

CAHMR RESEARCH SEMINAR

Evaluating the Impact of Tele-Exercise Programmes on Physical Function in Older Adults at Risk of Falls: Preliminary Findings

Date : 10 January 2024 (Wednesday)
Time : 10:30 am to 12:30 pm (HKT)
Mode : - Room 705, PolyU Hung Hom
Bay Campus
- Online (Zoom)



To register, scan the
QR code or click [here](#)

Speaker

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Moderator

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Abstract

This presentation focuses on the preliminary findings of a 3-month single-blind, randomized controlled trial (RCT) aimed at evaluating the effectiveness of tele-exercise (TE) programmes compared to community-based group (CB) interventions in improving the physical function of older adults at risk of falls. Participants were recruited from community centres in Hong Kong and underwent exercise training either online (TE) or face-to-face (CB), based on the Otago Exercise Programme, three times per week for the duration of 3 months. Various outcome measures, including the Chinese version of Fall Efficacy Scale-International (FES-I), 6-meter walk test, Time Up and Go Test, Berg Balance Scale, and functional reach test, were assessed at baseline and post-intervention. Preliminary data indicates that both TE and CB exercise training led to improvements in physical function, albeit with different focus areas.