

Research

A multifactorial intervention for frail older people is more than twice as effective among those who are compliant: complier average causal effect analysis of a randomised trial

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KEY WORDS

Compliance
Heterogeneity
Frail elderly
Randomised controlled trial
Exercise



ABSTRACT

Question: What is the effect of a multifactorial intervention on frailty and mobility in frail older people who comply with their allocated treatment? **Design:** Secondary analysis of a randomised, controlled trial to derive an estimate of complier average causal effect (CACE) of treatment. **Participants:** A total of 241 frail community-dwelling people aged ≥ 70 years. **Interventions:** Intervention participants received a 12-month multidisciplinary intervention targeting frailty, with home exercise as an important component. Control participants received usual care. **Outcome measures:** Primary outcomes were frailty, assessed using the Cardiovascular Health Study criteria (range 0 to 5 criteria), and mobility measured using the 12-point Short Physical Performance Battery. Outcomes were assessed 12 months after randomisation. The treating physiotherapists evaluated the amount of treatment received on a 5-point scale. **Results:** 216 participants (90%) complied with the study. The median amount of treatment received was 25 to 30% (range 0 to 100). The CACE (ie, the effect of treatment in participants compliant with allocation) was to reduce frailty by 1.0 frailty criteria (95% CI 0.4 to 1.5) and increase mobility by 3.2 points (95% CI 1.8 to 4.6) at 12 months. The mean CACE was substantially larger than the intention-to-treat effect, which was to reduce frailty by 0.4 frailty criteria (95% CI 0.1 to 0.7) and increase mobility by 1.4 points (95% CI 0.8 to 2.1) at 12 months. **Conclusion:** Overall, compliance was low in this group of frail people. The effect of the treatment on participants who comply with allocated treatment was substantially greater than the effect of allocation on all trial participants. **Trial registration:** Australian and New Zealand Trial Registry ACTRN126080002350336. [Fairhall N, Sherrington C, Cameron ID, Kurle SE, Lord SR, Lockwood K, Herbert RD (2016). A multifactorial intervention for frail older people is more than twice as effective among those who are compliant: complier average causal effect analysis of a randomised trial. *Journal of Physiotherapy* 63: 40–48]

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Introduction

The number and proportion of older people in the global population are rapidly rising.¹ Frailty and mobility impairment increase the risk of dependence, hospitalisation and death in older people.^{2,3} Interventions that reduce frailty and improve mobility have the potential to benefit older people and society.⁴

The recommended primary approach to analysis of randomised, controlled trials is analysis by intention-to-treat.⁵ Clinical trials in frail older people are particularly affected by variable compliance to treatment; some people randomised to the intervention group will not undertake the intended treatment and some will undertake part or all of the treatment.^{6,7} A range of statistical techniques can provide estimates of the average causal treatment effect among compliant participants.^{7,8} The framework and assumptions of these techniques have been described in detail

elsewhere.⁹ Briefly, we assume that at the start of a trial all participants have an unobservable unmeasured trait that determines whether or not they will comply with the allocated treatment. As randomisation results in the expectation of an equal distribution of compliers and non-compliers to the intervention and control groups, we can observe the proportion of compliers and non-compliers in the treatment group and infer the proportions in the control group. Herein we use the term *complier* to describe a participant who undertakes treatment if allocated to the treatment group and does not undertake treatment if allocated to the control group. The term *treatment received* is used to describe the observed amount of treatment undertaken by trial participants.

In our randomised, controlled trial of 241 frail older people, the intention-to-treat analysis demonstrated that the multifactorial intervention caused worthwhile improvements in frailty and mobility, compared to usual care.¹⁰ The effect of actually

More Than Movefit To Frail Older

**Haibach, Pamela, Reid, Greg, Collier,
Douglas**

More Than Movefit To Frail Older:

More Than Movement for Fit to Frail Older Adults Pauline P. Fisher, 1995 This practical resource uses dance art poetry sensory training and intergenerational games to encourage movement among older adults of varying abilities. Filled with ideas for stimulating creativity motivating body movement and fostering a sense of physical emotional and spiritual well being. More than Movement for Fit to Frail Older Adults is an indispensable tool that makes group activities fun and rewarding. Valuable guidelines are provided for helping clients sharpen perceptual skills reawaken senses and increase social interaction rediscover creativity and share oral histories master relaxation and stress management techniques improve balance flexibility and strength and enhance joint articulation and range of motion. Professionals in adult day care centers senior centers nursing homes and other group settings will benefit from the easy to lead activities and the wealth of ideas for working with older adults.

