Falls and Frailty bulletin

August 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

Primary and community care for frailty: how are we doing?
The National Audit Office's report assesses the Government's approach to frailty and identifies areas for improvement.
Amanda Halliwell
Independent Nurse 2026 (4) 23-24
10.12968/indn.2026.4.23

Frailty and falls in older adults: risk assessment and management for community nurses
Finlay S et al
British Journal of Community Nursing 31 (7) 334-341
10.12968/bjcn.2026.0023

Acute clinical events and trajectories of frailty after 60: a population-based cohort study
Tazzeo C et al
Journal of Internal Medicine 300 (Jul) 39-50
10.1111/joim.70102

Chain mediation analysis of fall risk and independent living skills in patients with acute ischemic stroke between cognitive dysfunction and frailty
Yang J et al
Medicine 105 (23) e49177
10.1097/MD.0000000000049177

Low relative sit-to-stand power is associated with history of falls and fractures, prospective hospitalization and all-cause mortality in older adults from the Toledo study for healthy aging
Garcia-Aguirre M et al
Journal of Sport & Health Science 15 (2026) 101080
10.1016/j.jshs.2025.101080

Independent and combined effects of sarcopenia and physical frailty on the incident functional disabilities in community-dwelling older adults: a 6-year prospective study
Shin H et al
Archives of Gerontology and Geriatrics 150 (2026) 106369
10.1016/j.archger.2026.106369

Exploring the relationship between cognitive impairment, frailty and mortality in the oldest old: findings from the Newcastle 85+ cohort study
Maheshwari V et al
Archives of Gerontology and Geriatrics 150 (2026) 106338
10.1016/j.archger.2026.106338

Vitamin D and frailty: clinical evidence, mechanistic insights and translational challenges
Viola V et al
Metabolism Clinical and Experimental 183 (2026) 156697
10.1016/j.metabol.2026.156697

MUSIC-GUIDED therapy versus conventional balance TRAINING: a novel approach to fall prevention in older adults
Naik V et al
Journal of Bodywork & Movement Therapies 48 (Oct) 303-307
10.1016/j.jbmt.2026.06.027

Frailty trajectories in men aged 71 years or older living in Western Australia: results from the Health in Men Study
Trevenen M et al
JAMDA 27 (9) 106370
10.1016/j.jamda.2026.106370

Frailty is associated with lower-limb osteoarthritis incidence over six-years regardless of sex and type of frailty index in the Canadian longitudinal study on aging
Halliwell C et al
Osteoarthritis and Cartilage Open 8 (3) 100827
10.1016/j.jamda.2026.106370 1525-8

The evolving landscape of frailty research in geriatric surgery: a bibliometric analysis
Celik K et al
Perioperative Care & Operating Room Management 44 (2026) 100709
10.1016/j.pcorm.2026.100709

The "Domino Effect": functional decline and increased social care requirements following a fall
Briggs R et al
JAMDA 27 (8) 106324
10.1016/j.jamda.2026.106324

Falls and frailty transitions in older adults: a multi-state analysis of a national longitudinal cohort
Liu Y et al
Journal of Nutrition, Health and Aging 30 (8) 100908
10.1016/j.jnha.2026.100908

Phenotypes of frailty and their mortality and disability implications
Suarez P et al
Journal of Frailty & Aging 15 (4) 100164
10.1016/j.tjfa.2026.100164

Exercise to prevent falls in older adults with physical frailty: a systematic review and meta-analysis
Mehta P et al
Journal of Frailty & Aging 15 (4) 100187
10.1016/j.tjfa.2026.100187

The rate of and risk factors for falls among patients with cirrhosis: a multicenter study
Obayemi J et al
Hepatology Communications 10 (9) e1019
10.1097/HC9.0000000000001019

Orthostatic hypotension and adverse outcomes in prefrail and frail older adults: the potential role of anticholinergic burden
Demireas Z et al
JAMDA 27 (9) 106407
10.1016/j.jamda.2026.106407