



Aging & Chronic Diseases

Multifactorial treatment for frailty and mobility in elderly

On what factors does treatment success depend?

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Multifactorial intervention can improve frailty and mobility in older people. In a recent study, one such intervention was individualised to each participant's needs. Delivered by a team including 2 physiotherapists, a dietician and a geriatrician (coordinated by a physiotherapist), all participants received 10 physiotherapy home visits and a home exercise program consisting of lower limb strength and balance exercises to be completed 3 to 5 times per week for 12 months. Some participants received dietician management. Medical management included medication review.

However, the frail older people in the study were poorly compliant with the intervention. Reanalysis of the data showed that the effect of the intervention among those who complied with their allocated treatments was more than twice as great as the average effect among all trial participants.

Further studies are needed to determine methods to increase uptake of interventions among frail older people, but physiotherapists could start by using the estimate generated by this study to advise frail older patients that they will benefit much more from exercise, dietary and other interventions if they comply with them as prescribed.



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