

2024-25 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 2024 and 2025 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 2024 and 2025 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 Jacqueline Close has been recognised in the Australia Day Honours this year. Jacqui was honoured as a Member of the Order of Australia (AM) for significant service to medical research and to medicine as an Orthogeriatrician.



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.



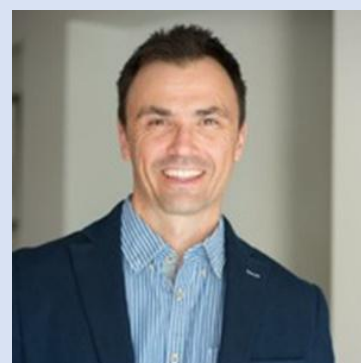
Professor Allison Tong

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 22 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.



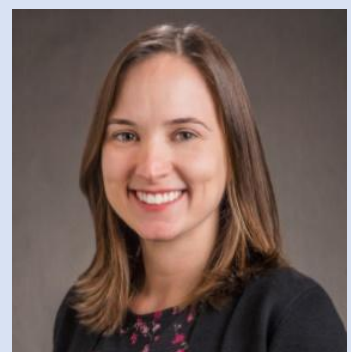
Dr Jasmine Menant

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. She is currently involved in a study to test the effectiveness of social media in the dissemination of knowledge about falls prevention in older people on Falls prevention.



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. 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. 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 Candidate

Dr Venisa Kwok

Venisa completed 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.



Dr 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 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 had 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 current 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.



Ms Kelly Stephen

Kelly is an occupational therapist at Eastern Health in Melbourne and PhD candidate in the School of Primary and Allied Healthcare at Monash University. Her previous research exploring older people's experiences of mobilisation alarms ignited further interest to explore the place for such devices in hospital falls prevention. She is part of an NHMRC-funded project team using a disinvestment approach to investigate the effectiveness of mobilisation alarms for falls prevention in a large multi-centre trial. She has a scholarship awarded from the CRE to conduct research focusing on hospital staff attitudes towards mobilisation alarms and their experiences of being part of this research trial including how participation in research evidence generation affects its uptake in clinical practice.



Dr. Veethika Nayak

Dr. Veethika Nayak (PhD candidate at The University of Sydney) Dr. Veethika Nayak is an overseas-trained physician, completing her medical training in 2016. With a rich background in clinical and public health settings, she's gained invaluable experience in casualty departments and community health services. She is a Research Manager for inpatient falls research at the Institute for Musculoskeletal Health and is at the forefront of advancing patient safety and outcomes, focusing on understanding inpatient falls and implementing preventive measures. Currently she is enrolled as a PhD candidate at the University of Sydney under the guidance of supervisors Dr Marina Pinheiro and Professor Cathie Sherrington. Her research delves into the crucial link between healthcare provider well-being and quality of care, aiming to enhance healthcare delivery and patient outcomes under the guidance of supervisors DR Marina and Professor Cathie Sherrington.



CRE-PFI 2024-25 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; published.

Project 2: Care provision and outcomes in older people with and without cognitive impairment who sustain a hip fracture data analysis is complete.

Current students supervising: 1 PhD student (UNSW), 1 Geriatric Advanced trainee, 1 Geriatrician PhD student successfully completed degree.

Taylor, M.E., Harvey, L.A., Crotty, M., Harris, I.A., Sherrington, C. and Close, J.C., 2024. Variation in care and outcomes for people after hip fracture with and without cognitive impairment; results from the Australian and New Zealand Hip Fracture Registry. *The Journal of nutrition, health and aging, 28(2)*, p.100030.

Morag E. Taylor, Niamh Ramsay, Rebecca Mitchell, Catherine McDougall, Ian A. Harris, Jamie Hallen, Nicola Ward, Sarah Hurring, Lara A. Harvey, Elizabeth Armstrong, Jacqueline C. T. Close. 2024 Improving hip fracture care: A five-year review of the early contributors to the Australian and New Zealand Hip Fracture Registry: 43, (1) pp31-42. <https://doi.org/10.1111/ajag.13270>

Taylor, M.E., Kerckhaert, L., Close, J.C., van Schooten, K.S. and Lord, S.R., 2024. The impact of misaligned perceived and objective fall risk in cognitively impaired older people. *Journal of Alzheimer's Disease, 100(4)*, pp.1389-1398.

Taylor, M.E., Ambrens, M., Hawley-Hague, H., Todd, C., Close, J.C., Lord, S.R., Clemson, L., Lung, T., Berlowitz, D., Blennerhassett, J. and Dayhew, J., 2024. Implementation of a digital exercise programme in health services to prevent falls in older people. *Age and ageing, 53(8)*, p. afae173.

Deputy Editor-in-Chief, Australasian Journal on Ageing (June 2022 – October 2023).

Associate Editor, Dementia and Geriatric Cognitive Disorders (July 2020 –)

Associate Editor, Journal of Alzheimer's Disease (2020 –)

Dr Jasmine Menant

During the year 2024, Jasmynes CRE-related work was dedicated to the writing of the Australian Best Practice Falls Prevention Guidelines commissioned by the Australian Commission on Safety and Quality in Healthcare. The guidelines include a set of evidence-based recommendations and good practice points and some larger background documents, across the Community, Residential Aged Care and Hospital settings. The guidelines were launched in 2025. Jasmine has also been setting up the randomised-controlled trial of cognitive-motor step training in cancer survivors with chemotherapy-induced peripheral neuropathy in which recruitment has started.

<https://www.safetyandquality.gov.au/our-work/falls-prevention>



Guidelines publications

Menant J, Sherrington C, Dyer S and Lord SR. *Preventing Falls and harm from falls in older people: an update of best practice guidelines for Australian Community Care 2024.* Commissioned by the Australian Commission on Safety and Quality in Healthcare - June 2025

Menant J, Sherrington C, Dyer S and Lord SR. *Preventing Falls and harm from falls in older people: an update of best practice guidelines for Australian Hospitals 2024.* Commissioned by the Australian Commission on Safety and Quality in Healthcare- June 2025

Menant J, Sherrington C, Dyer S and Lord SR. *Preventing Falls and harm from falls in older people: an update of best practice guidelines for Australian Residential Aged Care Services 2024.* Commissioned by the Australian Commission on Safety and Quality in Healthcare- June 2025

Funding Awarded

Stroke Foundation Seed Grant. Chan LLY, Menant J, Lord SR, Sturnieks DL, Butcher K, Lapanan K. SmartStep Stroke: A cognitive-motor step exergame program for improving mobility in stroke survivors. (AU\$77,341) – 2025-2026

Under embargo –NHMRC 2024 MRFF Clinical Trials Activity Stream 2. Menant J, Lord SR, Sturnieks DL, Allen N, Pelicioni P, Sue C, Morris M, Humburg P, Davis J, Galna B, Okubo Y, Callisaya M, Alty J. StepSafe: a randomised controlled trial of integrated balance and cognition training to resolve unmet need for fall prevention in Parkinson’s disease. (AU\$ 2.8M) – 2026-2030.

Dr Marina De Barros Pinheiro

We finished the project entitled “Development of a system dynamic model to project the health and economic impact of fall prevention initiatives in the community and aged care facilities” in partnership with the Sax Institute. We are currently writing the manuscript and planning dissemination activities. The investigators are Marina B Pinheiro, Danielle Currie, Saman Khalatbari Soltani, Cathie Sherrington

Barrett, S., Begg, S., Lawrence, J., Barrett, G., Nitschke, J., O’Halloran, P., Breckon, J., **Pinheiro, M.D.B., Sherrington, C.**, Doran, C. and Kingsley, M., 2024. Behaviour change interventions to improve physical activity in adults: a systematic review of economic evaluations. *International Journal of Behavioral Nutrition and Physical Activity*, 21(1), p.73.

Gilbert, S., Jordan, A., Ding, D., Tiedemann, A., **Sherrington, C. and Pinheiro, M.D.B.**, 2024. Cultural, linguistic, and geographical diversity of participants in Australian physical activity research studies: a systematic review. *Journal of Physical Activity and Health*, 21(6), pp.554-559.

