



# Falls and Frailty bulletin

## December 2025

**The aim of this current awareness bulletin is to provide a digest of recent articles on Falls and Frailty**

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## Articles

**How one team managed to cut length of hospital stay for people with frailty by 86%**  
Nursing Standard 40 (12) 6

### **Clinic's success shows power of nurses' insights**

*It was only supposed to be a short stay in hospital – 24 hours to sort things out, and then she would be home again. They needed the bed, apart from anything else. But my mother, by this time in her nineties, ended up staying on the ward for a week because when it came to discharging her, things kept going wrong. Although on the surface mum was her chipper self, by the time I eventually got her out of hospital she was somehow diminished. A geriatrician and a team of nurses in Dumfries and Galloway have set up a frailty unit in their hospital that prioritises, among other things, shortening older patients' stays on the wards*

Bates J

Nursing Standard 40 (12) 19

### **Impact of frailty on balance, fall risk, and kinesiophobia in sarcopenic elderly**

Metehan Yana et al

BMC Geriatrics 25 (1) impact of frailty

### **Impact of frailty on morbidity and mortality in traumatic blunt cerebrovascular injury**

Smith W et al

Clinical Neurology and Neurosurgery 259 (Dec) 109208

### **Interface between falls and perceptions of quality of life of older adults: a qualitative study**

Caio L et al

Revista Brasileira de Enfermagem 78 (6) interface



**Social frailty reflected by housebound as an independent predictor of self-reported incidence fracture in community-dwelling older adults: a longitudinal cohort study**

Matsumoto H et al

Archives of Gerontology and Geriatrics Plus 2 (4) 100229

**The Geriatric 10-second Functional Capacity Test (Ger10-FCT): A practical and rapid screening tool for frailty, sarcopenia, and the risk of adverse health outcomes in older adults**

Yamada M et al

Geriatrics & Gerontology International 2025 (Nov) geriatric 10-second

**The impact of ageing and frailty on wound healing**

Chalk F et al

British Journal of Nursing 34 (20) S27-S34

**A community-based, medical student-led walking and education program was associated with a reduction in frailty levels among adults with elevated frailty**

O'Brien M et al

Frontiers in Aging 2025 a community based

**Assessment of frailty, performance and functional independence in patients with periprosthetic fractures associated with total hip arthroplasty**

Niculescu V et al

Balneo and PRM Research Journal 15 (4) 758

**The contingency of frailty level with the perception of risks of falls in various living and public environments of older adults**

Bruci S et al

Healthcare 13 (24) 3234

**Medication management to reduce falls – with particular focus on frailty, polypharmacy and prescribing**

Umapathy M et al

British Journal of Hospital Medicine 86 (12) 1-16

**Narrative review on poststroke outcomes through recognition of frailty, sarcopenia and palliative care needs**

Kotlega D et al

Healthcare 13 (23) 3011