

This reading list accompanies the SPSP Acute Adult Webinar **Falls: Time for Movement**. It is split into two sections: **recommended reading and resources** and **further reading**.

Recommended reading and resources

Journal articles

- Baldwin C, Phillips AC, Edney SM, Lewis LK. [Recommendations for older adults' physical activity and sedentary behaviour during hospitalisation for an acute medical illness: an international Delphi study](#). Int J Behav Nutr Phys Act. 2020;17(69)
- Chastin SFM, Harvey JA, Dall PM, McNally L, Mavroei A, Skelton DA. [Beyond #EndPJParalysis, tackling sedentary behaviour in healthcare](#). AIMS Med Sci. 2019;6(1):67-75
- Harvey JA, Chastin SFM, Skelton DA. [Breaking sedentary behaviour has the potential to increase/maintain function in older adults](#). Journal of Frailty, Sarcopenia & Falls. 2018;3(1):26-34
- Harvey J, Chastin SFM, Skelton DA. [What happened to my legs when I broke my arm?](#) AIMS Med Sci. 2018;5(3):252-8
- Harvey JA, McBain JR, Cameron H. [A survey of therapist views on reducing sedentary behaviour in an acute clinical setting](#). AIMS Med Sci. 2018;5(4):370-7
- Kanavaki, AM, Rushton, A, Efstathiou, N, Alrushud, A, Klocke, R, Abhishek, A, Duda, JL. [Barriers and facilitators of physical activity in knee and hip osteoarthritis: a systematic review of qualitative evidence](#). BMJ Open. 2017; 7(12): e017042
- Mavroei A, McNally L, Tomasella F, Dall PM, Skelton DA. [An explorative study of current strategies to reduce sedentary behaviour in hospital wards](#). AIMS Med Sci. 2019;6(4):285-95

Guidance and Reports

- Physiological Society, Centre for Ageing Better. A National Post-Pandemic Resilience Programme: Supporting older adults to recover from the pandemic. 2021 [cited 2022 Feb 11]; Available from: <https://static.physoc.org/app/uploads/2021/12/15170209/National-Post-Pandemic-Resilience-Programme.pdf>
- Public Health England. COVID-19: wider impacts on people aged 65 and over [online]. 2021 [cited 2022 Feb 11]; Available from: <https://www.gov.uk/government/publications/covid-19-wider-impacts-on-people-aged-65-and-over>

Websites and online resources

- Posters for staff to use on wards can be found on the [#EndPJ paralysis](#) website.
- Posters and other downloadable resources to support movement can be found on the [Care about Physical Activity](#) website.
- An online learning course is now available for all care staff: [Supporting older people to live active, healthy lives](#).
- Presentation slides from a previous webinar by the National Falls Prevention Coordination Group on [overcoming deconditioning and falls prevention during the COVID 19 pandemic](#).

Further reading

Journal articles

- Conijn D, van Bodegom-Vos L, Volker WG, Mertens B, Vermeulen HM, Huurman V, *et al.* [A multicomponent intervention to decrease sedentary time during hospitalization: a quasi-experimental pilot study](#). Clin Rehabil. 2020;34(7):901-15
- De Biase S, Cook L, Skelton DA, Witham M, ten Hove R. [The COVID-19 rehabilitation pandemic](#). Age and Ageing. 2020;49(5):696–700
- Harvey J, Cameron H. [Evaluation of the co-production of Active Wards Principles in an inpatients setting: Staff development from using person-centred practice development](#). Int Practice Development Journal. 2021;11(1):8
- Jasper U, Yadav L, Dollard J, Jadcak AD, Yu S, Visvanathan R. [Sedentary Behaviour in Hospitalised Older People: A Scoping Review](#). Int J Environ Res Public Health. 2020;17(24)
- Kirk AG, Behm KJ, Kimmel LA, Ekegren CL. [Levels of Physical Activity and Sedentary Behavior During and After Hospitalization: A Systematic Review](#). Arch Phys Med Rehabil. 2021;102(7):1368-78
- Koenders N, Potkamp-Kloppers S, Geurts Y, Akkermans R, Nijhuis-van der Sanden MWG, Hoogeboom TJ. [Ban Bedcentricity: A Multifaceted Innovation to Reduce Sedentary Behavior of Patients During the Hospital Stay](#). Phys Ther. 2021;101(7)
- Moreno NA, de Aquino BG, Garcia IF, Tavares LS, Costa LF, Giacomassi IWS, *et al.* [Physiotherapist advice to older inpatients about the importance of staying physically active during hospitalisation reduces sedentary time, increases daily steps and preserves mobility: a randomised trial](#). J Physiother. 2019;65(4):208-14
- Morton L, Cogan N, Kornfält S, Porter Z, Georgiadis E. [Baring all: the impact of the hospital gown on patient well-being](#) Br J Health Psychol. 2020;25(3):452-473
- Scott J, Abaraogu UO, Ellis G, Giné-Garriga M, Skelton DA. [A systematic review of the physical activity levels of acutely ill older adults in Hospital At Home settings: an under-researched field](#). Eur Geriatr Med. 2021;12(2):227-38
- Stutzbach J, Jones J, Taber A, Recicar J, Burke RE, Stevens-Lapsley J. [Systems Approach Is Needed for In-Hospital Mobility: A Qualitative Metasynthesis of Patient and Clinician Perspectives](#). Arch Phys Med Rehabil. 2021;102(5):984-98