



Community-delivered Baduanjin Exercise Intervention for Frail Older Adults: A Randomized Controlled Trial

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Baduanjin is a **safe, acceptable** and **feasible** exercise intervention that can be **successfully implemented** in the **community** for **frail** older adults, but the **effects** on **physical performance** and **frailty status** are **not conclusive**.

Introduction

- While older adults are recommended to engage in moderate- or vigorous-intensity exercise to reap the health benefits of physical activity, it may not be feasible for frail older adults with lower exercise tolerance
- The effectiveness of low-intensity exercise interventions for such population group in the community remains unclear

Research Objective

To examine the **effectiveness** and **implementation** of a low-intensity community-based Baduanjin exercise intervention in pre-frail and frail older adults

Methodology

- Two-arm multi-center assessor-blind parallel randomized controlled trial

Intervention

- 16-week
- 60 minutes per session
- 2-3 times per week
- Progressive intensity

Control

- Monthly health education talks
- Maintain physical activity levels

Participants

Table 1. Baseline characteristics of study participants.

	Intervention (n = 29)	Control (n = 27)
Age (years)	72.93 ± 7.96	72.59 ± 5.67
Gender, female	24 (92.6 %)	25 (82.8 %)
Living alone	5 (17.2 %)	9 (33.3 %)
Frailty status		
Robust	4 (13.8 %)	6 (22.2 %)
Pre-frail	22 (75.9 %)	19 (70.4 %)
Frail	3 (10.3 %)	2 (7.4 %)

Frailty determined using Fried's Phenotype criteria. .

What is Baduanjin?



Scan QR code to view exercise video

A **mind-body Qigong exercise** that involves **eight simple movements** with combinations of postures, slow relaxing movements and breathing exercises.

Results

13.8%
Drop-out rate

81.3%
Average attendance

100%
Participant Satisfaction

0
Adverse events

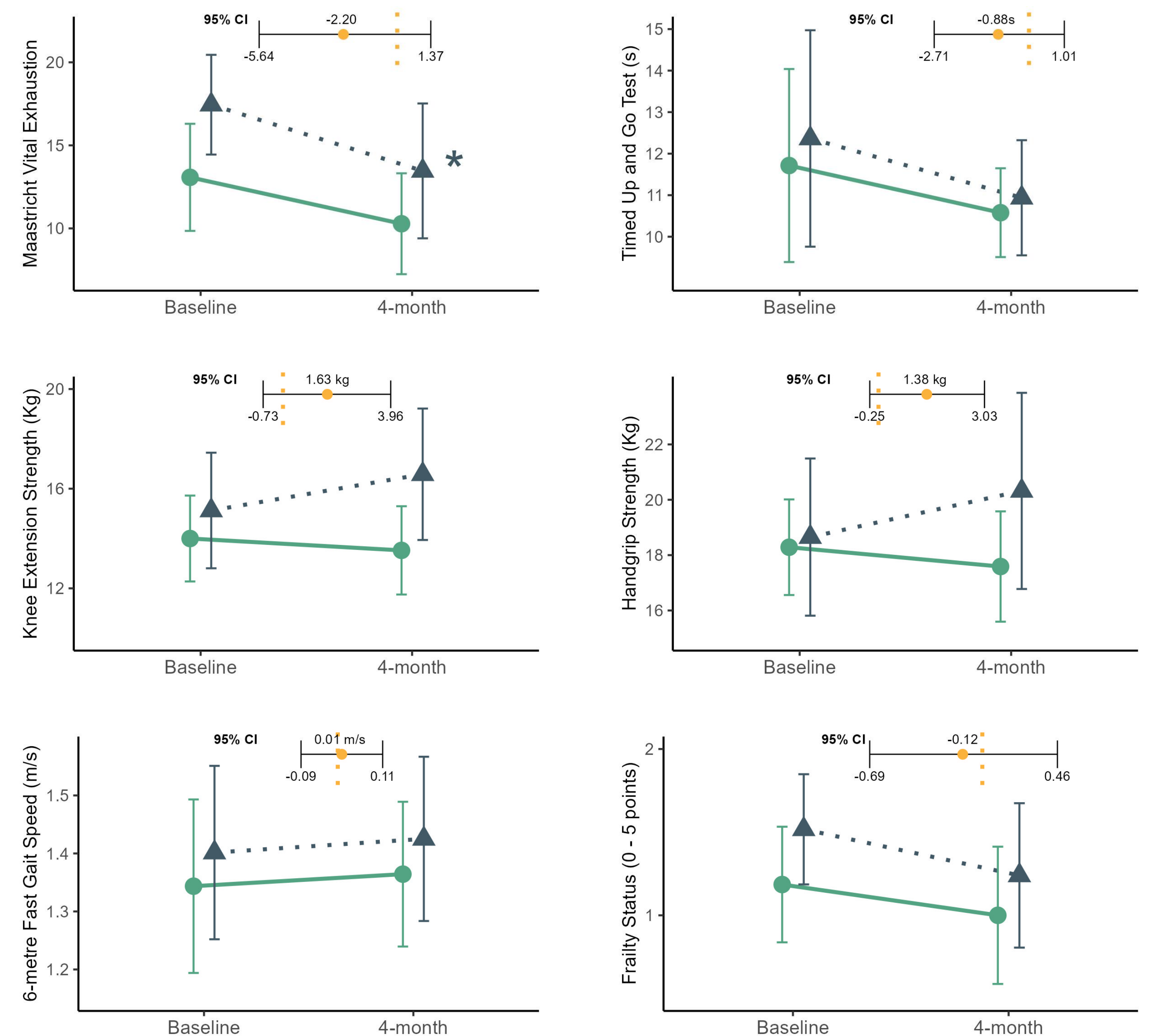
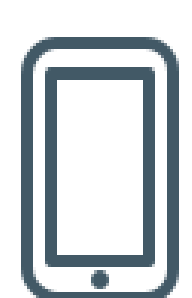


Figure 1. Outcome measures at baseline and 4-month across **control** and **intervention** groups, and 95% confidence intervals (CI) of group-time interaction coefficient estimate based on intention-to-treat data analysis. * statistically significant within-group change. Data presented as mean ± 95% CI.



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