. She has an epidemiological interest in the impact of falls and injury to health service use and the way in which health services are designed to prevent and manage falls and injury in older people. She sits on a number of State and National committees in relation to Aged Health and is Co-Chair of the ANZ Hip Fracture Registry, Chair of the ACSQHC Clinical Care Standards Working Group for Hip Fracture.



Professor Kirsten Howard

Professor of Health Economics in the Sydney School of Public Health at the University of Sydney. Her research focuses on methodological and applied health economics research. She has led the economic evaluations of a large number of intervention trials in kidney disease and falls prevention interventions and has conducted many discrete choice experiments of patient and consumer preferences in areas as diverse as cancer screening, including benefit harm trade-offs, labour induction, aged care services, exercise interventions for older people, dialysis services and organ donation and allocation policy. She is Chair of the Economics Sub Committee of the Pharmaceutical Benefits Advisory Committee (PBAC) and a member of the PBAC.



Professor Adrian Bauman

A professor of Public Health at Sydney University, Australian Prevention Partnership Centre leader in Implementation Science and scale up evaluation and leader of the Sydney-based World Health Organization Co-ordinating Centre on Physical Activity. He is very widely published in physical activity and public health research. He brings epidemiological expertise in use and analysis of cohort and intervention data, interpretation and policy-translation of physical activity evidence, experience in research and practice-based methods for research translation, including the design and evaluation of communications research and assessing the reach of physical activity and exercise evidence into professional and public arenas and into policy and practice, management of scale up and research translation projects. He has broad collaborative relationships nationally and internationally.



Associate Investigators

Professor Richard Lindley

An academic geriatrician at the University of Sydney with experience of conducting large scale randomised controlled trials in stroke, aged care, frailty and falls. He remains in hospital clinical practice (Blacktown Hospital) two days a week. He is the Co-Chair of the University of Sydney's Lifespan Research Network that supports innovative new research for those in major life transitions such as the frail elderly. He is a mentor for the Science in Australia Gender Equity program.



Professor Allison Tong

Professor at the Sydney School of Public Health, The University of Sydney. Her main interest is in using applied qualitative research methods to the areas of chronic disease and disability to improve practice and policy for improved patient-centred outcomes. She has published reporting guidelines for primary qualitative research (COREQ) and systematic reviews of qualitative health research (ENTREQ) which are endorsed by the EQUATOR network and by international peer-reviewed journals.



Professor Andrew Milat

Director, Evidence and Evaluation at the NSW Ministry of Health. Prof Milat is a leading authority on the scale-up of health interventions in complex health systems and his scalability framework will guide efforts to facilitate system-wide adoption of effective interventions implemented into policy and practice. With over 20 years' experience in the design, implementation and evaluation of innovative health policies and programs at national, state and local levels he has a unique appreciation of the interface between research and its adoption into policy and practice.



Professor Vasi Naganathan

An academic at the University of Sydney, a Geriatrician at the Centre for Education and Research on Ageing and the Deputy Project Director of the Concord Health and Ageing in Men Project. His research interests are wide including: health of older men, oral health, falls, fractures and osteoporosis, pharmacology in the older people and the application of evidence-based medicine to older people. His research strength is his ability to collaborate with people from a variety of disciplines who share his passion and interest in conducting research that has the potential to improve the health and quality of life of older people.



Dr Xenia Dolja-Gore

A NSW Health Prevention research fellow at the University of Newcastle and the project biostatistician for the Analysis for Policy program at the Sax Institute. Dr Dolja-Gore is a senior biostatistician, she has substantial experience using linked longitudinal health data to identify and analyse key areas of quality and efficiency in health service utilisation. She has very strong methodological skills, with a focus on data quality; with expertise in the analysis of treatment optimisation and identification of the delivery of health services. Dr Dolja-Gore has undertaken the application of systems theory methodology by using mathematical modelling techniques to frame, understand, and describe complex issues and problems to help with decision making in disease prevention.



Professor Ian Harris

Professor of Orthopaedic Surgery at the South Western Sydney Clinical School, UNSW and is Honorary Professor at the School of Public Health, University of Sydney. As a clinician, his interest is in trauma surgery and this aligns with his academic activities, many of which focus on fractures in older people. Previous co-chair of the ANZ Hip Fracture Registry and is conducting multicentre randomised trials on wrist fractures and hip fractures in older people in Australia. He has extensive experience in clinical trials and clinical and teaching expertise in fall-related injuries in older people.



