Outlook

Confirmation of presentation: Abstract 4487 at 3rd World Falls Congress 2026

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Data ter, 30/06/2026 14:08
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Abstract - Confirmation of Abstract Presentation 4487 Hidden Risks in Active Ageing: Executive Dysfunction, Polypharmacy, and Fall Risk in Senior University Students – A Cross-Sectio

Dear Dr Ana Tomé,

Many thanks for submitting and presenting your abstract, **4487** Hidden Risks in Active Ageing: Executive Dysfunction, Polypharmacy, and Fall Risk in Senior University Students – A Cross-Sectio 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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The details of the abstract presented were:

Abstract ID : 4487

Abstract title : Hidden Risks in Active Ageing: Executive Dysfunction, Polypharmacy, and Fall Risk in Senior University Students – A Cross-Sectio

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 - Epid (epidemiology)

Abstract Prize Eligibility :

Abstract Content :

Introduction: Participation in Senior University programs is often viewed as a proxy for active and healthy ageing. However, the prevalence of geriatric syndromes in this specific population—particularly fall risk associated with executive decline and polypharmacy burden—remains under-characterized. This study aimed to phenotype the fall risk profile by analyzing the interplay between physical, cognitive, and extrinsic determinants in a cohort of community-dwelling older adults in Southern Portugal.

Methods: A cross-sectional analytical study was conducted with community-dwelling individuals aged ≥65 years. The screening protocol included the collection of sociodemographic and clinical data (fall history, comorbidities, therapeutic profile) and a multidimensional functional assessment: fear of falling (Falls Efficacy Scale-International, FES-I), dual-task mobility (Timed Up and Go-Cognitive, TUGc) and executive function (Frontal Assessment Battery, FAB). Descriptive and inferential statistical analyses were performed to identify risk patterns.

Results: Sample comprised 128 participants with a mean age of 74.49 ± 5.6 years (95% CI:

74.17–75.81). 39.7% reported falling in the previous year. Predominant comorbidities included hypertension (54.8%), osteoarthritis (31.0%), cardiac disease (20.5%), and anxiety/depression (28.0%). 41.4% of participants reported Polypharmacy (≥4 drugs). Functional markers revealed critical discrepancies: while only 19.5% presented high physical risk on the TUGc (≥13.5 s), a significantly higher proportion demonstrated neuropsychological vulnerability. Specifically, 28.8% and 45.2% exhibited moderate and marked executive dysfunction, respectively, and 98.6% expressed high fear of falling. A significant correlation was observed between executive dysfunction and higher levels of fear of falling.

Conclusions: Data reveal a "hidden" risk profile in socially active older adults: although independent in the community, they present a high burden of polypharmacy and executive dysfunction—factors that potentiate fall risk These findings suggest that prevention strategies in Senior Universities must integrate multicomponent strategies

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Regards

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