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An evidence-based physical activity 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

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

Lindsey Brett, Associate Professor Victoria Traynor, Associate Professor Paul Stapley, Dr Shahla Meedya

1: University of Wollongong

Contact for further details: lkb267@uowmail.edu.au

Aim
Evaluate an evidence-based, physiotherapist-led physical activity intervention on people living with a dementia in nursing homes, specifically the effects of the frequency and duration on agitation and physical performance.

Background
A Systematic review on the effect of physical exercise on health and well being of individuals living with a dementia in nursing homes informed research design:
- Positive effect on cognition, agitation, mood, mobility and functional ability
- Multimodal approach targeting strength, balance and endurance most beneficial
- Further high quality studies required
- Optimum parameters not yet determined

Randomisation process for people living with dementia

- Able to mobilise with or without assistance
- Able to participate in chair based exercises only

Physical activity group 1
(45min, 1x wk + usual care)

Physical activity group 2
(15min, 3x wk + usual care)

Control group
(usual care)

Participants and Intervention

People living with dementia

Staff and family carers

Control Group
	Conducted by Physiotherapist
	Strength, balance, endurance and flexibility
	+ usual care

Usual care
	Conducted by staff

Seated exercise class, carpet bowls and ‘armchair’ activities

Sample and Setting
People living with dementia (n=60) in 2 South Australian nursing homes

Outcome Measures

Cohen-Mansfield Agitation Inventory

6m Walk Test, 5 Times Sit to Stand Test, (Modified) Functional Reach Test, Timed Static Pedalling

Expected outcome and implications to practice
- Evidence-based physical activity suitable for individuals living with dementia in nursing homes
- Easily replicable in similar settings
- Help improve quality of life of people living with dementia
- Provide evidence to help determine optimum parameters

Statistical Analysis
- ITT analysis = strengthen results
- Descriptive and inferential statistics
- Content analysis

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