Workshops

Pinheiro MB, Raghunandan R, Szewczyk Z, Wang B. Economic evaluation of fall prevention interventions: A beginner’s guide. *11th Biennial Australia and New Zealand Falls Prevention Conference, 23-25 November 2025. Sydney*

Szewczyk Z, **Pinheiro MB**. Economic Evaluation in Implementation Science: How to Get Started *EIS: Evidence & Implementation Summit 2025* 27-29 October 2025 Melbourne, Australia

Pinheiro MB, Raghunandan R, Szewczyk Z, Wang B. Economic evaluation of implementation studies: practical aspects of design, analysis, reporting and interpretation. *International Society for Behavioural Nutrition and Physical Activity (ISBPA) annual meeting, 11-14 June 2025, Auckland.*

Conference presentations

1. **Pinheiro MB.** Physical activity programs and services for older adults: selecting outcomes to demonstrate broad effectiveness and cost-effectiveness. *Asia-Pacific Society for Physical Activity, 26-28 November, Newcastle.* (Speaker selected from abstract).
2. **Pinheiro MB.** Economic evaluations of physical activity interventions: Reviews to inform WHO guidance. *Asia-Pacific Society for Physical Activity, 26-28 November, Newcastle.* (Speaker selected from abstract).
3. **Pinheiro MB.** Where are we up to with equity in MSK trials – health economics perspective. *2025 Australian and New Zealand Musculoskeletal Trial Alliance (ANZMUSC) meeting, 7-9 October, Brisbane* (Invited panel member).
4. **Pinheiro MB.** System dynamics modelling of fall prevention in community and aged care. *11th Biennial Australia and New Zealand Falls Prevention Conference, 23-25 November 2025. Sydney* (Speaker selected from abstract).
5. **Pinheiro MB.** Diversity of participants in Australian physical activity research studies. *International Society for Behavioural Nutrition and Physical Activity (ISBNPA) annual meeting, 11-14 June 2025, Auckland* (Speaker selected from abstract).
6. **Pinheiro MB.** TOP UP evaluation: telephysiotherapy exercise intervention to increase mobility and reduce falls in aged care. *International Society for Behavioural Nutrition and Physical Activity (ISBNPA) annual meeting, 11-14 June 2025, Auckland* (Speaker selected from abstract).
7. **Pinheiro MB.** Effectiveness of physical activity programs and services for older adults: rapid review commissioned by the WHO. *International Society for Behavioural Nutrition and Physical Activity (ISBNPA) annual meeting, 11-14 June 2025, Auckland* (Speaker selected from abstract).
8. **Pinheiro MB.** Direct observation approaches for understanding patient movement behaviours in hospitals: a scoping review. *International Society for Behavioural Nutrition and Physical Activity (ISBNPA) annual meeting, 11-14 June 2025, Auckland* (Speaker selected from abstract).
9. **Pinheiro MB.** Development and testing of a system dynamic model to project the health and economic impact of fall prevention initiatives in the community and aged care facilities. *NSW Falls Prevention & Healthy Ageing Network Annual Forum, 2nd May 2025, Sydney.*
10. **Pinheiro, M. B.** Development and testing of a system dynamic model to project the health and economic impact of fall prevention initiatives in the community and aged care facilities. *45th Annual AHES Conference, 19-20 September 2024, Sydney.* (Speaker selected from abstract)
11. **Pinheiro, M. B.** Economic evaluation of digitally enabled aged and neurological rehabilitation care in the Activity and Mobility UsiNg Technology (AMOUNT) trial. *18th World Congress of the International Society of Physical and Rehabilitation Medicine (ISPRM), Sydney, 1st to 6th June 2024, Sydney* (Speaker selected from abstract)

Awards

- 2025 Best EMCR Talk – Policy and Practice” at the 11th Biennial Australia and New Zealand Falls Prevention Conference: System dynamics modelling of fall prevention in community and aged care
- 2025 Makers and Shapers Award: Active Women over 50
- 2024 SSPH EMCR end-of-year awards – Outstanding Research

Grants

- 2025 **Title:** Turning emergency visits into fall prevention opportunities: a co-design and implementation feasibility study
Role: CIA **Grant type:** Sydney Health Partners (SHP) pilot grants
Investigators: Pinheiro MB, Gupta S, Sherrington C, Naganathan V, Abby Haynes A, Dixon S, Kwok V, Machado G, Chen Q, Pivotto LR, Reis AHS.
Date: 2026 to 2027 **Budget:** \$20,000
- 2025 **Title:** Prevention Research Support Program (PRSP) Stream 1
Role: CI
Grant type: NSW Health, Round 7 of the Prevention Research Support Program (PRSP) Stream 1 **Date:** 2025 to 2028 **Budget:** \$4,000,000
- 2025 **Title:** A system dynamics tool to inform a falls prevention strategy for NSW
Role: CIA
Grant type: Australian Public Policy Institute (APPI) Policy Challenge Grant
Investigators: Pinheiro MB, Currie D, Soltani SK, Milat A, Bauman A, Howard K, Jennings M, Sherrington C.
Date: 2025 to 2026 **Budget:** \$75,000
- 2025 **Title:** Faculty of Medicine and Health's Publication Scheme 2025 Round 2
Role: CI **Budget:** 4,000
- 2025 **Title:** CPC Systems Centred Research Hub
Role: CI
Grant type: The Charles Perkins Centre Jennie Mackenzie Research Fund
Date 2025 to 2027 Budget: \$300,500
- 2025 **Title:** Launching TOP UP MVP
Role: CI
Grant type: DVCR Research Impact: Proof of Concept Fund
Investigators: Dawson R, **Pinheiro MB**, Leung M, Sherrington C.
Date 2025 to 2025 Budget: \$79,990
- 2025 **Title:** Co-designing and evaluating a cross-sector physical activity navigator program for adults with intellectual disability.
Role: AI
Grant type: 2024 MRFF Improving the Health Outcomes of People with Intellectual Disability Grant Round.
Investigators: Hassett L, Shields N, Cole J, Hamdorf P, Smith B, Nisbet G, Lawler K, Sherrington C, Fornusek C, Smith-Merry J, Haynes A, Allen N, Glinsky J, Pearce L, Mckenzie G (CIs); Milat A, **Pinheiro MB**, Owen K, Hassett J, Carey J, Torr J, Deane K (AIs); Inclusion Australia, Prader-Willi Research Foundation Australia, Down Syndrome Victoria (Partners).
Date: 2025 (4 years) **Budget:** \$2,032,823.40
- 2025 **Title:** Increasing access to physical activity for people with spinal cord injuries: The Train the Trainer model

- Role:** CIF **Grant type:** 2024 MRFF Maternal Health and Healthy Lifestyles
Grant code: 2025/MRF2042320
Investigators: Oliveira CQ, Oliveira BIR, Galea M, Allison G, Saragiotto BT, **Pinheiro MB**, Darcy S, Bye E, Duijn T, Lederman O, Stubbs P, Costa N, Mescouto K, Amorim A, Rogers K (CIs), Harvey L, Gustin S, Craig A, Lim D, Presdee R, Wynn R, Turbitt E, Bochkezanian V, Hansson J (Als).
Date: 2025 (5 years) **Budget:** \$1,500,000
- 2025 **Title:** Optimising mobility for older adults with multiple chronic conditions in Brazil: implementation of a co-designed evidence-based digital solution
Role: CIF
Grant type: NHMRC Global alliance for chronic diseases
Investigators: Sherrington C, Perracini M, Miranda J, Tiedemann A, Hassett L, **Pinheiro M**, Milat A, Haynes A, Dawson R, Cameron I (CIs), Kishore Biswas R, Howard K, Gilbert S, Avelar N, Amorim J, Borim F.
Date: 2025 (4 years) **Budget:** \$1,432,326
- 2025 **Title:** Engaging communities to prevent falls: a collaborative pre- and post-hospital support initiative
Role: CIK **Grant type:** Ramsay Hospital Research Foundation - 2024 Social Determinants of Health Innovation Grant Round
Investigators: Delbaere K, Sherrington C, Barnes D, Youssef P, Jones R, Tiedemann A, Abdelshaheed C, Lim M, Ambrens M, Lavrencic L, **Pinheiro MB**, Delaney L, Williams K.
Date: 2025-2028 **Budget:** \$800,000
- 2024 **Title:** Developing evidence-based programs of physiotherapy exercises to accompany the Clinical Practice Guidelines for people with spinal cord injuries and traumatic brain injuries.
Role: CIK **Grant type:** Icare
Investigators: Harvey L, Glinsky J, Hassett L, Tranter K, Rendell R, Vassallo G, Murray H, Bourke J, Sherrington C, Williams G, **Pinheiro MB**, Johnson L.
Date: 2024-2026 **Budget:** \$50,000
- 2024 **Title:** The effect of a tailored dance program on health and wellbeing in people aged 65+: a pilot trial
Role: CIB **Grant type:** FMH Targeted Funding Call: Funding for Gerontology/Ageing
Investigators: Gilchrist H, Pinheiro MB, Haynes A, Tiedemann A, Owen Katherine, Sherrington C
Date: 2024-2024 **Budget:** 50,000
- 2024 **Title:** Improving Accessibility and Engagement of Fall Prevention Exercises for Older People: The TOP-UP App
Role: CIF **Grant type:** FMH-Engineering Healthcare Innovation Initiative: Sprint to Create
Investigators: Kay J, Haynes A, Withana A, Sherrington C, Jensen C, **Pinheiro MB**, Dawson R, Sarsenbayeva Z.
Date: 2024 (1 year) **Budget:** \$20,000
- 2024 **Title:** Improving mobility and preventing falls in hospitals: adaptation and implementation of a cost-saving program.

Role: CIB (lead academic investigator)

Grant type: Translation Challenge Grant (TCG) – Ramsay Hospital Research Foundation.

Investigators: Youssef P, Pinheiro MB, Youssef T, Treacy D, Sherrington C, Gole R, Finerty B, Wakefield J, Haver L, Harris W, Wang Y, Mueller K, Charlton P, Hassett L, Haynes A, Gilbert S, Edmondson A, McLennan C, Kishore Biswas R, Rayner J.

Date: 3 years **Budget:** \$399,999

Dr Meghan Ambrens

Throughout 2024, Meghan Ambrens continued representing the CRE Falls Injury as part of the CERI Coordinating Group. Throughout 2024, Meghan was a member of the special interest working group involved with CERI-sponsored special issue of *Public Health Research and Practice*. The theme for the special issue was ‘*Collaborative partnerships for prevention: health determinants, systems and impact*’.

