



UNIVERSITY
OF WOLLONGONG
AUSTRALIA

University of Wollongong
Research Online

Faculty of Science, Medicine and Health - Papers

Faculty of Science, Medicine and Health

2015

An evidence-based physical exercise protocol for people living with dementia in nursing homes

Lindsey Brett

University of Wollongong, lkb267@uowmail.edu.au

Victoria Traynor

University of Wollongong, vtraynor@uow.edu.au

Paul J. Stapley

University of Wollongong, pstapley@uow.edu.au

Shahla Meedya

University of Wollongong, smeedya@uow.edu.au

Publication Details

Brett, L., Traynor, V., Stapley, P. & Meedya, S. (2015). An evidence-based physical exercise protocol for people living with dementia in nursing homes. 25th Alzheimer Europe Conference: Abstract Book (pp. 27-27). Slovenia: Alzheimer Europe.

Research Online is the open access institutional repository for the University of Wollongong. For further information contact the UOW Library:
research-pubs@uow.edu.au

An evidence-based physical exercise protocol for people living with dementia in nursing homes

Abstract

Abstract of a presentation at the 25th Alzheimer Europe Conference: Dementia: putting strategies and research into practice, Ljubljana, Slovenia, 2-4 September 2015.

Disciplines

Medicine and Health Sciences | Social and Behavioral Sciences

Publication Details

Brett, L., Traynor, V., Stapley, P. & Meedy, S. (2015). An evidence-based physical exercise protocol for people living with dementia in nursing homes. 25th Alzheimer Europe Conference: Abstract Book (pp. 27-27). Slovenia: Alzheimer Europe.

people living with a dementia in residential accommodation by a physiotherapy doctoral candidate in South Australia.

Findings: The physical activity protocol consisted of a range of physical mobility activities (strength, balance, endurance and flexibility) for two groups of participants: (i) physically active individuals and (ii) individuals participating in sitting activities. This ensured most people with a dementia were eligible to participate in the study. The effectiveness of the protocol was tested through a randomised controlled trial. The health outcome measures were a range of mobility measures and well-being was measured using the Cohen-Mansfield Agitation Inventory.

Conclusion: An evidence-based physical activity protocol for people living with a dementia in residential accommodation was implemented and tested using a randomised controlled trial. The findings identified the strength, balance, endurance and flexibility physical activities which are specifically effective for: (i) physically active individuals and (ii) individuals participating in sitting activities. The findings are being implemented by the doctoral candidate as she continues her work as a physiotherapist with people living with a dementia in residential accommodation.

P10.4. An evidence-based physical exercise protocol for people living with dementia in nursing homes

BRETT Lindsey, TRAYNOR Victoria, STAPLEY Paul, MEEDYA Shahla

Background: Physical activity has many benefits for older people but there is limited evidence evaluating the specific benefit for people with a dementia, in particular for those living in residential accommodation. This makes it difficult to determine the optimum parameters of physical activity for this population.

Aim: To present a protocol of a physical activity study which tested the effects of an intervention on health outcomes and the well-being of people living with a dementia in residential accommodation. The protocol was generated from a systematic review of physical activity interventions with people living with a dementia.

Method: The systematic review was used to develop an evidence based protocol for a physical activity intervention undertaken with