Mr Matthew Jennings

Director of Allied Health at Liverpool Hospital, the Director of Physiotherapy, South Western Sydney Local Health District and Deputy Lead for the Musculoskeletal Health Clinical Academic Group, The Sydney Partnership for Health Education, Research and Enterprise (SPHERE). He has a role in policy and practice as a member of the hospital executive, as Co-Chair of the NSW Agency of Clinical Innovation (ACI) Musculoskeletal Network and as member of the NSW Department of Health Physiotherapy Advisors Group. Mr. Jennings has led the multidisciplinary development, implementation and evaluation of a number of NSW care programs.



A/Professor Patrick Kelly

Associate Professor in Biostatistics at the Sydney School of Public Health, The University of Sydney and is the Program Director of the Masters of Biostatistics at The University of Sydney. He has extensive experience in developing and applying statistical methods to research in health and medicine. His main areas of research include randomised control trials especially cluster RCTs, survival analysis and analysing linked health services data for retrospective cohort studies.



Professor Rob Herbert

NHMRC Principal Research Fellow and Senior Principal Research Scientist at Neuroscience Research Australia. He conducts clinical trials investigating the effectiveness of physiotherapy interventions as well as laboratory research into the mechanical properties of human muscles in health and disease. He is a founder of the Centre for Evidence-Based Physiotherapy which developed and maintains the PEDro database.



Dr Danielle Currie

A System Dynamics Modeller at The Sax Institute and a Research Fellow in Menzies Centre for Health Policy at the University of Sydney. Her work focuses on creating user friendly dynamic simulation models to help decision-makers gain insight of the complex public health problems they routinely encounter. Her research interests have included exploring population-level approaches to preventing communicable and non-communicable disease, building systems capacity through participatory model building, and improving the integration of evidence into public health decision-making processes.



CRE PFI Manager

Ms Sandra O'Rourke

Ms O'Rourke has been a research project coordinator in falls prevention studies for over 19 years. She coordinates the day-to-day running of the CRE. She is responsible for CRE management, collaboration with all the researchers and organisation of meetings and events.



CRE Funded Early Career Research Post-Doctoral Fellows

Dr Morag Taylor

Dr Morag Taylor is a Senior Postdoctoral Research Fellow at Neuroscience Research Australia. She was awarded a prestigious NHMRC-ARC Dementia Research Development Fellowship 2016 – 2019. Her work is currently focusing on physical and cognitive function and fall/fall-injury risk and prevention in older people with dementia. She completed her PhD (Understanding fall risk in cognitively impaired older people) in 2014 and has presented her work nationally and internationally and has 33 publications. Morag is a physiotherapist with extensive experience working in Aged Care Rehabilitation, as well as the Falls, Balance and Bone Health clinic. Her role within the CRE is to undertake a body of work aimed at understanding care and outcomes in older people with dementia who have sustained a hip fracture. She plans to pilot an intervention aimed at improving care and outcomes for this group.



Dr Jasmine Menant

Dr Menant is a Research Fellow at Neuroscience Research Australia. Her research involves gait laboratory-based experiments, longitudinal studies and randomised controlled trials investigating balance control mechanisms, fall risk factors and effective interventions to improve health outcomes in ageing and clinical populations. She has written 9 book chapters, 74 peer-reviewed papers. She is the communication manager of the ANZ Falls Prevention Society and the blog editor of the International Society for Posture and Gait Research. Within the CRE, Jasmine will work on the update of ANZ best practice guidelines on fall prevention intervention, systematic reviews and secondary analyses of falls studies datasets as well as conduct a study to explore risk factors for falls in cancer survivors with chemotherapy-induced peripheral neuropathy.



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 fall-related injuries and will also contribute to the co-design of fall-injury prevention interventions and implementation strategies.



Dr Juliana Souza De Oliveira

Dr Oliveira is a Postdoctoral Research Fellow physiotherapist at the Institute of Musculoskeletal Health at the University of Sydney. Juliana has a leading role in coordinating NHMRC funded trials on physical activity coaching and yoga for fall prevention. Juliana's research focuses on clinical trials for optimising physical activity and preventing falls among older people.