Costa, N., **Ambrens, M.**, Delbaere, K., Wilson, L., Li, A. and **Sherrington, C.**, 2024. A systems approach to assist policy action to prevent falls among community-dwelling older people in Australia. *Public health research and practice*, 34(1), p.e3412405.

Ambrens, M., Macniven, R., Perram, A., Andrews, S., Hawley-Hague, H., Razee, H., Todd, C., Valenzuela, T. and Delbaere, K., 2024. How perceptions of aging influence physical activity and exercise in older age: Exploring the behaviour of people aged 70+ years engaged in fall prevention activities. *Journal of applied gerontology*, 43(10), pp.1386-1396.

Dr Saman Khalatbari-Soltani

Led by Dr Saman Khalatbari-Soltani, the Healthy Ageing Toolkit is a searchable cohort information repository that includes 287 ageing cohort studies across the globe designed to support the study of healthy ageing and its trajectories, as well as inequities in healthy ageing. The toolkit has an online search dashboard that researchers can use to find a list of available cohort studies from different geographical regions with information about the availability of relevant healthy ageing measures for their research question of interest. See below registration details to the launch.

Dr Suzanne Dyer

In 2024-2025, Suzanne was first or lead author of 6 high impact publications on falls prevention in residential aged care facilities and hospitals, in addition to the 2025 updated Australian Falls Prevention guidelines released by the Australian Commission on Safety and Quality in Health Care. The analyses of randomised controlled trials for falls prevention in institutions in these publications, incorporating novel methods to capture qualitative evidence, have shown that the implementation of falls prevention interventions in institutional settings is the key to their success. This has driven changes in the planning and design of future trials examining falls prevention as well as approaches to interpretation of existing evidence. These findings and methods, as well as the updated Australian Falls Prevention Guideline recommendations, have been presented at local, national and

The screenshot shows the Cochrane Library search results page. At the top, it says 'Access provided by: NHMRC National Cochrane Australia' and 'Review language: English'. The Cochrane Library logo is on the left, with the tagline 'Trusted evidence. Informed decisions. Better health.' Below the logo is a search bar with the text 'Title Abstract Keyw'. A purple navigation bar contains links for 'Cochrane reviews', 'Searching for trials', 'Clinical Answers', 'About', and 'Help'. The main content area shows the title 'Interventions for preventing falls in older people in care facilities' in bold. Below the title, the authors are listed: 'Suzanne M Dyer, Wing S Kwok, Jenni Suen, Rik Dawson, Dylan Kneale, Katy Sutcliffe, Lotta J Seppala, Keith D Hill, Ngair Kerse, Geoffrey R Murray, Nathalie van der Velde, Catherine Sherrington, Ian D Cameron'. It also states 'Version published: 20 August 2025' and 'Version history'. At the bottom, there is a DOI link: 'https://doi.org/10.1002/14651858.CD016064'.

international scientific and clinical meetings as well as in print, radio and television media. She has also led a project examining an e-Community of Practice to improve evidence-based post-hip fracture care in residential aged care settings, with results presented at conferences in Australia and New Zealand and a peer-reviewed publication currently under review. Suzanne has also been co-supervising a PhD student who has published on the impact of a therapeutic garden on a high dependency psychogeriatric unit in an acute hospital on patient outcomes, including falls, in an observational study.

Presentations:

Updated Australian Falls Guidelines. SA/NT Australian Rehabilitation Nurses Association study day, Southern Adelaide Local Health Network (SALHN) , Adelaide, September 2025.

Incorporating Qualitative Trial Data into Systematic Reviews and Meta-analyses of Falls Prevention Interventions. Institute for Musculoskeletal Health Seminar Series, September 2025.

2025 Australian Falls Prevention Guidelines. SPARK (Symposium Palliative, Aged care, Rehabilitation, Knowledge) research symposium, SALHN, Adelaide, August 2025.

Preventing Falls in Older Australians: Applying the Updated National Guidelines in Practice. Injury Matters, CRE and ANZ Falls Prevention Society webinar, July 2025

<https://www.youtube.com/watch?v=84IWlwPqmf&list=PLeVPLEJEFCDdEBdoYh4-cUQbdUnbvJApDw>

ANZ Falls Prevention Society 2025: Preventing Falls in Older Australians: Applying the Updated National Guidelines in Practice, July 2025 <https://events.teams.microsoft.com/event/0612e173-50f5-4b04-937d-97221cc37059@d6e1d927-9e06-4413-92b0-230944c332f>

Hipcast Podcast 2025: What the Evidence Tells Us in Rehabilitation. Australia & New Zealand Hip Fracture Registry, February 2025 <https://www.buzzsprout.com/1739857/episodes/16427015>

SM Dyer, IC Cameron, et al. Falls prevention in aged care facilities: a Cochrane review update. Poster presentation, Australian Dementia Research Forum, Perth, June 2025.

SM Dyer, J Suen, et al, Incorporating Qualitative Evidence into Cochrane Collaboration reviews: Informing Implementation of Falls Prevention Interventions in Care Facilities Global Evidence Summit 2024, Prague, Czech Republic, September 2024. Oral presentation given by K Sutcliffe.

SM Dyer. World Falls guidelines. Symposium Palliative, Age care, Rehabilitation, Knowledge (SPARK) research symposium, RAP Division, SALHN, Adelaide, June 2024.

SM Dyer, A Cayzer, N Baker, W Shulver, D Shah, B Bajger, G Harvey, M Crotty. Australian residential aged care home staff knowledge of best practice hip fracture rehabilitation is low: an eCommunity of practice may address the gaps. Poster presentation, 18th World Congress of the International Society of Physical and Rehabilitation Medicine (ISPRM) Congress 2024 and 7th Annual Meeting of the Rehabilitation Medicine Society of Australia and New Zealand (RMSANZ), Sydney, June 2024.

Key Media:

- 7 news, live national TV
- ABC Perth, live WA radio
- Ultra106five Newsroom, TAS radio
- MJA Insight+, Medical Journal of Australia, online medical news
- Medicine Today, Journal of Clinical Practice, online medical news
- Australian Journal of Pharmacy, online pharmacy news
- Australian Ageing Agenda, online aged care news
- HelloCare, online aged care news
- Cochrane Collaboration, International (UK) blog

Publications:

1. Dyer SM, Kwok WS, et al. Interventions for preventing falls in older people in care facilities. *Cochrane Database Syst Rev.* 2025;8(8):Cd016064.
2. Dyer SM, Kwok WS, Dawson R, Cameron ID, Sherrington C. Should whole body vibration be used for falls prevention in older people living in the community? *Systematic Reviews.* 2025;14(1):209.
3. Suen J, Narayan S, ... Dyer SM. Features of successful medication review and deprescribing interventions for fall prevention in residential aged care facilities: an intervention component analysis of an updated systematic review. *Age Ageing.* 2025 Aug 1;54(8):afaf230.
4. Suen J, Dawson R, ... Dyer SM. Qualitative Comparative Analysis of exercise interventions for fall prevention in residential aged care facilities. *BMC geriatrics.* 2024;24(1):728-20.
5. Ng L, Dyer SM, Dawson S, Laver K. Impact of an improved outdoor space on people with dementia in a hospital unit. *Frontiers in Dementia.* 2024;3.
6. McLennan C, Sherrington C, ... Dyer SM. Features of effective hospital fall prevention trials: an intervention component analysis. *BMC Geriatr.* 2024;24(1):1023.
7. Dawson R, Suen J, ... Dyer SM. Effective fall prevention exercise in residential aged care: an intervention component analysis from an updated systematic review. *British journal of sports medicine.* 2024: bjsports-2023-107505.

Ms Kelly Stephen PhD candidate

Kelly is hoping to complete her PhD investigating *Staff attitudes towards mobilisation alarms and their use in clinical practice* next year. Her qualitative research is embedded within a large NHRMC funded stepped-wedge disinvestment trial which is investigating the effectiveness of alarms for falls prevention in hospital. It also involves a concurrent study investigating how staff's involvement in the disinvestment research might impact their uptake or implementation of recommendations arising from it.

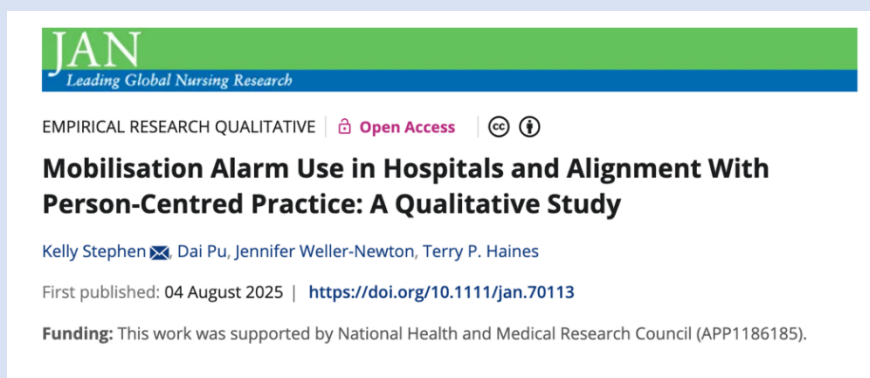
The trial commenced in April 2023 and concluded in January 2024. There were 23 acute wards; 12 subacute wards and 1 hybrid acute-subacute ward involved in research across 10 health services in metropolitan Melbourne and regional Victoria and New South Wales. Data collection spanned from October 2023 to September 2025 and involved interviews with fall prevention managers and focus groups with nursing and allied health staff from participating wards. Across the four time points (baseline, one week prior to transition, post intervention follow-up and 12 months post intervention follow-up), there were 136 ward focus groups or interviews and 35 fall prevention manager interviews.

