physical therapy treatment in elder adults? A systematic review Does patient-therapist communication change the effect of

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Aim

effect of physical therapy treatment to increase the physical activity level of elderly. This study aims to investigate the additional value of elderly-therapist communication on the

Conclusion

goals. and improve elder adult's confidence of performing physical activities above setting behaviora Although the level of evidence is low, in older adults, it is recommended to repeat easy tasks

Background

treatment. One of the common factors is exercise therapies to increase physical physical activity.¹ Previous studies showed a called common parts of a physical therapy therapies it is interesting to look at the soactivity levels. To enhance the effect of these positive effect of a diversity of types of physical therapist may be to increase therapist is high. One of the reasons to visit a The prevalence of elderly visiting a physical

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Healthy ageing

Level of evidence GRADE approach

feeding language activity adequate nutrition fraity functional support care

patient-therapist communication

Methods

Quality assessments PEDro-scale plus elderly-therapeutic communication. Interventions group comparable exercise Elder adults were at least 60 years old Between January 1980 and August 2016 Psychinfo, Amed, and Pedro A systematic review of RCT's and CCT's. Change Technique Taxonomy Interventions were classified to Behavior Control group must comprise exercise Pubmed, Embase, Cinahl, Cochrane Trial

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reard solarow afferences CHP-106.45 + 1 = 0 = 0.02 + 200 Fig. 1 Forest plot. The overall effect of all included additional communication interventions above exercise compared to exercise alone on performed physical activity. *pooled treatment effects

Results

Pedro scores 3-8 skeletal dysfunction, 1 stroke, 1 COPD. 12 Studies included (n= 1101); 10 musculo-

strength) (fig.1) physical activity (walking, TUG, muscle activity; No effect on performance-based Very small effect on self-reported physica High-quality evidence outcome measure:

techniques such as goal setting (fig. 2). small effect that favors other behavioral Low-quality evidence intervention: Repetition to improve confidence showed a

Intervention

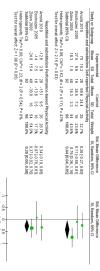


Fig 2. Forest plot. The overall effect of specific Behavioral Change Techniques above exercise compared to exercise alone on physical activity. "pooled treatment effects

Chif = 0.38, df = 1 (P = 0.54), P = 09

Discussion

Behavior Change Techniques Recommended to study effects of specific against performance-based outcomes Sensitivity to change of self-performed Clinical relevance of small effect sizes

References

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