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Measuring the effects of physical activity on individuals living with a dementia in residential accommodation: a systematic review of RCTs

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

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Abstract

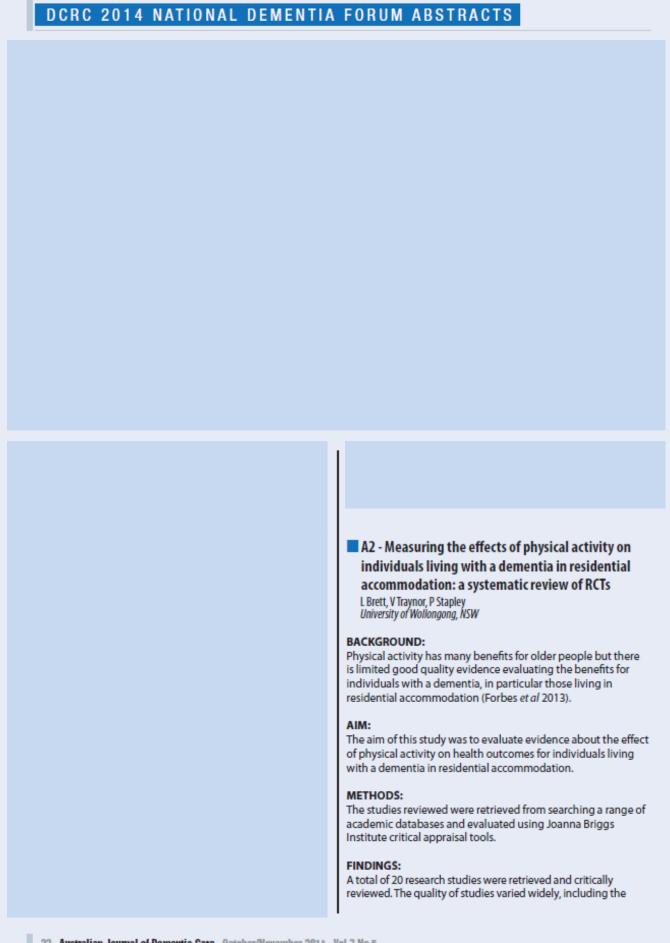
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Medicine and Health Sciences | Social and Behavioral Sciences

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DCRC 2014 NATIONAL DEMENTIA FORUM ABSTRACTS

methods, type of intervention and outcome measures used. Many studies were multi-component exercise programs, though the actual activities and parameters of each program varied greatly. Outcome measures most commonly considered were cognition (n=13), physical ability (n=8), functional ability (n=5), and/or mood (n=5). There were positive effects associated with the uptake of physical activity by individuals living with a dementia in residential accommodation, such as improvement in physical ability (6m walking speed: 0.33 to 0.65 m/sec in two studies), functional ability (Barthel Index: 34 to 42 in one study) and cognitive ability (Clock Drawing Test: 3.5 to 4.1 in one study). Limitations of the studies included small sample size, short duration and lack of detail about the study design. Further research is required to improve the quality of study design and provide evidence to support and enhance the	
current findings to enable professionals working in this area to implement successful physical activity programs. The results from this literature review are informing the physical activity intervention implemented and evaluated as part of a PhD study undertaken by the first author for individuals with a dementia in residential accommodation.	