One paper has been published exploring the alignment of alarm use to person-centered practice.

Works still in progress are:

1. Exploration of staff experiences in the alarm disinvestment process
2. A scoping review exploring why and how alarms are used in hospital and residential aged care, and how beneficial staff, patients, residents and their families perceive them to be in preventing falls.
3. A systematic review on the effectiveness of alarms in falls prevention in hospital.

Kelly is grateful to the Falls Prevention CRE for supporting her PhD candidature and her supervisors: Professor Terry Haines (Monash University), Dr. Debbie Pu (Monash University) and Professor Jenny Weller-Newton (University of Canberra).



Presentations:

Mobilisation alarm uses in hospital and person-centred practice: A qualitative study
Australian and New Zealand fall prevention conference, Sydney, November 2025

Publications:

Stephen, K., Pu, D., Weller-Newton, J., & Haines, T. P. (2025). Mobilisation alarm use in hospitals and alignment with person-centred practice: A Qualitative Study. *Journal of Advanced Nursing*, 10.1111/jan.70113. Advance online publication. <https://doi.org/10.1111/jan.70113>

Venisa Kwok PhD awarded

Project update

Venisa's PhD thesis, titled "falls, fall-related injuries, physical activity and ageing", awarded in October 2024, was recognised in the 2025 PhD Academy Award in the *British Journal of Sports Medicine* (#1 in Impact Factor rank JCR). Venisa's PhD work has been published in top-ranking journals in the field (e.g. *JAMA Network Open*, *British Journal of Sports Medicine*, *Age and Ageing*) and attracted national and international media attention (e.g. 9 News, *The Washington Post*, *Telegraph*), live radio interviews (e.g. 5AA) and clinicians-focused channels (e.g. *Physician's Weekly*, *Healio*).

The team's current work includes individual participant data meta-analysis (IPD-MA) on exercise and fall-related injuries in community-dwelling adults and has received ethics approval to conduct this work. This international collaboration is anticipated to include at least 116 studies. Venisa is currently leading a project to better identify and detect missing fall-related emergency department (ED) visits, enabling early interventions to prevent falls and fall-related injuries, and a review on interventional guidelines on physiotherapy care and rehabilitation after fragility fractures.

PhD Academy Award

Studies	Aims	Methods	Results
Study 1	Participant characteristics, intervention components and adherence to supervised exercise in older adults ²	Secondary analysis of a Cochrane review and subsequent updates (n=102 trials)	Interventions without home exercise components, more weekly sessions, and with fewer behaviour change techniques were associated with higher adherence
Study 2	Falls and physical activity in older women from two generations ³	Cross-sectional analyses, multinomial logistic regression (n=15,958, ALSWH)	Women born later had higher levels of physical activity but more falls; physical activity participation was associated with fewer non-injurious and injurious falls cross-sectionally
Study 3	Physical activity and falls in older women: short term association ⁴	Prospective analyses, multinomial logistic regression (n=7,139, ALSWH)	Physical function limitation and frailty moderated the association between physical activity and injurious falls
Study 4	Effect modification of association between physical activity and falls by physical function limitation and frailty ⁵	Cross-sectional & prospective logistic regression (n=8,171, ALSWH)	Physical activity participation was associated with reduced risk of prospective non-injurious and injurious falls
Study 5	Long term physical activity participation and falls ⁶	Latent class analysis & multinomial logistic regression (n=11,796, ALSWH)	Women who reported consistently lower physical activity participation levels over 18 years had an increased risk of falls
Study 6	Physical activity and falls from middle age: patterns and bi-directional associations ⁷	Prospective analyses using generalised estimating equations (n=11,759, ALSWH)	Prospective associations between physical activity and falls were bi-directional
Study 7	Physical activity and physical function from middle age: bi-directional associations ⁸	Prospective analyses using generalised estimating equations (n=13,714, ALSWH)	Prospective associations between physical activity and physical function were bi-directional

Figure 1 Overview of studies included in the thesis. ALSWH, Australian Longitudinal Study on Women's Health.

Publications

Kwok WS. Healthy ageing: strong links between physical activity, falls, injuries and physical function (PhD Academy Award) *British Journal of Sports Medicine* 2025;59:1263-1265.

Kwok WS, Khalatbari-Soltani S, Dolja-Gore X, et al. 2025 Physical activity and falls from midlife: patterns and bidirectional associations. *American Journal of Preventive Medicine*. *American Journal of Preventive Medicine*, Volume 68, Issue 5, 914 – 922

Kwok WS, Oliveira JS, Nyman SR, Tiedemann A, Pinheiro MB, Khalatbari-Soltani S, Sherrington C. Adherence to Supervised Falls Prevention Exercise in Community-Dwelling Older Adults: Secondary Analysis of a Systematic Review. *J Phys Act Health*. 2025 Sep 19;22(12):1495-1506. doi: 10.1123/jpah.2024-0830. PMID: 40973057.

Kwok, W.S., Khalatbari-Soltani, S., Dolja-Gore, X., Byles, J., Tiedemann, A., Pinheiro, M.B., Oliveira, J.S. and Sherrington, C., 2024. Leisure-time physical activity and falls with and without injuries among older adult women. *JAMA network open*, 7(1), pp.e2354036-e2354036. doi:10.1001/jamanetworkopen.2023.54036.

Kwok, W.S., Khalatbari-Soltani, S., Dolja-Gore, X., Byles, J., Oliveira, J.S., Pinheiro, M.B., Tiedemann, A. and Sherrington, C., 2024. Falls and patterns of physical activity participation over 18 years in the Australian Longitudinal Study on Women's Health. *British Journal of Sports Medicine*, 58(16), pp.919-929.

Kwok WS, Khalatbari-Soltani S, Dolja-Gore X, Byles J, Oliveira JS, Pinheiro MB, Sherrington C. Differences in falls and physical activity in older women from two generations. *Journal of Gerontology: Series A Medical Sciences* Jan 29:glae033. doi: 10.1093/gerona/glae033. Epub ahead of print. PMID: 38285003.

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

Grant Awarded

Faculty of Medicine and Health Bright Idea Grant: Better identification and detection of missing fall-related emergency department (ED) visits (Sep 2025)

Presentations 2024-2025

Invited presentation: Kwok WS. Weight-Bearing Status Post Lower Limb Fractures – What Is The Evidence? Fragility Fracture Network Asia Pacific Regional Congress 2024, Malaysia

Kwok WS et al. Physiotherapy care and rehabilitation after fragility fractures: a review of international guidelines. Global Fragility Fracture Network 2025

Kwok WS, Khalatbari-Soltani S, Dolja-Gore X, Byles J, Sherrington C. Healthy ageing: Relationship between falls, physical function and physical activity from mid-life. Australia and New Zealand Geriatric Medicine, Sydney 2025

Kwok WS, Khalatbari-Soltani S, Dolja-Gore X, Byles J, Sherrington C. Physical activity, physical function and falls from mid-life to older age in Australian women: patterns and bidirectional associations in the Australian Longitudinal Study on Women's Health. World Physio Congress, Japan. (Oral presentation)

Kwok WS, Khalatbari-Soltani S, Dolja-Gore X, Byles J, Sherrington C. Physical activity, physical function and falls from mid-life to older age in Australian women International Society of Physical Activity and Health, Paris (Oral presentation)

Kwok WS, Khalatbari-Soltani S, Dolja-Gore X, Byles J, Sherrington C. Falls, fall-related injuries and physical activity: population-based findings informing policy and practice. Fragility Fracture Network Asia Pacific Regional Congress, Kuala Lumpur, Malaysia, June 2024. (Oral presentation)

Kwok WS, Khalatbari-Soltani S, Dolja-Gore X, Byles J, Oliveira JS, Sherrington C. Physical function limitation, physical activity and falls from mid-life to older age in Australian women. International Society of Physical and Rehabilitation Medicine, Sydney, Australia, June 2024 (Oral presentation)

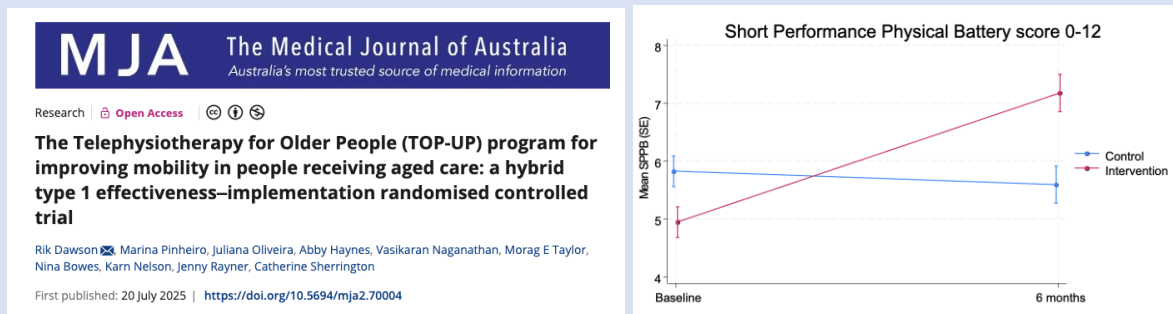
Kwok WS, Oliveira JS, Nyman S, Tiedemann A, Pinheiro M, Khalatbari-Soltani S, Sherrington C. Behaviour change techniques, interventions components, and adherence to supervised fall prevention exercise in community-dwelling older adults: secondary analysis of a systematic review. International Society of Physical and Rehabilitation Medicine, Sydney, Australia, June 2024 (Oral presentation)

Rik Dawson PhD awarded

We are pleased to announce Rik Submitted his PhD under the guidance of his supervisors Professor Sherrington, Dr Haynes, Dr Oliveira and Dr Pinheiro. The TOP UP randomised controlled trial aimed to evaluate the effect and acceptability of a telehealth physiotherapy program on mobility and falls compared to usual care in 242 older people receiving aged care services in the community and residential aged care setting. Recruitment target was met with 191 available for follow up data collection. Outcomes achieved

- Tele physiotherapy breaks down access barriers and expands access to evidence-based fall prevention and mobility programs.

