Outlook

Confirmation of presentation: Abstract 4513 at 3rd World Falls Congress 2026

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Abstract - Confirmation of Abstract Presentation 4513 From Clinical Theory to User Reality: A Multi-Phase Co-design protocol of an Analog Serious Game for Fall Prevention

Dear Dr Ana Tomé,

Many thanks for submitting and presenting your abstract, **4513** From Clinical Theory to User Reality: A Multi-Phase Co-design protocol of an Analog Serious Game for Fall Prevention at 3rd World Falls Congress 2026 from 24th June 2026 12:00 PM to 26th June 2026 5:30 PM

This is confirmation that the abstract at this meeting has been presented by the authors A Tome1,2;M Rosa2,3;S Pais4; MT Tomás5,6;Fontes1,7

As the **submitting author** and the main point of contact, this stands as confirmation of your abstract being presented and should be forwarded on to your colleagues involved in the research for their records. We will not issue a certificate in addition to this letter.

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This research and its presentation at this conference is a recognised CPD activity and may be of use to record also the time spent preparing in your portfolio for evidence of your interest in geriatric medicine as a specialty, revalidation or appraisal purposes.

The details of the abstract presented were:

Abstract ID : 4513

Abstract title : From Clinical Theory to User Reality: A Multi-Phase Co-design protocol of an Analog Serious Game for Fall Prevention

Abstract Author Name : A Tome1,2;M Rosa2,3;S Pais4; MT Tomás5,6;Fontes1,7

Abstract Provenance : 1. Universidade do Algarve; 2. CiteChare, Centro de Inovação em Tecnologias e Cuidados de Saúde -Instituto Politécnico de Leiria; 3. Escola Superior de Saúde - Instituto Politécnico de Leiria; 4.Universidade de Évora - Comprehensive Health Research Centre; 5. H&TRC- Health & Technology Research Center; 6. Escola Superior de Tecnologia da Saúde, Instituto Politécnico de Lisboa; 7. Centro Interdisciplinar de Ciências Sociais –Universidade Nova de Lisboa

Abstract Category : SP - Scientific Presentation

Abstract Subcategory : SP- Planned and ongoing trials

Abstract Prize Eligibility :

Abstract Content :

Introduction: Developing serious games for geriatric rehabilitation requires bridging the gap between clinical guidelines and user engagement. This study presents a novel methodological protocol used in the co-development of an analog serious game for fall prevention in older adults. The objective was to validate a comprehensive co-design framework that integrates multidisciplinary stakeholder insights with end-user creativity through a sequential, participatory methodology, ensuring both clinical fidelity and high playability.

Methods: A multi-phase qualitative exploratory study was conducted in Southern Portugal using a participatory design approach. Phase 1 involved focus groups with a multidisciplinary panel of stakeholders. Narratives were analyzed using a dual-coding matrix combining the *International Classification of Functioning*(ICF) to define therapeutic targets and the *Mechanics-Dynamics-Aesthetics* (MDA) framework to translate them into game rules. Phase 2 applied these findings in collaborative workshops with community-dwelling older adults (≥65 years). This phase followed a structured five-stage protocol: Literacy, Ideation, Prototyping, Testing, and Validation, designed to refine the game mechanics based on user interaction, motivation, and playfulness.

Results: The protocol successfully facilitated the translation of complex clinical constraints into accessible game mechanics. Phase 1 analysis mapped clinical needs to specific MDA components, establishing safety parameters for dual tasking. Phase 2 workshops demonstrated that the structured protocol empowered older adults to validate these mechanics while prioritizing "Aesthetics" (social interaction and fellowship) over competitive dynamics. The process culminated in a validated analog board game prototype that integrates essential training elements (strength, balance, attention) within a nature-themed narrative, confirming the protocol's efficacy in aligning clinical requirements with user preferences.

Conclusion: This study validates a "translation protocol" for serious games development. By synergizing focus group perspective, (via ICF and MDA analysis) with a structured user co-creation pipeline, we established a blueprint that ensures the intervention is clinically grounded in fall risk factors yet intrinsically motivating.

Please contact abstracts@bgs.org.uk with any questions

Regards

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