Dr Suzanne Dyer

Dr Suzanne Dyer is a Senior Research Fellow at Flinders University. She has been conducting research in the public and private sector for over 20 years, with expertise in evidence-based medicine methodologies including health technology assessment, systematic reviews, meta-analysis and guideline development. Suzanne is an author of 46 publications and 24 contracted research reports for government and NGOs, including the Cochrane Collaboration Review of Interventions for preventing falls in older people in care facilities and hospitals, two reviews conducted for the Aged Care Royal Commission and the Australian Clinical Practice Guidelines for Dementia. In her role with the CRE, Suzanne aims to improve the evaluation and interpretation of existing trial evidence for falls prevention strategies, contributing to improved recommendations and cost-effectiveness evidence for falls prevention approaches. She will also guide South Australian clinicians on evaluation of existing falls prevention strategies in hospitals.



Dr Meghan Ambrens

Meghan's PhD evaluated technology-delivered fall prevention programs for community-dwelling older people. Her research to date has explored the effectiveness, acceptability and economic evaluation of technology-delivered programs, including factors affecting adherence to fall prevention programs. Meghan's research interest is in qualitative research, preventive health, healthy ageing and the translation and implementation of research to policy and practice.



Dr Saman Khalatbari-Soltani

Saman is a Social Epidemiologist and Senior Research Fellow at the University of Sydney School of Public Health and the ARC Centre of Excellence in Population Ageing Research (CEPAR). Saman completed her PhD in Public Health and Epidemiology from the University of Lausanne and the Swiss School of Public Health. During a one-year Fellowship at the University of Cambridge, she trained in Nutritional Epidemiology. Her current research encompasses the areas of social determinants of health, healthy ageing, health inequities, and the role of behavioural, psychological, and biological factors in the genesis of health inequities at older ages. Her research has



been published in leading epidemiology, gerontology, and health journals, such as Ageing Research Reviews, International Journal of Epidemiology, Journal of Epidemiology and Community Health, and Age and Ageing. She is on the International Journal of Epidemiology and Journal of Gerontology: Medical Sciences editorial board. Within the CRE, Saman contributes to epidemiological research on preventing falls and fall-related injuries in older adults.”

Dr Jenni Suen

Dr Jenni Suen is a Research Associate in Rehabilitation, Aged and Extended Care at Flinders University. She is an Early Career Researcher who completed her PhD in May 2021. Her research aims to improve access to care and/or quality of care for older people in the hospital, aged care, and the community. On behalf of the Falls CRE she conducts Intervention Component Analyses and Qualitative Comparative Analyses on interventions for falls prevention, collaborating with experts from University College London. She is also an Accredited Practising Dietitian working in community private practice, at Cardiovascular Dietetics within Advanced Vascular Care.



CRE Higher Degree Research Candidates

Ms 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.



Mr Rik Dawson

Rik Dawson is an experienced aged care physiotherapist. Rik was the owner of Agewell Physiotherapy, a practice that employed physiotherapists and occupational therapists in aged care across Australia. Rik sold his practice in 2020 and is now enrolled at Sydney University as HDR candidate where he is focusing on telehealth for older people under the supervision of Professor Sherrington and Dr Pinheiro. Rik has a scholarship awarded by this CRE to support his HDR program. He will investigate the effectiveness, cost-effectiveness, and acceptability of physiotherapy led exercise programs delivered via telehealth for older Australians. This research will answer key questions about whether the role of technology can reduce falls, enhance mobility and quality of life of older people with and without dementia receiving aged care services in their home or in residential aged care. Rik is the Vice President of the Australian Physiotherapy Association.



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. Will be working on the PROTECT trial.



CRE-PFI 2022 Funded Project Updates

Dr Morag Taylor

Project 1: Characteristics and outcomes of older people with dementia who do and don't receive rehabilitation after surgery for a hip fracture. The data analyses and tables have been completed; paper draft has been started.

Project 2: Care provision and outcomes in older people with and without cognitive impairment who sustain a hip fracture data analyses is complete for 2 papers, papers are in draft.

Since 2021, Morag has supervised 4 ILP medical students research projects, 1 PhD student, 1 Spanish Geriatrician (3-month placement), 1 orthopaedic registrar and been a part of numerous expert panels.

Australian Physiotherapy Association expert Dementia Reference Group (current).

Development of a scalable physical activity program for improving physical activity and reducing risk factors for falls in older people with dementia who receive home support, Angel Lee (Supervisor Prof Keith Hill), Rehabilitation, Ageing and Independent Living (RAIL) research centre, Monash University, Australia 2021-2023.

Peer reviewer, WHO Package of Interventions for Rehabilitation for Dementia, November 2021.

