

Chair-bound Exergaming in Pre-frail/ Frail Older Adults in Nursing Home

NCT06849557

Status	RECRUITING
Phase	Not Applicable
Sponsor	Hong Kong Metropolitan University
Enrollment	30 participants

Key Eligibility Criteria

Inclusion (4)

- older adults aged 60 years or older living in the nursing homes;
- pre-frail or frail according to the Fried Frailty Phenotypes;
- ability to understand and execute instructions; and
- ability to sit unassisted on a chair or in a wheelchair.

Exclusion (3)

- no controlled medical diagnosed of severe cardiometabolic, respiratory and musculoskeletal disorders;
- any conditions that hinder the participation of intervention and assessment; and
- being involved in any other clinical trials.

Locations (1 total)

Hiu Kwong (Tak Yue) Nursing Centre, Kowloon, Hong Kong