- Over 50 aged care workers were trained by physiotherapists from University of Sydney across 27 sites to support tele physiotherapy programs in aged care.
- TOP UP had high satisfaction rates – all participants would recommend tele physiotherapy to other older people.
- Implementation outcomes suggest that tele physiotherapy is feasible with adoption rates at 47% and a 79% completion rate during the TOP UP study.
- TOP UP included some behaviour changes training that aimed to increase therapeutic alliance and exercise adherence which facilitated 52% of participants to do independent
- Short performance battery after 6months increased for intervention participants.



Funding Awarded

2024 MRFF Post-Acute Sequelae of COVID-19 Stream 2. CI Dawson: RECOVER trial – Restoring Energy and Capacity in Older adults via Embedded Rehabilitation

Publications

Dawson R, Pinheiro M, Oliveira J, Haynes A, Naganathan V, Taylor ME, Bowes N, Nelson K, Rayner J, Sherrington C. (2025). The Tele physiotherapy for Older People (TOP-UP) program for improving mobility in people receiving aged care: a hybrid type 1 effectiveness-implementation randomised controlled trial. *Medical Journal of Australia* 18;223(4):205-213. <https://doi.org/10.5694/mja2.70004>.

Dawson RP, Gilchrist H, Pinheiro M, Nelson K, Bowes N, Sherrington C, Haynes A. Experiences of older adults, physiotherapists and aged care staff in the TOP UP telephysiotherapy program: Interview study of the TOP UP interventions. *Journal of Medical Internet Research Aging*. 2024 Feb 7;7:e53010. doi: 10.2196/53010.

Dawson et al. (in press). Using step trackers among older people receiving aged care services is feasible and acceptable: a mixed-methods study. *Healthcare (Q1)* [Journal in press; DOI pending].

Dawson et al. (under review). Co-designing a fall-prevention exercise website to meet aged care community needs. *Australasian Journal on Ageing (Q2)*. [Under review; DOI pending].

Dawson, R., Suen, J., Sherrington, C., Kwok, W., Pinheiro, M.B., Haynes, A., McLennan, C., Sutcliffe, K., Kneale, D. and Dyer, S., 2024. Effective fall prevention exercise in residential aged care: an intervention component analysis from an updated systematic review. *British journal of sports medicine*, 58(12), pp.641-648.

Dawson, R., Oliveira, J.S., Kwok, W.S., Bratland, M., Rajendran, I.M., Srinivasan, A., Chu, C.Y., Pinheiro, M.B., Hassett, L. and Sherrington, C., 2024. Exercise interventions delivered through telehealth to improve physical functioning for older adults with frailty, cognitive, or mobility disability: a systematic review and meta-analysis. *Telemedicine and e-Health*, 30(4), pp.940-950.

Dawson R, Feng A, **Oliveira** , Hassett L, **Sherrington** C, Pinheiro M. Monitoring falls in residential aged care facilities: agreement between falls incident reports and progress notes. *Australasian Journal of Ageing*. 2024 Mar;43(1):205-210. doi: 10.1111/ajag.13276.

Charlotte McLennan PhD candidate

Charlotte has been working on the NHRMC Partnership Program Grant 2023-2026 Implementation of a quality improvement-based Falls Prevention Strategy in an acute inpatient hospital setting: a feasibility study; awarded \$979,506.10 (The PROTECT STUDY). The PROTECT Fall Prevention **stepped wedge type I hybrid effectiveness-implementation trial** has been running across 4 hospitals (12 wards) over 2024 and 2025. It is on track for completion in March 2026.

Presentations

- Nov, 2025, Oral Presentation, Australian and New Zealand Falls Prevention Society, 'Supported implementation of multifactorial fall prevention interventions'
- Oct, 2025, Oral Presentation, Australian Physiotherapy Association Scientific meeting, 'Designing a hospital fall prevention program: results from three studies'
- Oct, 2025, Oral Presentation, Evidence Implementation Summit, 'Designing a hospital fall prevention program: results from three studies'
- Dec 2024, Oral Presentation, Australia and New Zealand Health Services Research Association Conference, 'Designing an acute hospital fall prevention program'
- Dec 2024, Poster Presentation, International Forum on Safety and Quality in Healthcare, 'Quality Improvement education and clinical facilitation to support the delivery of tailored fall prevention program: an implementation feasibility study'
- Oct 2024: Oral Presentation, SLHD Allied Health Research Forum, 'Designing an acute hospital fall prevention program'.

Publications

McLennan C, Sherrington C, Naganathan V, Tilden W, Richards B, McVeigh T, Hallahan A, Nayak V, **Jennings M**, Hassett L, Haynes A. Supported implementation of tailored multicomponent fall prevention interventions in hospital: a feasibility study. *BMJ Open Qual*. 2025 Jul 7;14(3):e003313. doi: 10.1136/bmjopen-2025-003313. PMID: 40623855; PMCID: PMC12258376.

McLennan, C., Sherrington, C., Suen, J., Nayak, V., Naganathan, V., Sutcliffe, K., Kneale, D., Haynes, A. and Dyer, S., 2024. Features of effective hospital fall prevention trials: an intervention component analysis. *BMC geriatrics*, 24(1), p.1023.

McLennan C, Sherrington C, Tilden W, **Jennings M**, Richards B, Hill AM, Fairbrother G, Ling F, **Naganathan V**, Haynes A. Considerations across multiple stakeholder groups when implementing fall prevention programs in the acute hospital setting: a qualitative study. *Age Ageing*. 2024 Oct 1;53(10):afae208. doi: 10.1093/ageing/afae208. PMID: 39354814; PMCID: PMC11445322.

McLennan C, Hassett, L, Tilden, W, **Naganathan, V**, Haynes, A, **Jennings, M**, Ni Chroinin, D, Hill, AM, **Haines T, Sherrington, C** & the PROTECT Investigators Team, Supported implementation of tailored hospital fall prevention interventions: a protocol for the PROTECT stepped wedge type I hybrid effectiveness-implementation trial. Submitted BMJ Open 30 Sept 2025. *Under review*.

McLennan C, Dyer SM, Kwok, WS, Suen, J, Marin, TS, Haley M, Murray GR, Sutcliffe, K, Kneale, D, **Sherrington, C**, Cameron, ID, Interventions for preventing falls in older people in hospitals. Submitted: Cochrane Database systematic reviews 1 Aug 2025. *Under review*.

CRE-PFI 2024-2025 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, September, November 2024.

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 2025

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 November 2024 online.

Research Public Seminars

These seminars are scheduled every two months on topics that interest the CRE members and designed to promote discussions and potentially collaborations. Occasionally we have guest speakers on relevant topics. All seminars have been recorded, and the link can be accessed on our website. Website: crepreventfallsinjuries.org.au/

Communication of Falls prevention messages

14th February 2024. Presenters: C Loton, H Signey, Dr M Ambrens

Stratified care for older people: targeting interventions to those most likely to benefit.

15th May 2024. Presenter: A Clegg.

Delivering live online exercise in different populations of older people in the community.

31st July 2024 Presenters: Prof A Tiedemann, Dr R Dawson R, Dr A Haynes and Dr H Gilcrist.

Overview of the Stepping On program

21st August 2024. Presenters: Ms M Swan, Prof Lindy Clemson, Dr S Paul

Safer falling

13th March 2025. Presenters: Dr S Phu and Dr AD Jadczyk

Practical Implementation of the Falls Prevention Guidelines in Residential Aged Care.