PfleBeO – care facilities movement friendly organizations, Dr Ann-Kathrin Otto, Dr Oliver Vogel and Prof Bettina Wollesen, Faculty of Psychology and Human Movement Science, Institute for Human Movement Science, University of Hamburg, Germany 2021.

e-Delphi Developing, through consensus, a Comprehensive Mobility Discharge Assessment Framework for older adults transitioning from hospital-to-home in the community, Michael Kalu (Supervisor Dr Vanina Dal Bello-Haas), School of Rehabilitation Science at McMaster University, Canada 2021.

Presentations

1. Care provision and outcomes for people with and without dementia after hip fracture surgery, Taylor ME, invited presentation, CRE for the Prevention of Fall-related Injuries, May 2023.
2. Writing for publication, Montayre J & Taylor ME, invited presentation, RACER – RMH aged care research, May 2023.
3. Providing care to older people with dementia who have hip fracture surgery, Taylor ME (Workshop Chair and presenter x2), 10th Global FFN Congress, Melbourne, Oct 2022.
4. The Case for Allied Health in Dementia, Dementia Australia Webinar, Taylor ME, May 2022.
5. Exercise and home-hazard reduction program for falls prevention in people with dementia: an RCT, (Taylor ME et al.), invited presentation, Rehabilitation, Ageing and Independent Living (RAIL) Research Centre Forum: Falls prevention in the community -What's new?, April 2022.
6. Sunbeam program prevents falls in people with cognitive impairment living in RACF, (Taylor ME, Delbaere K, Hewitt J, Mak A), oral abstract, ANZFPS Conference, Auckland, December 2021.
7. Rehabilitation to maintain physical function, Callisaya M & Taylor ME, invited webinar, Meeting of the Minds Dementia Alliance International, Sept 2021.
8. Exercise and home-hazard reduction program reduces falls in people with dementia and better physical function. (Taylor ME, Lord SR, Wesson J, Sherrington C, Hill KD, Kurrle SE, Clemson L, Close JCT), oral abstract, Australian Dementia Forum, June 2021.

Dr Jasmine Menant

During the past year as part of the CRE Jasmine has been primarily working on the update of the Australian Best Practice Falls Prevention Guidelines commissioned by the Australian Commission on Safety and Quality in Health Care, in collaboration with members of the CRE. This led to the production of several documents:

- (i) a preliminary summary of the latest evidence of interventions to prevent falls in older people.
- (ii) a rapid literature review on fall prevention and mobility enhancement in aged care settings: literature searches and syntheses, roundtable consultation of aged care service users.
- (iii) a set of updated evidence-based recommendations and good practice points regarding falls prevention in the community, residential aged care and hospital settings.
- (iv) the updated chapters of the guidelines for the Community, Aged Care and Hospital settings: integration of new evidence on fall risk factors and interventions.

Presentations

Maiden I, Mancini M, **Menant J**, Stuart S, Mirelman A. **Invited symposium speaker.** *The future is already here – using dynamic neuroimaging methods to identify biomarkers for disease detection, disease progression and effectiveness of treatments.* World Congress of the International Society of the Society for Posture and Gait Research, Montreal, Canada, July 3-7, 2022.

Funding Awarded

UNSW Ageing Futures Institute seed grant (Menant, McDonald, Delbaere, Lord) (\$28,163). *“Exploring neural mechanisms for why older people with fear of falling are at increased risk of falls”*

Dr Marina De Barros Pinheiro

Marina has been working on reviews that were commissioned by the WHO and have informed the development of implementation support materials developed by WHO to help countries worldwide to implement the latest WHO recommendations on physical activity for older people.

Funding Awarded

Dementia Centre for Research Collaboration Pilot Grant titled, *“A physiotherapy-led telehealth and exercise intervention to improve mobility in older people receiving aged care services: an effectiveness and implementation randomised controlled trial \$75, 000(The TOP UP Study.* Pinheiro, Dawson, Rayner, Sherrington).

Dr Juliana Souza De Oliveira

Dr Oliveira is a Postdoctoral Research Fellow at the Institute for Musculoskeletal Health, and she works in the Centre of Research Excellence in the prevention of fall-related injuries, designing strategies to implement supported referral to community-based fall prevention exercises into health services. This year she was part of a team that received two grants: She has presented her research at national conferences & scientific meetings. She has also provided major contributions to a report for the WHO on the best available evidence for the effectiveness of physical activity programmes and services for older adults.

