

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



FaME Value Proposition



Publications



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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[https://www.nottingham.ac.uk/Research/Groups/InjuryResearch/](https://www.nottingham.ac.uk/Research/Groups/InjuryResearch/Documents/FaME/FaME-Infographic-PDF-FINAL-V.04.pdf)
[Documents/FaME/FaME-Infographic-PDF-FINAL-V.04.pdf](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-](https://arc-em.nihr.ac.uk/arc-store-resources/falls-management-exercise-fame-implementation-toolkit)
[exercise-fame-implementation-toolkit](https://arc-em.nihr.ac.uk/arc-store-resources/falls-management-exercise-fame-implementation-toolkit)