25th Sept 2025. Presenters Dr S Dyer, Dr J Hewitt and Dr R Dawson

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/>

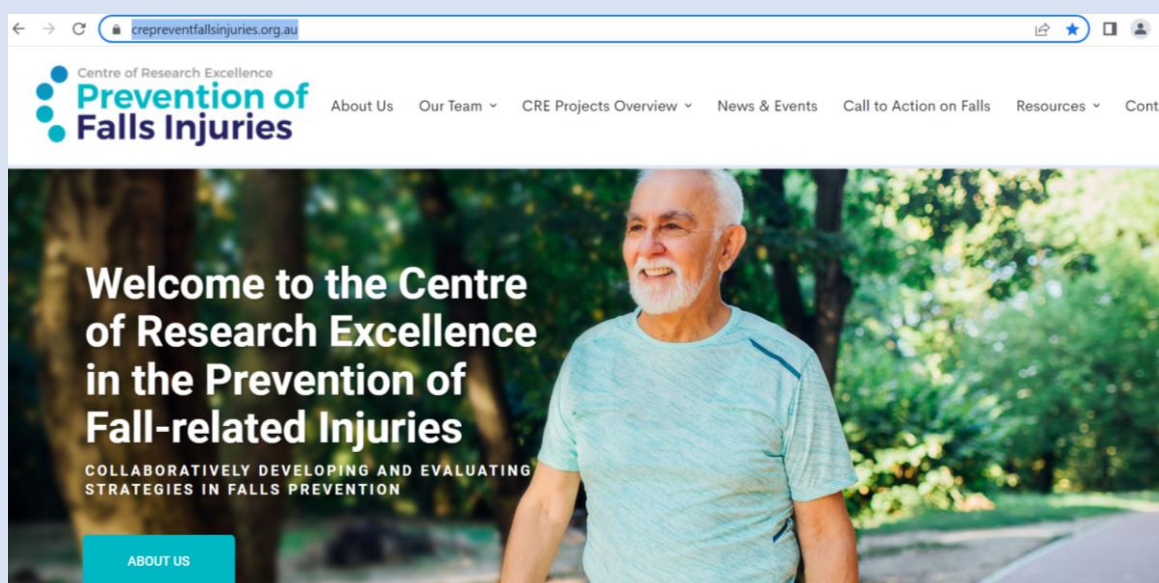
CERI update for 2024

Throughout 2024, Meghan Ambrens continued representing the CRE Falls Injury as part of the CERI Coordinating Group. Meghan is part of a working group involved with CERI-sponsored special issue of *Public Health Research and Practice*. The theme for the special issue was 'Collaborative partnerships for prevention: health determinants, systems and impact'

The CRE Falls Injury was chosen to submit a paper, which provided a review of Australian policy documents and showed there is no national policy exclusively focused on [falls prevention](#) for older people.

You can read more about the CERI and the special issue [here](#).

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



Our website is continually updated to give visitors an overview of our activities. On average the website received 4000 visits per month in 2024. You can find the latest CRE Project updates, Annual reports, Newsletters, Publications and News and events.

Relevant 2024-25 Publications from CRE-PFI Investigators

Allen NE, Goh L, Canning CG, **Sherrington C**, Clemson L, **Close JC**, **Lord SR**, Lewis SJG, Edwards S, Harkness S, Savage R, Webster L, Zelma G, Paul SS. Feasibility of a Multidomain Intervention for Safe Mobility in People With Parkinson's Disease and Recurrent Falls. *J Mov Disord*. 2025 Apr;18(2):149-159. doi: 10.14802/jmd.24237.

Ambrens, M., Macniven, R., Perram, A., Andrews, S., Hawley-Hague, H., Razee, H., Todd, C., Valenzuela, T. and Delbaere, K., 2024. How perceptions of aging influence physical activity and exercise in older age: Exploring the behavior of people aged 70+ years engaged in fall prevention activities. *Journal of applied gerontology*, 43(10), pp.1386-1396.

Baldwin JN, Purcell K, Hassett L, Tiedemann A, Pinheiro M, Savage R, Wang B, Haynes A, West K, Noetel M, Richards B, Jennings M, Gupta S, Smith BJ, Treacy D, Halliday M, Harvey LA, Phongsvaan P, Rogers K, Howard K, Bauman A, Hamdorf P, Shaw A, Walkley J, Dwyer G, Lonsdale C, Reece L, Clutterbuck G, Lovitt L, Sturmeiks D, **Sherrington C**. Promotion of Physical Activity by Health Professionals (PROMOTE-PA): protocol for effectiveness outcomes in a hybrid type I effectiveness-implementation cluster randomised controlled trial *BMJ Nutrition, Prevention & Health* 2024 Aug 6;e000901. doi: 10.1136/bmjnph-2024-000901.

Barrett, S., Begg, S., Lawrence, J., Barrett, G., Nitschke, J., O'Halloran, P., Breckon, J., **Pinheiro, M.D.B.**, **Sherrington, C.**, Doran, C. and Kingsley, M., 2024. Behaviour change interventions to improve physical activity in adults: a systematic review of economic evaluations. *International Journal of Behavioral Nutrition and Physical Activity*, 21(1), p.73.

Cameron ID, Kurrle S, **Sherrington C**. Preventing falls and fall related injuries in older people: Perspectives. *Medical Journal of Australia*. 2024 Aug 5;221(3):140-144. doi: 10.5694/mja2.52374

Chan LLY, Delbaere K, Numbers K, Lam B, Menant J, Sturmeiks DL, Trolor JN, Brodie MA, **Lord SR**. Poor mobility and lower limb weakness are associated with three distinct depressive symptom trajectories over 6 years in older people. *Australis J Ageing*. 2024 Jun;43(2):333-342. doi: 10.1111/ajag.13273. Epub 2024 Jan 13. PMID: 38217882.

Cho C, Bak G, Richards B, **Sherrington C**. Epidemiology and factors associated with osteoporosis, falls and fractures in patients with chronic inflammatory rheumatic disease: a scoping review. *BMJ Open*. 2025 Jul 28;15(7):e096226. doi: 10.1136/bmjopen-2024-096226.

Cho C, Bak G, Sumpton D, Richards B, **Sherrington C**. Perspectives of healthcare providers on osteoporosis, falls and fracture risk: a systematic review and thematic synthesis of qualitative studies. *Arch Osteoporos*. 2024 Sep 24;19(1):90. doi: 10.1007/s11657-024-01446-8.

Costa, N., **Ambrens, M.**, Delbaere, K., Wilson, L., Li, A. and **Sherrington, C.**, 2024. A systems approach to assist policy action to prevent falls among community-dwelling older people in Australia. *Public health research and practice*, 34(1), p.e3412405.

Clemson L, Mackenzie L, Lovarini M, Roberts C, Poulos R, **Sherrington C**, Tan ACW, Simpson J, Pond CD, Pit S, Tiedemann A, Lovitt L, Hilmer SN. Integrated solutions for sustainable fall prevention in primary care: a pragmatic hybrid-type 2 mixed methods implementation and effectiveness study. *Front. Public Health*. 2024 Dec 4; 12; 1446525. doi: 10.3389/fpubh.2024.1446525.

Davis JC, Husdal K, Rice J, Loomba S, Falck RS, Dimri V, **Pinheiro M**, **Cameron I**, **Sherrington C**, Madden KM, Liu-Ambrose T. Cost-effectiveness of falls prevention strategies for older adults: protocol for a living systematic review. *BMJ Open*. 2024 Nov 5;14(11):e088536. doi: 10.1136/bmjopen-2024-088536.

Dawson R, Feng A, **Oliveira** , Hassett L, **Sherrington C**, Pinheiro M. Monitoring falls in residential aged care facilities: agreement between falls incident reports and progress notes. *Australasian Journal of Ageing*. 2024 Mar;43(1):205-210. doi: 10.1111/ajag.13276.

Dawson RP, Gilchrist H, **Pinheiro M**, Nelson K, Bowes N, **Sherrington C**, Haynes A. Experiences of older adults, physiotherapists and aged care staff in the TOP UP telephysiotherapy program: Interview study of the TOP UP interventions. *Journal of Medical Internet Research Aging*. 2024 Feb 7:7:e53010. doi: 10.2196/53010.

Dawson R, **Pinheiro M**, **Oliveira J**, **Haynes A**, **Naganathan V**, **Taylor ME**, Bowes N, Nelson K, Rayner J, **Sherrington C**. The Telephysiotherapy for Older People (TOP- UP) program for improving mobility in people receiving aged care: a hybrid type 1 effectiveness-implementation randomised controlled trial. *Med J Aust*. 2025 Aug 18;223(4):205-213. doi: 10.5694/mja2.70004.

Dawson, R., Suen, J., Sherrington, C., Kwok, W., Pinheiro, M.B., Haynes, A., McLennan, C., Sutcliffe, K., Kneale, D. and Dyer, S., 2024. Effective fall prevention exercise in residential aged care: an intervention component analysis from an updated systematic review. *British journal of sports medicine*, 58(12), pp.641-648.

Dawson, R., Oliveira, J.S., Kwok, W.S., Bratland, M., Rajendran, I.M., Srinivasan, A., Chu, C.Y., Pinheiro, M.B., Hassett, L. and Sherrington, C., 2024. Exercise interventions delivered through telehealth to improve physical functioning for older adults with frailty, cognitive, or mobility disability: a systematic review and meta-analysis. *Telemedicine and e-Health*, 30(4), pp.940-950.

Delbaere K, **Sherrington C**, Said CM, **Naganathan V**. Innovative approaches to fall prevention in community-dwelling older adults. *Med J Aust*. 2025 Aug 18;223(4):174-176. doi: 10.5694/mja2.52714.

Ding D, Nguyen B, Nau T, Luo M, Del Pozo Cruz B, Dempsey PC, Munn Z, Jefferis BJ, **Sherrington C**, Calleja EA, Hau Chong K, Davis R, Francois ME, Tiedemann A, Biddle SJH, Okely A, **Bauman A**, Ekelund U, Clare P, Owen K. Daily steps and health outcomes in adults: a systematic review and dose-response meta-analysis. *Lancet Public Health*. 2025 Aug;10(8):e668-e681. doi: 10.1016/S2468-2667(25)00164-1.

Diong J, Kwok W, **Sherrington C**. Enhancing knowledge of treatment effects by analysing observational data as a randomised trial. *Disabil Rehabil*. 2025 Apr 8:1-5. doi: 10.1080/09638288.2025.2487560.