<https://crepreventfallsinjuries.org.au/co-design-fall-strategies/>

Presentations

1.Oliveira JS. Fragility fracture network 2022 change (oral presentation). Coaching for Healthy AGEing trial (CHAnGE): a cluster randomised controlled trial.

2.Oliveira JS. World Congress of Geriatric and Gerontology (IAGG) 2022 (virtual poster presentation). Coaching for Healthy AGEing trial (CHAnGE): a cluster randomised controlled trial.

3.Oliveira JS. The International Society of Behavioral Nutrition and Physical Activity (ISBNPA) Conference 2022 (virtual oral presentation). Coaching for Healthy AGEing trial (CHAnGE): a cluster randomised controlled trial.

4.Oliveira JS. ISPAH Congress 2022 (oral presentation). The effect of sport on health in people aged 60 years and older: a systematic review and meta-analysis.

Funding awarded

1.Gilchrist H, Tiedemann A, Sherrington C, Haynes A, **Oliveira JS**, Merom D. Is dance exercise in disguise? Evaluation of the RIPE dance program for people aged 60+AAG *RM Gibson ECR grant* \$6,900.

2.Choose To Move Sydney, Tiedemann A, McKay H, Sherrington C, Hassett L, Wolfenden L, Bauman A, Phongsavan P, Smith B, **Oliveira JS**, Kite J, *National Health and Medical Research Council (NHMRC)/NHMRC-CIHR Healthy Cities Implementation Science Team Grant.* \$1,212,853.25.

Dr Jenni Suen

On behalf of the Falls CRE she conducts Intervention Component Analyses and Qualitative Comparative Analyses on interventions for falls prevention, collaborating with experts from University College London.

Presentations

Suen J, Kneale, D, Sutcliffe K, **Cameron I, Crotty M, Dyer S.** Conditions for effective multifactorial falls prevention interventions: an intervention component analysis and qualitative comparative analysis. Fragility Fracture Network Global Congress. Melbourne, Australia. October 2022. (Oral Presentation by Jenni Suen)

Suen J, **Sherrington C**, Kneale D, Sutcliffe K, **Cameron I, Crotty M, Dyer S.** Intervention component analysis of multifactorial interventions for falls prevention in aged care. 55th Australian Association of Gerontology Conference: The Future of Ageing Well. Adelaide, Australia. November 2022. (Poster Presentation by Jenni Suen)

Dr Suzanne Dyer

Suzanne was a key contributor in the development of new World Falls Guidelines, providing evidence updates and guidance on formulating recommendations for exercise to prevent falls in older people, as well as methodological input on the development of the guidelines overall. She has updated meta-analyses on the evidence for all interventions for falls prevention in aged care and hospital settings. This work was provided in a report to the Australian Commission on Safety and Quality in Health Care to inform clinical standards related to fall prevention and mobility for older people receiving aged care services and are also being used to update the Australian falls prevention guidelines. Suzanne has led novel qualitative analyses (intervention component analysis and qualitative comparative analysis) of the components of effective trials of exercise and multifactorial falls prevention interventions in aged care settings, informing better use of existing trial data.

The work was presented at the 10th Fragility Fracture Network Global Congress, the Australian Association of Gerontology Annual Meeting, at a Falls Injuries CRE seminar and with draft recommendations for falls prevention activities in aged care at the 14th World Conference on Injury Prevention and Safety Promotion. Two associated publications have been submitted for publication in peer-reviewed journals. Suzanne is also involved in an online e-Community of Practice of staff from nine aged care facilities aiming improve evidence-based post-hip fracture recovery, including secondary falls prevention. She was also a contributor to the 2022 updated publication of the Cochrane Collaboration review on Interventions for improving mobility after hip fracture surgery in adults.

Dr Meghan Ambrens

In 2022 Dr Ambrens attended the CERI Coordinating Group planning day on behalf of CRE Falls Prevention in Melbourne where they mapped the research areas of focus and methodological strengths of each of the CREs and planned the 2023 activities for the Group.

Meghan's will continue to work in in qualitative research, preventive health, healthy ageing and the translation and implementation of research to policy and practice.

Dr Jennifer Baldwin

The study Jennifer is currently involved in is the Promotion of Physical Activity by Health Professionals (PROMOTE-PA) study. She has also been finalising manuscript submissions for the WHO physical activity scoping review done by the CRE last year.