Working with Elderly People A. Murphy, 2015-04-28 Care staff and voluntary workers in day centres and residential homes for elderly people have often expressed a need for a comprehensive readable book to guide them through their first days and help them cope with any problems that may arise. This practical and imaginative handbook draws on the long experience of an occupational therapist working with elderly people in day centres. It provides a fund of advice on caring for people who may be frail have communication difficulties or mobility problems. It describes how to design and organise a centre how to use mobility aids and handle wheelchairs how to move old people and adjust their hearing aids. The author even explains how to repair a wheelchair in an emergency. The second part of the book describes a huge range of stimulating activities from craftwork and games to cookery music and gardening outings and exchanging reminiscences. Old people left with nothing to do rapidly lose their mental agility and interest in life. With a little encouragement despite any disabilities they can continue to acquire new interests and play a useful role in the community and the materials and resources needed will often be donated or acquired very cheaply. The fully updated second edition is copiously illustrated with practical line drawings and there is an extensive appendix providing useful addresses helpful books and a listing of some of the conditions that may affect elderly people.

[Brocklehurst's Textbook of Geriatric Medicine and Gerontology E-Book](#)
Howard M. Fillit, Kenneth Rockwood, John B Young, 2016-05-06 The leading reference in the field of geriatric care. Brocklehurst's Textbook of Geriatric Medicine and Gerontology 8th Edition provides a contemporary global perspective on topics of importance to today's gerontologists internal medicine physicians and family doctors. An increased focus on frailty along with coverage of key issues in gerontology disease specific geriatrics and complex syndromes specific to the elderly makes this 8th Edition the reference you'll turn to in order to meet the unique challenges posed by this growing patient population. Consistent discussions of clinical manifestations diagnosis prevention treatment and more make reference quick and easy. More than 250 figures including algorithms photographs and tables complement the text and help you find what you need on a given condition. Clinical relevance of the latest scientific findings helps you easily apply the material to

everyday practice A new chapter on frailty plus an emphasis on frailty throughout the book addresses the complex medical and social issues that affect care and the specific knowledge and skills essential for meeting your patients complex needs New content brings you up to date with information on gerontechnology emergency and pre hospital care HIV and aging intensive treatment of older adults telemedicine the built environment and transcultural geriatrics New editor Professor John Young brings a fresh perspective and unique expertise to this edition **Still Kicking** Abby V. Brown-Watson,1999 Still Kicking reveals a proven approach to improving the health and outlook of frail older adults living in the community or a facility This practical guide provides all the tools needed to start and run your own restorative group program Includes step by step instructions for 58 support group activities and 71 physical exercises and games Plus find advice on how to design your own program decide whom the program should serve recruit train group leaders and prepare older adults for the group experience You can easily adapt this simple cost effective model to various settings including church congregations retirement homes senior centers assisted living and nursing and rehabilitation facilities

The Positive Interactions

Program of Activities for People with Alzheimer's Disease Sylvia Nissenboim,Christine Vroman,1997 For too long caregiving has been done to people with Alzheimer s disease on the assumption they can no longer do anything for themselves But increasingly care providers are recognizing how much can be done with someone with dementia that activities and interactions can be enjoyable for both care receiver and caregiver The Positive Interactions Program of Activities for People with Alzheimer s Disease outlines an individualized approach that helps you customize your activities to the existing needs and abilities of a person at any stage in the disease Featuring 92 step by step activities for immediate implementation this book also provides valuable communication tips that promote positive interactions in each of four categories creative arts daily living skills physical exercise and sensory experiences Professionals in a range of settings activity directors social workers home health caregivers nurses nursing assistants and volunteers as well as family caregivers can use this activity program to enhance the quality of life of someone in their care

Dance/movement Therapy Fran J.

Levy,National Dance Association,American Alliance for Health, Physical Education, Recreation, and Dance,2005 This book examines the field of dance therapy from its inception in the 1940 s to the present A detailed analysis is conducted of the theory and practice of the major pioneers The book covers biographical reports and the influence of many dance therapy leaders Laban Movement Analysis LMA is discussed as well as dance therapy in specific patient client settings Appended are 1 listing of survey respondents 2 information on the American Dance Therapy Association and 3 the Dance Therapy questionnaire A 34 page bibliography is included **The Cumulative Book Index** ,1996 A world list of books in the English language **The Best Friends Approach to Alzheimer's Care** Virginia Bell,David Troxel,2003 The Best Friends Approach to Alzheimer s Care shows how easily you can make a difference in the life of a family member or client in your care Here s the help you ve been looking for families will gain a renewed sense of hope nursing facility staff will find simple applications for

