



# Falls and Frailty bulletin

## January 2026

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

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### Articles

**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

**Predictive ability of systems of postural control for 1-year risk of falls and frailty in community dwelling older adults: a preliminary study**

Shinohara T et al  
Journal of Aging & Longevity 5 (4) 45

**Beyond tooth count: the interplay of oral health, frailty and falls**

Nagamine T  
Journal of Oral Rehabilitation 52 (2025) 2481-2483

**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 6 (2025) 1690493

**Linking motor and cognitive decline in aging: gait variability and working memory as early markers of frailty**

Valeriano-Panos E et al  
Healthcare 13 (24) 3201



**Falls and injuries resulting from falls among patients with Parkinsonism: a reappraisal**

Parashos S et al

Movement Disorders Clinical Practice (2026) falls and injuries

**Assessment of frailty in community-dwelling older adults using smartphone-based digital lifelogging: a multi-center, prospective observational study**

Kim J et al

Sensors 26 (1) 215

**The prognostic value of the Clinical Frailty Scale in critically ill older adult patients in the Emergency Department**

Um Y et al

Journal of Emergency Medicine 80 (2026) 33-43

**Improving unpaid carers' involvement in and experience of the frailty pathway: a pilot study using an unpaid carer experience measure**

Errington-Evans E et al

British Journal of Healthcare Management 32 (1) 1-14

**Frailty trajectories and determinants in older adults after PCI: a longitudinal study**

Yao I et al

Clinical Interventions in Aging 21 (1) 1-12

**Cumulative experience of loneliness and frailty progression: a prospective cohort study**

Hu C et al

General Hospital Psychiatry 99(2026) 129-134

**Frailty assessment and candidate optimization before cardiothoracic transplantation**

Premachandra A et al

JHLT Open pre-proof frailty assessment

**Effects of nutritional guidance on frailty in older adults: a systematic review**

Koyama T et al

Journal of Nutrition, Health and Aging 30 (1) 100756

**Associations of socioeconomic position and depression with frailty among older adults: cross-sectional evidence from 17 countries**

Ye Y et al

Maturitas 204 (2026) 108788