

Strength-based Tailored-Exercise Program at Home for Geriatric Patients

NCT06820021

Status	RECRUITING
Phase	Not Applicable
Sponsor	The University of Hong Kong
Enrollment	256 participants

Key Eligibility Criteria

Inclusion (6)

- i) aged 60 or above
- ii) has an acute hospitalization and the length of hospital stay is of e 2 days2,
- iii) has risk of functional decline in 3 months following hospitalization as measured by the Screening for High-Risk Patients (SHERPA) score of ≥ 3.5 . SHERPA is a brief measure to identify the high risk by screening for the risk factors, including old age, poor health perception, IADL dysfunction, mild cognitive impairment and fall in the previous year.
- iv) discharged home without any referral for exercise-based rehabilitation
- v) has a Smartphone to access video calls
- ... and 1 more (see full listing online)

Exclusion (4)

- i) admitted with a disabling condition leading to significant functional loss such as stroke,)
- ii) bed-bound or chair bound
- iii) with conditions contradictory to exercise training (e.g., acute muscular-skeletal problem, acute and unstable cardio-respiratory disease, etc),
- iv) engaging in moderate or vigorous exercise (>60 min/week) in the past 6 months.

Locations (1 total)

the University of Hong Kong, Hong Kong, Hong Kong