Presentations

Leanne Hassett, **Jennifer Baldwin**, Marina Pinheiro, Juliana Oliveira, Heidi Gilchrist, Adrian Bauman, Anne Tiedemann, Cathie Sherrington. Framework to classify physical activity intervention studies for older adults. *International Society for Physical Activity & Health Congress*, Abu Dhabi, October 2022.

Venisa Kwok PhD candidate

In the past year, Venisa has been working on projects using the data from the Australian Longitudinal Study on Women's health (ALSWH) to explore the relationship between physical activity and falls.

Further to the last update, she 1) looked at the differences in falls and physical activity participation and their associations in two cohorts born at different times with 20 years apart and 2) examined the relationships between short term physical activity participation and falls. She was involved with submitting the findings in these two projects to JAMA Network Open (submitted in April 2023) and Age and Ageing (accepted- April 2023) respectively.

She was also involved with two new projects which aimed to 1) explore the prospective bidirectional relationship between physical activity and falls; 2) identify the different patterns of physical activity participation from mid-life to older age and explore the associations of the identified physical activity participation patterns and subsequent falls. The team has mostly finished the analyses and is the stage of dissemination of findings.

<https://crepreventfallsinjuries.org.au/better-use-of-existing-data/>

Presentations

Wing S. Kwok, Xenia Dolja-Gore, Julie Byles, Marina Pinheiro, Juliana Oliveira, Saman Khalatbari-Soltani, Catherine Sherrington. Falls and physical activity in older Australian women from two different generations. Safety Conference November 2022, Adelaide.

Wing S. Kwok, Xenia Dolja-Gore, Saman Khalatbari-Soltani, Julie Byles, Juliana Oliveira, Marina Pinheiro, Catherine Sherrington. Exploring the relationship between physical activity and falls in Australian women. International Society Physical Activity and Health October 2022, Abu Dhabi (Oral presentation).

Wing S. Kwok, Xenia Dolja-Gore, Saman Khalatbari-Soltani, Julie Byles, Marina Pinheiro, Juliana Oliveira, Vasikaran Naganathan, Catherine Sherrington. Associations between different amounts and types of physical activity and injurious falls in older Australian women. World Congress of Gerontology and Geriatrics June 2022 [Poster presentation]

Wing S. Kwok, Xenia Dolja-Gore, Julie Byles, Marina Pinheiro, Juliana Oliveira, Saman Khalatbari-Soltani, Catherine Sherrington. Are there any differences in falls, physical activity (PA) and the associations between PA and falls in older women from two different generations? World Congress of Gerontology and Geriatrics June 2022 [Poster presentation].

Understanding physical activity and falls in Australian women. NSW Falls Presentation network, Sydney, Australia, May 2022 (Oral presentation).

Wing S Kwok, Juliana Oliveira, Samuel R Nyman, Anne Tiedemann, Marina Pinheiro, Catherine Sherrington. Use of behaviour change techniques (BCTs) in exercise interventions targeting fall prevention in community-dwelling adults aged 60+: a secondary analysis of a systematic review. World physiotherapy Asia Western Pacific Congress 2022. (Rapid 5x5 presentation).

Rik Dawson PhD candidate

The focus of Rik's PhD is the TOP UP Study - a physiotherapy led telehealth and exercise intervention to improve mobility in older people receiving aged care services: an effectiveness and implementation randomised controlled trial. Throughout his CRE Scholarship, Rik worked with his supervisors Professor Sherrington, Dr Haynes, Dr Oliveira and Dr Pinheiro, and other CRE collaborators, Professor Naganathan and Dr Taylor, to develop the ethics application and trial protocol. The TOP UP Study

received ethics approval from Concord Hospital HREC in May 2021. Over 2022 he has recruited 140 participants with 92 participants completed the intervention. The TOP UP Study received \$75 000 of grant funding from Dementia Australia. The TOP UP Study is fortunate to have in-kind support from Whiddon, Uniting Agewell, Vivir, My Phys Services, Anglicare, Maranatha House and Ashfield Baptist Homes who purchased the iPads and provide aged care staff support to enable the physiotherapy zoom assessments and weekly exercise supervision. Working with Professor Delbaere he will be using the StandingTall app in the study to enhance participant exercise adherence.

