

# Outputs from implementation studies of the Falls Management Exercise (FaME) programme



**Publications**



**FaME Value Proposition**



**FaME Toolkit**

# Publications about the implementation of the Falls Management Exercise (FaME) programme



## Publications from the FLEXI (FaLLs EXercise Implementation) Study

Manning et al. Mediators implementation and delivery: the falls management exercise programme (FaME). BMC Health Services Research (2025) <https://doi.org/10.1186/s12913-025-13550-7>



Ventre et al. Factors influencing fall prevention programmes across three regions of the UK: the challenge of implementing and spreading the Falls Management Exercise (FaME) programme in a complex landscape. Age Ageing (2025)

<https://doi.org/10.1093/ageing/afaf083>

## Publications from the Keeping Active study

Maula et al. Use it or lose it: a qualitative study of the maintenance of physical activity in older adults. *BMC Geriatr* (2019). <https://doi.org/10.1186/s12877-019-1366-x>



Kendrick et al. Keeping active: maintenance of physical activity after exercise programmes for older adults. *Public Health*. 2018

<https://doi.org/10.1016/j.puhe.2018.08.003>

Lafond et al. 'We got more than we expected.' Older people's experiences of falls-prevention exercise interventions and implications for practice; a qualitative study *Primary Health Care Research & Development*. 2019 <https://doi.org/10.1017/S1463423619000379>



## Publications from the Keeping Adults Physically Active (KAPA) study

Audsley et al. A randomised feasibility study assessing an intervention to keep adults physically active after falls management exercise programmes end. *Pilot Feasibility* (2020)

<https://doi.org/10.1186/s40814-020-00570-9>



## Publications from the Physical Activity Implementation Study in Community-Dwelling Adults (PhISICAL)



Orton et al. Communities of Practice (CoP) - a public health tool for facilitating implementation of research into practice for a falls prevention exercise intervention; an ethnographic study.

<https://doi.org/10.25878/sk5k-v423>

Singh et al. Mixed-methods evaluation of the Falls Management Exercise (FaME) Programme Implementation Toolkit. 2024

<https://doi.org/10.25878/wn5a-1b58>



Gumber et al. 'It is designed for everybody to find their own level and to improve themselves'; views of older people and instructors of the Falls Management Exercise (FaME) programme. *Age Ageing*. 2022 <https://doi.org/10.1093/ageing/afac023>

Orton et al. 'Real world' effectiveness of the Falls Management Exercise (FaME) programme: an implementation study, *Age and Ageing*, 2021 <https://doi.org/10.1093/ageing/afaa288>



Orton et al. Implementation fidelity of the Falls Management Exercise Programme: a mixed methods analysis using a conceptual framework for implementation fidelity. *Public Health*. 2021 <https://doi.org/10.1016/j.puhe.2021.05.038>

Timblin et al. A logic model for the implementation of a falls management exercise Programme. East Midlands Research into Ageing Network Discussion Paper Series 2018.

<https://www.nottingham.ac.uk/emran/documents/issue-21-emran-jul-2018.pdf>

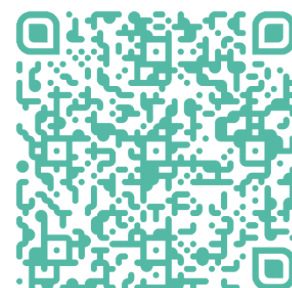


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## FaME Value Proposition

<https://www.nottingham.ac.uk/Research/Groups/InjuryResearch/Documents/FaME/FaME-Infographic-PDF-FINAL-V.04.pdf>



## Access the FaME Toolkit

<https://arc-em.nihr.ac.uk/arc-store-resources/falls-management-exercise-fame-implementation-toolkit>