Dolja-Gore, X., Byles, J., Tiedemann, A., Pinheiro, M.B., Oliveira, J.S. and Sherrington, C., 2024. Leisure-time physical activity and falls with and without injuries among older adult women. *JAMA network open*, 7(1), pp.e2354036-e2354036.

Dyer SM, Kwok WS, et al. Interventions for preventing falls in older people in care facilities. *Cochrane Database Syst Rev*. 2025;8(8):Cd016064.

Dyer SM, Kwok WS, Dawson R, Cameron ID, Sherrington C. Should whole body vibration be used for falls prevention in older people living in the community? *Systematic Reviews*. 2025;14(1):209.

El-Kotob R, Pagcanlungan JR, Craven BC, **Sherrington C**, Mourtzakis M, Giangregorio L. Adverse Event Reporting in Exercise Studies of Resistance Training (AERIES-RT) Recommendations and Toolkit: A modified Delphi process. *Appl Physiol Nutr Metab*. 2025 Jul 24. doi: 10.1139/apnm-2024-0490.

Halim N, Owen KB, Smith BJ, Thomas M, Tiedemann A, **Sherrington C**, Bauman AE. Increasing Reported Physical Activity Among Australian Adults: Progress Toward a Healthy Older Age. *J Aging Phys Act.* 2024 Dec 20;33(4):350-358. doi: 10.1123/japa.2023-0426.

Hayes AJ, Withers HG, Glinsky JV, Chu J, **Jennings MD**, Starkey I, Parmeter R, Boulos M, Cruwys JJ, Duong K, Jordan I, Wong D, Trang S, Duong M, Liu H, Lambert TE, Zadro JR, **Sherrington C**, Maher C, Lucas BR, Taylor D, Ferreira ML, Harvey LA. Remotely delivered physiotherapy for musculoskeletal conditions is cost saving for the health system and patients: economic evaluation of the REFORM randomised trial. *J Physiother.* 2025 Jul;71(3):179-184. doi: 10.1016/j.jphys.2025.06.006.

Haynes, A., Pearce, S., **Sherrington, C.**, West, K., Kirby, K., McCoombes, C., Green, S., Moritz, D. (2025). Increasing Meaningful Participation of Children with Disability in Little Athletics: Development of a More Inclusive Competition Structure. *International Journal of Sport and Society.* 2025 Feb 29, 16(2), 75-101. DOI: <https://doi.org/10.18848/2152-7857/CGP/v16i02/75-102>.

Hicks C, **Menant J**, Delbaere K, Sturnieks DL, Brodaty H, Sachdev PS, **Lord SR**. Two simple modifications to the World Falls Guidelines algorithm improves its ability to stratify older people into low, intermediate and high fall risk groups. *Age Ageing.* 2024 Oct 1;53(10):afae192. doi: 10.1093/ageing/afae192. PMID: 39348910.

Hoang P, Sturnieks DL, Butler A, Chaplin C, Hicks C, Lo J, Ratanapongleka M, Robinson S, Smith N, Turner J, Krishnan AV, Barnett M, Gandevia S, **Lord SR, Menant JC**. A custom-built step exergame training programme to prevent falls in people with multiple sclerosis: A multicentre randomised controlled trial. *Mult Scler.* 2024 Apr;30(4-5):571-584. doi: 10.1177/13524585241229360. Epub 2024 Feb 16. PMID: 38362861.

Gilbert, S., Jordan, A., Ding, D., Tiedemann, A., **Sherrington, C. and Pinheiro, M.D.B.**, 2024. Cultural, linguistic, and geographical diversity of participants in Australian physical activity research studies: a systematic review. *Journal of Physical Activity and Health*, 21(6), pp.554-559.

Gilchrist, H., **Oliveira, J.S., Kwok, W.S., Sherrington, C., Pinheiro, M.B., Bauman, A., Tiedemann, A.** and Hassett, L., 2024. Use of behavior change techniques in physical activity programs and services for older adults: findings from a rapid review. *Annals of Behavioral Medicine*, 58(3), pp.216-226.

Kwok WS. Healthy ageing: strong links between physical activity, falls, injuries and physical function (PhD Academy Award) *British Journal of Sports Medicine* 2025;59:1263-1265.

Kwok WS, Khalatbari-Soltani S, Dolja-Gore X, et al Falls and patterns of physical activity participation over 18 years in the Australian Longitudinal Study on Women's Health *British Journal of Sports Medicine* 2024;58:919-929

Kwok WS, Khalatbari-Soltani S, Dolja-Gore X, et al. 2025. Physical activity and falls from midlife: patterns and bidirectional associations. *American Journal of Preventive Medicine.* American Journal of Preventive Medicine, Volume 68, Issue 5, 914 – 922

Kwok WS, Khalatbari-Soltani S, **Dolja-Gore X, Byles J**, Tiedemann A, **Pinheiro MB, Oliveira JS, Sherrington C**. Leisure-time physical activity and falls with and without injuries among older adult women. *JAMA Network Open.* 2024 Jan 2;7(1):e2354036. doi: 10.1001/jamanetworkopen.2023.54036.

Kwok WS, Oliveira JS, Nyman SR, Tiedemann A, Pinheiro MB, Khalatbari-Soltani S, Sherrington C. Adherence to Supervised Falls Prevention Exercise in Community-Dwelling Older Adults: Secondary Analysis of a Systematic Review. *J Phys Act Health*. 2025 Sep 19;22(12):1495-1506. doi: 10.1123/jpah.2024-0830. PMID: 40973057.

Kwok WS, Khalatbari-Soltani S, Dolja-Gore X, Byles J, Oliveira JS, Pinheiro MB, Sherrington C. Differences in falls and physical activity in older women from two generations. *Journal of Gerontology: Series A Medical Sciences* Jan 29;glae033. doi: 10.1093/gerona/glae033. Epub ahead of print. PMID: 38285003.

Kwok, W.S., Khalatbari-Soltani, S., Dolja-Gore, X., Byles, J., Oliveira, J.S., Pinheiro, M.B., Tiedemann, A. and Sherrington, C., 2024. Falls and patterns of physical activity participation over 18 years in the Australian Longitudinal Study on Women's Health. *British Journal of Sports Medicine*, 58(16), pp.919-929.

Lapanan K, Lord SR, Chaplin C, Menant J. The effect of interactive cognitive-motor training on balance, mobility and cognition in chronic stroke survivors: A systematic review and meta-analysis. *American Journal of Physical Medicine & Rehabilitation* (accepted 31/10/2025).

Lobo BS, Amaral Alfonsi MD, Lima CA, Felipe SGB, Kristensen MT, Beaupre LA, **Sherrington C**, Bruder AM, Perracini MR. Preventing Falls in Older Adults After Upper Limb Fractures: A Scoping Review. *Phys Ther*. 2025 Apr 2;105(4):pzaf020. doi: 10.1093/ptj/pzaf020.

Manuel K, **Crotty M**, Kurrle S, **Cameron ID**, Lane R, Lockwood K, Block H, **Sherrington C**, Pond D, Nguyen TA, Laver K. Hospital-Based Health Professionals' Perceptions of Frailty in Older People. *Gerontologist*. 2024 Jul 1;64(7):gnae041. doi: 10.1093/geront/gnae041.

Mastrogiovanni, C., Rosenbaum, S., Delbaere, K., Tiedemann, A., Teasdale, S., **Sherrington, C., Ambrens, M.**, Kurt, G. and McKeon, G., 2025. Moving Together: a randomised controlled trial of a mental-health-informed, digital health promotion intervention for older adults. *Age and ageing*, 54(7), p.afaf190.

Menant J, Sherrington C, Dyer S and Lord SR. *Preventing Falls and harm from falls in older people: an update of best practice guidelines for Australian Community Care 2024.* Commissioned by the Australian Commission on Safety and Quality in Healthcare - June 2025

Menant J, Sherrington C, Dyer S and Lord SR. *Preventing Falls and harm from falls in older people: an update of best practice guidelines for Australian Hospitals 2024.* Commissioned by the Australian Commission on Safety and Quality in Healthcare- June 2025

Menant J, Sherrington C, Dyer S and Lord SR. *Preventing Falls and harm from falls in older people: an update of best practice guidelines for Australian Residential Aged Care Services 2024.* Commissioned by the Australian Commission on Safety and Quality in Healthcare- June 2025.

McLennan, C., Sherrington, C., Suen, J., Nayak, V., Naganathan, V., Sutcliffe, K., Kneale, D., Haynes, A. and Dyer, S., 2024. Features of effective hospital fall prevention trials: an intervention component analysis. *BMC geriatrics*, 24(1), p.1023.

McLennan C, Sherrington C, Naganathan V, Tilden W, Richards B, McVeigh T, Hallahan A, Nayak V, Jennings M, Hassett L, Haynes A. Supported implementation of tailored multicomponent fall

prevention interventions in hospital: a feasibility study. *BMJ Open Qual.* 2025 Jul 7;14(3):e003313. doi: 10.1136/bmjopen-2025-003313. PMID: 40623855; PMCID: PMC12258376.

McLennan C, Sherrington C, Tilden W, Jennings M, Richards B, Hill AM, Fairbrother G, Ling F, Naganathan V, Haynes A. Considerations across multiple stakeholder groups when implementing fall prevention programs in the acute hospital setting: a qualitative study. *Age Ageing.* 2024 Oct 1;53(10):afae208. doi: 10.1093/ageing/afae208. PMID: 39354814; PMCID: PMC11445322.