Grants Awarded \$75000 September 2022. Dementia Centre for Research Collaboration Pilot Grant titled, *“A physiotherapy-led telehealth and exercise intervention to improve mobility in older people receiving aged care services: an effectiveness and implementation randomised controlled trial (The TOP UP Study. Pinheiro, Dawson, Rayner, Sherrington).*

<https://www.dementia.org.au/research/foundation>

<https://crepreventfallsinjuries.org.au/implementation-of-interventions/>

<https://crepreventfallsinjuries.org.au/seminar-3-update-on-falls-in-residential-care/>

Charlotte McLennan PhD candidate

In 2022 Charlotte completed a qualitative project investigating the implementation of falls prevention strategies in the acute hospital setting. The results of this work are informing a feasibility study implementing a falls prevention strategy in the acute hospital setting. This feasibility study has ethics approval and will commence in early 2023.”

<https://crepreventfallsinjuries.org.au/test-new-interventions/>

Presentations

July 2022: Rapid presentation, SLHD Allied Health Research Showcase, ‘Adapting a falls prevention program to the acute hospital setting’.

June 2022: Finalist, SLHD Innovation Symposium Pitch Competition, ‘The pain of falling is the same in any language’.

June 2022: Invited speaker, Sydney Health Partners Musculoskeletal Clinical Academic Group Launch, ‘Understanding and preventing falls in hospitals’.

May 2022: Invited Speaker Royal Prince Alfred Hospital Links Education Series, ‘Understanding and preventing falls in hospitals’.



Call to action on Falls.

On Friday 29th April 2022, a brainstorming session led by CRE-Prevention of Falls Injuries – Prof Cathie Sherrington, ANZ Fall Prevention Society – Prof Kim Delbaere and NSW Falls Prevention and Healthy Ageing Network – Prof Stephen Lord was held on what we can do differently to increase focus on fall prevention in community dwellers in policy and program funding in NSW and nationally. As a result, a Falls action plan was devised, and falls prevention report Why investing in falls prevention across Australia cant wait was launched. This report is available on the CRE PFI website https://crepreventfallsinjuries.org.au/wp-content/uploads/2022/11/Neura_FallsPreventionReport_web.pdf



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Impact of physical activity programs and services for older adults: a rapid review

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The WHO Global Action Plan on Physical Activity (GAPPA)

The WHO Global Action Plan on Physical Activity (GAPPA) was launched in 2018. To assist countries to adopt, tailor and implement the 20 policy recommendations of GAPPA into local contexts, WHO is developing ACTIVE, a technical toolkit with implementation guidance for key approaches, settings and populations. To inform the development of ACTIVE, a number of our CRE members undertook a rapid review of systematic reviews investigating physical activity interventions and programs for older adults. Link to our publication: <https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-022-01318-9>.

As part of this rapid review, we systematically identified and extracted data from trials testing physical activity programmes 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/wp-content/uploads/2023/04/WHO_PA_OlderAdults_searchable-database_2021-12-09_Final_protected.xlsx

CRE-PFI 2022 Meetings and Events

- **CRE Executive meetings**

Attendees: Prof Sherrington, Prof Lord, Prof Crotty, Prof Bauman.

This meeting is scheduled every 2 months and designed to update the executive board members. The goal of this meeting is to make decisions, bring up and solve problems, align cross-functionally, and gain insights into the progress of the CRE-PFI projects. Held: February, February, May, August October 2022.

- **Scientific meetings**

Attendees: All CIs, AIs, ECRs and students.

The first half of this meeting is designed to update all CRE-PFI members on the general progress of the CRE. The second half of the meeting will see presentations from CRE members on their projects where others can provide feedback.

Held: June 2022.

- **CRE Planning Day meeting**

Attendees: All CRE-PFI members and other Mid-career Research collaborators.

Held annually to update everyone on the CRE PFI progress. Updates on projects and discuss new grant applications and projects for the upcoming year.

Held: 29th October 2021.

- **Research Ideas session (CRE members, funded ECRs, students)**

These meetings are scheduled every 2 months. Currently we have ECR and PhD students give a quick update on the status of their project. Held: April, June, August, October 2022.

- **Research Seminars**

Attendees: All CRE-PFI members and other collaborators.

These seminars are scheduled every two months and have been designed and initiated by our early career researchers on topics that interest them and designed to promote discussions and potentially collaborations. All seminars have been recorded and the link can be accessed on our website. Website: crepreventfallsinjuries.org.au/

Five research seminars topics held in 2022.

- The Stepped-Wedge, Cluster-Randomised Trial: Enabling Change while Generating Evidence (Haines T): 16th March 2022
- How to change behaviour at scale with online educational interventions (Noetel M): 11th May 2022
- Update on Falls in Residential Care (Hill AM, Dawson R): 13th July 2022
- The Stepped-Wedge Research Design Process Evidence (Haines T): 14th September 2022
- Methods of Systematic review (Dwyer S) 2nd December 2022

CERI/CRE-PFI Collaborations update



What is CERI?