resident care adult day center staff can enrich programming and attract more volunteers and individuals with emerging Alzheimer's disease will gain valuable insights Learn new ways to solve problems encourage positive behavior and improve communications Make every day consistently reassuring enjoyable and secure Principles and Practice of Movement Disorders E-Book Joseph Jankovic, Mark Hallett, Michael S Okun, Cynthia L. Comella, Stanley Fahn, 2021-06-11 Offering a state of the art authoritative summary of the most relevant scientific and clinical advances in the field Principles and Practice of Movement Disorders provides the expert guidance you need to diagnose and manage the full range of these challenging conditions Superb summary tables a large video library and a new easy to navigate format help you find information quickly and apply it in your practice Based on the authors popular Aspen Course of Movement Disorders in conjunction with the International Parkinson and Movement Disorder Society this 3rd Edition is an indispensable resource for movement disorder specialists general neurologists and neurology residents Explores all facets of movement disorders including the latest rating scales for clinical research neurochemistry clinical pharmacology genetics clinical trials and experimental therapeutics Provides the essential information you need for a clinical approach to diagnosis and management with minimal emphasis on basic science Reflects recent advances in areas such as the genetics of Parkinsonian and other movement disorders diagnostic brain imaging new surgical approaches to patients with movement disorders and new treatment guidelines for conditions such as restless legs syndrome Features a reader friendly full color format with plentiful diagrams photographs and tables Includes access to several hundred updated professional quality video clips that illustrate the manifestations of all the movement disorders in the book along with their differential diagnoses Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices

Books in Print ,1991 An Introduction to Human Movement and Biomechanics E-Book Andrew Kerr, Philip Rowe, 2019-03-26 Now in its seventh edition this reputable textbook is an ideal introduction to the study of human movement and an excellent reference encouraging and directing further study For the first time there is a chapter dedicated to measuring and understanding physical activity recognising the importance of this area to many health and sports professionals More time is spent explaining the basic principles of biomechanics and the way they can be used to improve practice including tissue mechanics and movement analysis techniques An Introduction to Human Movement and Biomechanics is the perfect guide for students and professionals all around the world to consolidate learning and apply to real clinical sports situation Information is given in a clear and accessible way with case studies illustrations textboxes and practical examples A chapter on physical in activity More chapters explaining basic biomechanics and its application to understanding human movement A new section dedicated to measuring human movement including movement analysis techniques A whole chapter of case studies with real patient and athlete data Scientific theory related to re learning movement and movement control Problems posed to help students work through the theory and apply it to clinical scenarios

Written by well known and multi disciplinary researchers with extensive experience in the field It includes access to the Evolve online resources Log on to evolve elsevier com Kerr movement and test out your learning Case studies including videoclips and animations Hundreds of self assessment questions **Spinal Rehabilitation** David E. Stude,1999 Offers the application of principles of evaluation and exercise methodologies to spinal rehabilitation The text emphasizes the lumbo pelvic spine and both low and high technology approaches to rehabilitation are explored Topics include mobile spine technology **Community Health Nursing** Judith Ann Allender,Barbara Walton Spradley,2001 This edition of Community Health Nursing Concepts and Practice continues to be written with you the undergraduate nursing student in mind It is user friendly with many mini case studies woven throughout the text in order for you to more easily apply the information with your clients The text is comprehensive and incorporates the impact of the global health status We are a small planet with big health problems that impact each person s health and the role of the community health nurse now and in the future As a nation we have a new and continuing health agenda through Healthy People 2010 that gives direction to our work These new goals and objectives are incorporated throughout the text Finally the text format is designed to provide you with the comprehensive globally sensitive information and skills you need to be an effective practitioner with aggregates groups and individuals in the community **Subject Guide to Books in Print** ,2001 **Caring Environments for Frail Elderly People** Geoffrey Salmon,1993 As age advances physical and mental abilities often decline Many frail elderly people find it necessary to enter a specially designed caring environment offering varying degrees of support and enabling them to lead a happy contented life These environments vary in the extent of care which they are able to give Yet they must all aim at satisfying the physical and emotional needs of a growing proportion of our ageing society This study provides a fascinating survey of all the major types of caring environment and the facilities within them It is essential reading for all professionals concerned with design and care for elderly and frail people **Book Alone** , Holistic Nursing Barbara Montgomery Dossey,Lynn Keegan,2013 This market leading resource in holistic nursing is published in cooperation with the American Holistic Nurses Association AHNA Each chapter is revised and updated by contributors from the best selling Fifth Edition as well as new thought leaders from the field of holistic nursing Chapters begin with Nurse Healer Objectives that are divided into theoretical clinical and personal subject areas and then conclude with Directions for Future Research and Nurse Healer Reflections to encourage readers to delve deeper into the material and reflect on what they have learned in each chapter This text is organized by the five core values contained within the Standards of Holistic Nursing Practice Core Value 1 Holistic Philosophy Theories and Ethics Core Value 2 Holistic Caring Process Core Value 3 Holistic Communication Therapeutic Environment and Cultural Diversity Core Value 4 Holistic Education and Research Core Value 5 Holistic Nurse Self Care **Mature Aged Sport** Jodie Davis,1993 **International Bibliography of Book Reviews of Scholarly Literature Chiefly in the Fields of Arts and Humanities and the Social Sciences** ,1996 Motor Learning and

Development 2nd Edition Haibach, Pamela, Reid, Greg, Collier, Douglas, 2018 Motor Learning and Development Second Edition With Web Resource provides a foundation for understanding how humans acquire and continue to hone their movement skills throughout the life span

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