McLennan C, Hassett, L, Tilden, W, Naganathan, V, Haynes, A, Jennings, M, Ni Chroinin, D, Hill, AM, Haines T, Sherrington, C & the PROTECT Investigators Team, Supported implementation of tailored hospital fall prevention interventions: a protocol for the PROTECT stepped wedge type I hybrid effectiveness-implementation trial. Submitted *BMJ Open* 30 Sept 2025. *Under review.*

McLennan C, Dyer SM, Kwok, WS, Suen, J, Marin, TS, Haley M, Murray GR, Sutcliffe, K, Kneale, D, Sherrington, C, Cameron, ID, Interventions for preventing falls in older people in hospitals. Submitted: *Cochrane Database systematic reviews* 1 Aug 2025. *Under review.*

Nitchingham A, **Close JCT, Harvey LA, Taylor ME, Humburg P, Tuch B, Agar M, Caplan G,** Long-acting intranasal insulin for the treatment of delirium—a randomised clinical trial, *Age and Ageing, Volume 54, Issue 10, October 2025, afaf276, <https://doi.org/10.1093/ageing/afaf276>.*

Ng L, **Dyer SM, Dawson S, Laver K.** Impact of an improved outdoor space on people with dementia in a hospital unit. *Frontiers in Dementia.* 2024;3.

Oliveira JS, Sherrington, C, Rissel C, Howard K, Tong A, Merom, D, Wickham J, Bauman A, Lord SR, Lindley RI, Simpson JM, Allman-Farinelli M, Kirkham C, Ramsay E, O'Rourke S, Tiedemann A. Effect of a coaching intervention to enhance physical activity and prevent falls in community-dwelling people aged 60+: a cluster randomised controlled trial. *British Journal of Sports Medicine.* 2024 Mar 21;58(7):382-391. doi: 10.1136/bjsports-2023-107027.

Pinheiro MB, Reis AHS, Moseley AM, Bapat VN, Chan CS, Kwok V, Sherrington C. Quantity and quality are increasing but with room for improvement: a scoping review of physical activity intervention trials. *Brazilian Journal of Physiotherapy.* 2024 Mar-Apr;28(2):101051. doi: 10.1016/j.bjpt.2024.101051.

Purcell K, Taylor J, West K, Haynes A, Hassett L, **Sherrington C.** Promotion of physical activity by health professionals in six public hospitals: a cross sectional study. *Health Promotion Journal of Australia.* 2024 Jan;35(1):1760187. doi: 10.1002/hpja.730.

Seydi, M., Delbaere, K., Han, D.U., Chan, L., **Ambrens, M.** and van Schooten, K.S., 2025. The effect of pain on gait in older people: a systematic review and meta-analysis. *The Journal of Pain, 29,* p.104758.

Smit F, van Zwieten A, **Sherrington C, Franco MR, Cullati S, Blyth FM, Khalatbari-Soltani S.** Socioeconomic position across the life course and falls among middle- and older-aged adults: protocol for a systematic review. *BMJ Open.* 2025 Jan 21;15(1):e087971. doi: 10.1136/bmjopen-2024-087971.

Sturnieks DL, Chan LL, Cerda MTE, Arbona CH, Pinilla BH, Martinez PS, Seng NW, Smith N, **Menant JC, Lord SR.** Cognitive functioning and falls in older people: A systematic review and meta-analysis. *Arch Gerontol Geriatr.* 2025 Jan;128:105638. doi: 10.1016/j.archger.2024.105638. Epub 2024 Sep 15. PMID: 39340961.

Sturnieks DL, Hicks C, Smith N, Ratanapongleka M, **Menant J**, Turner J, Lo J, Chaplin C, Garcia J, Valenzuela MJ, Delbaere K, **Herbert RD**, **Sherrington C**, Toson B, **Lord SR**. Exergame and cognitive training for preventing falls in community-dwelling older people: a randomized controlled trial. *Nat Med*. 2024 Jan;30(1):98-105. doi: 10.1038/s41591-023-02739-0.

Suen, J., Narayan, S., Seppala, L.J., van der Velde, N., **Sherrington, C.**, Sutcliffe, K., Cameron, I.D., Kneale, D. and **Dyer, S.M.**, 2025. Features of successful medication review and deprescribing interventions for fall prevention in residential aged care facilities: an intervention component analysis of an updated systematic review. *Age and Ageing*, 54(8), p.afaf230.

Suen, J., Dyer, S., Shulver, W., Ross, T. and **Crotty, M.**, 2024. A systematic review of typologies on aged care system components to facilitate complex comparisons. *Health services management research*, 37(2), pp.123-134.

Suen, J., Dawson, R., Kneale, D., **Kwok, W.**, **Sherrington, C.**, Sutcliffe, K., Cameron, I.D. and **Dyer, S.M.**, 2024. Qualitative Comparative Analysis of exercise interventions for fall prevention in residential aged care facilities. *BMC geriatrics*, 24(1), p.728.

Suen, J., Fernando, R., Inacio, M., Caughey, G. and **Crotty, M.**, 2024. Identification of quality indicators used to monitor, evaluate and improve the quality of rural and remote care for older people: A Scoping Review Protocol.

Suen, J., Fernando, R.L., Inacio, M.C., **Crotty, M.**, Lin, X. and Caughey, G.E., 2025. Identification of Quality Indicators Used to Monitor, Evaluate and Improve Rural and Remote Care for Older People: A Scoping Review. *Australian Journal of Rural Health*, 33(6), p.e70105.

Taylor ME, Sverdrup K, Ries J, Rosendahl E, Tangen G, Telenius E, e Lawler K, Hill K, Toots A, Hobbelen H, Bello-Haas V, Hall A,. Hunter SW, Goodwin VA, Whitney J, Callisaya ML 2025. A core capability framework for physiotherapists to deliver quality care when working with people living with dementia and their families/caregivers: an international modified e-Delphi study, *Physiotherapy*, 126, <https://doi.org/10.1016/j.physio.2024.07.002>.

Taylor, M.E., Harvey, L.A., **Crotty, M.**, **Harris, I.A.**, **Sherrington, C.** and **Close, J.C.**, 2024. Variation in care and outcomes for people after hip fracture with and without cognitive impairment; results from the Australian and New Zealand Hip Fracture Registry. *The Journal of nutrition, health and aging*, 28(2), p.100R030.

Taylor E, Ramsay N, Mitchell, McDougall C, Harris IA, Hallen J, Ward N, Hurring S, Harvey LA, Armstrong E, **Close JCT**. 2024. Improving hip fracture care: A five-year review of the early contributors to the Australian and New Zealand Hip Fracture Registry: 43, (1) pp31-42. <https://doi.org/10.1111/ajag.13270>

Taylor, M.E., Kerckhaert, L., **Close, J.C.**, van Schooten, K.S. and **Lord, S.R.**, 2024. The impact of misaligned perceived and objective fall risk in cognitively impaired older people. *Journal of Alzheimer's Disease*, 100(4), pp.1389-1398.

Taylor, M.E., Ambrens, M., Hawley-Hague, H., Todd, C., **Close, J.C.**, **Lord, S.R.**, Clemson, L., Lung, T., Berlowitz, D., Blennerhassett, J. and Dayhew, J., 2024. Implementation of a digital exercise programme in health services to prevent falls in older people. *Age and ageing*, 53(8), p.afae173.

Tiedemann A, Sturnieks D, Burton E, Thom J, **Lord SR**, Scott S, **Sherrington C**. Exercise and Sports Science Australia updated Position Statement on exercise for preventing falls in older people living in

the community. Journal of Science and Medicine in Sport. 2024 Sep 19:S1440-2440(24)00518-8. doi: 10.1016/j.jsams.2024.09.003.

van Schooten KS, Sturnieks DL, **Menant J, Lord SR**, Delbaere K. Brain and brawn in balance: Central processing speed and muscle torque development speed are independently associated with the ability to recover balance with feet-in-place. Gait Posture. 2024 Jun;111:132-135. doi: 10.1016/j.gaitpost.2024.04.010. Epub 2024 Apr 10. PMID: 38678932.

Wang B, **Sherrington C**, Baldwin JN, Hassett L, Purcell K, Savage R, Tiedemann A, Chagpar S, Cheung D, Noetel M, Clutterbuck G, Howard K, **Pinheiro M**. Cost- effectiveness of support for health professionals to implement physical activity promotion: a protocol for within-trial and modelled economic evaluations of the PROMOTE-PA effectiveness-implementation hybrid trial. BMJ Open. 2025 Apr 5;15(4):e098452. doi: 10.1136/bmjopen-2024-098452.

West K, Hassett L, Oliveira JS, Kwok WSS, Geerts M, Gilchrist H, Gilbert S, Anderson R, Dario AB, Robertson GJ, Baldwin JN, **Sherrington C**. Effects of sport and physical recreation on health-related outcomes among children and young people with physical disability: systematic review with meta-analysis. BMJ Open Sport Exerc Med. 2025 Jun 8;11(2):e002350. doi: 10.1136/bmjsem-2024-002350.



CRE-PFI Contact Information

Twitter: [@CRE_PFI](https://twitter.com/CRE_PFI)

Facebook: <https://www.facebook.com/CREPFI>

Website: crepreventfallsinjuries.org.au/

Email: cre.pfi@sydney.edu.au