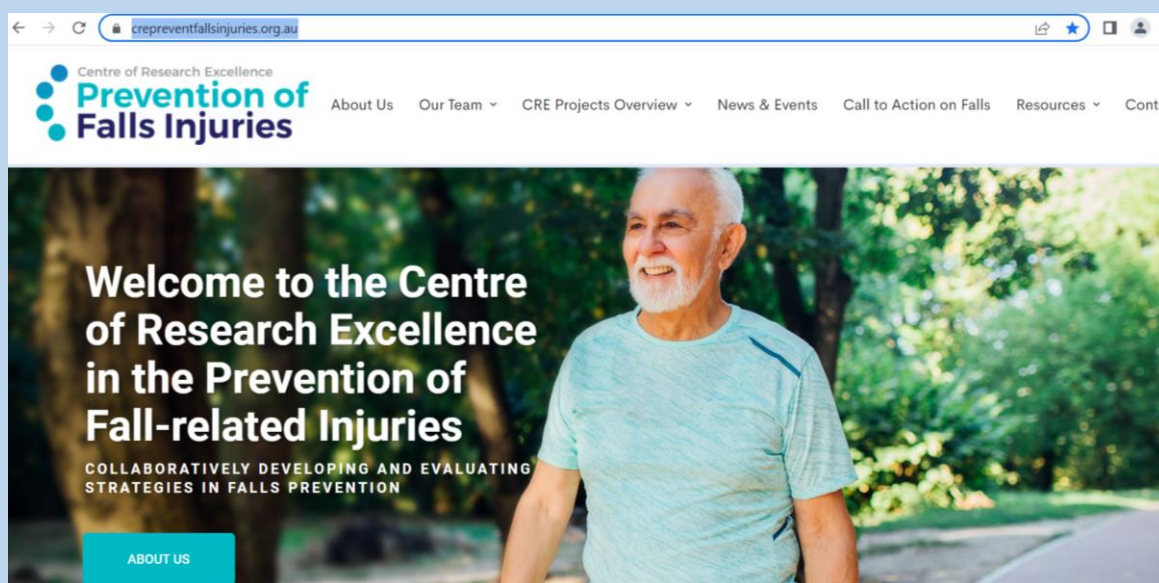
The Collaboration for Enhanced Research Impact (CERI) is a joint initiative between The Australian Prevention Partnership Centre (Prevention Centre) and Centres of Research Excellence (CREs) studying topics related to the prevention of chronic disease. CERI was established to enhance the profile and impact of chronic disease prevention research in Australia.

<https://preventioncentre.org.au/resources/collaboration-for-enhanced-research-impact-ceri/>

CERI update:

Meghan Ambrens attended the CERI planning day in November 2022 on behalf of the CRE. The CERI finalised mapping of the Falls CRE research areas to identify potential areas for collaboration with other CREs. There was discussion about key program ideas for 2023 for the CERI including: seed funding for ideas across the CREs i.e., to generate collaboration across the CREs; a one-day symposium around the theme of 'equity' and will focus on capacity building of student and EMCRs; a special interest publication about the CERI and each of the CREs. There is also a plan to map the CERI against the Prevention Centre.

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



Our website is continually updated to give visitors an overview of our activities. On average the website received 2700 visits per month in 2022. You can find the latest CRE Project updates, Annual reports, Newsletters, Publications and News and events.

Relevant 2022 Publications from CRE-PFI Investigators

1. Alberto SN, Ansai JH, Janducci AL, Florido JVB, Novaes ADC, Caetano MJD, Rossi PG, Tavares LRC, **Lord SR**, Gramani-Say K. A Case Management Program at Home to Reduce Fall Risk in Older Adults (the MAGIC Study): Protocol for a Single-Blind Randomized Controlled Trial. *JMIR Res Protoc*. 2022 Jun 13;11(6):e34796. doi: 10.2196/34796.
2. Allen NE, Canning CG, Almeida LRS, Bloem BR, Keus SH, Löfgren N, Nieuwboer A, Verheyden GS, Yamato TP, **Sherrington C**. Interventions for preventing falls in Parkinson's disease. *Cochrane Database Syst Rev*. 2022 Jun 6;6(6):CD011574. doi: 10.1002/14651858.CD011574.pub2.
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