



# Falls and Frailty bulletin

## May 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

### **Frailty, loneliness and social isolation in older adults: a holistic approach for district nursing**

Halpin F et al

British Journal of Community Nursing 31 (5) 228-233

10.12968/bjcn.2025.0177

### **The synergy of cognitive impairment and physical frailty on fall risk in older adults: A memory clinic-based study**

Maeshima S et al

Geriatrics & Gerontology International 26 (3) 1-3

10.1111/ggi.70451

### **Validation of an instrumental device to estimate the risk of falls and frailty in older people**

Marti-Marco E et al

Sensors 26 (8) 2472

10.3390/s26082472

### **Frailty, disability and comorbidity in Multiple Sclerosis: overlap and distinct associations with quality of life and falls**

Zanotto T et al

Multiple Sclerosis and Related Disorders 108 (2026) 107043

10.1016/j.msard.2026.107043



**Associations of frailty and cognitive impairment with fall risk in older adults: a longitudinal cohort study based on CHARLS**

Zhou K et al

BMC Geriatrics 26 (1) 569

10.1186/s12877-026-07332-x

**Enhancing mobility and reducing falls in frail older adults with Vivifrail Training Guidance in an integrated care model**

Su, Wei Cheng et al

International Journal of Gerontology 20 (2) 110-116

10.6890/IJGE.202604\_20(2).0005

**Lifestyle factors, including physical activity status, associated with fragility fractures and falls: a cross-sectional study**

Iwamae M et al

BMC Geriatrics 26 (1) 618

10.1186/s12877-026-07344-7

**Frailty and osteosarcopenia in older men: a hidden vulnerability**

Ozer Y et al

BMC Geriatrics 26 (1) 477

10.1186/s12877-026-07287-z

**Multidisciplinary interventions and outcomes of the Geriatric Faller Protocol in an emergency diagnostic treatment unit: an internal audit**

Tan H et al

Singapore Medical Journal 67 (4) 224-231

10.4103/singaporemedj.SMJ-2025-145

**Effects of dual-task versus multicomponent exercise programs on fear of falling and fall risk in institutionalized older adults: a randomized controlled trial**

Pereira D et al

Healthcare 14 (8) 981

10.3390/healthcare14080981

**HQ7: Does exercise prevent the onset and progression of frailty in older adults? English translation of the Japanese Guideline for Digital Health for the Prevention and Improvement of Sarcopenia and Frailty**

Sugimoto K et al

Geriatrics & Gerontology International 26 (Supp 1) 68-70

10.1111/ggi.70295