



JBI Systematic Review Title Registration Form

Title:

Centre:

Primary Reviewer

Name: Julia Kim (primary reviewer)
Lucy Lewis, Claire Gough (co-authors)

Email:

Question:

PICO

Population:

Community-dwelling older adults aged 65 years and over, who are living independently in the community

Intervention:

Home-based physiotherapy interventions targeting physical function on community-dwelling older adults. Physiotherapy interventions are any conservative treatment targeting physical function, developed by a physiotherapist, which may include exercise therapy involving cardiovascular, resistance, flexibility, balance, or proprioceptive exercises or physiotherapy interventions delivered via telecommunication technology

Comparator:

Usual care, or control interventions which may include another type of physiotherapy intervention, or interventions of other disciplines.

Outcome:

Primary outcomes will be measures of performance in physical function including mobility, gait, muscular strength, balance, endurance, and participation in ADL's. Primary outcomes can be self-reported or measured by independent evaluators at baseline and post-intervention. Primary outcome measures may include but will not be limited to 4-metre walk test, 10-metre walk test or 2-minute walk test, Short Physical Performance Battery, Physical Performance Test, Timed Up and Go or Grip strength.

Secondary outcomes include changes relating to measures of quality of life, frailty, falls, mental health outcomes, cost-effectiveness, client satisfaction and adherence to therapy. Secondary outcomes can be measured by self-report or reported by independent evaluators at baseline and post-intervention.

Please **download, fill in, save** and **email** this form to: jbisynthesis@adelaide.edu.au
