

Effects a multicomponent program on the frailty and quality of life of institutionalized older adults

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Abstract

Introduction: Aging is related to a higher prevalence of frailty and deterioration in quality of life. There is also a loss of autonomy, which increases institutionalization. **Methodology:** Pre-experimental, longitudinal study that evaluated 28 institutionalized older adults (17 women and 11 men). The sample was selected using an intentional non-probabilistic criterion. A multicomponent training program (aerobic resistance, muscular strength, balance and flexibility) was carried out for 6 weeks, before and after the fragility was evaluated based on the phenotype scale proposed by Fried and the quality of life with the World Health Organization questionnaire Quality of Life-Older Adults (WHOQoL-OLD). The Student's t-test was applied to make the comparisons and the effect size was calculated. An alpha level of 0.05 was used. **Results:** After participating in the multicomponent exercise program, older adults showed significant improvements in the frailty index ($p = 0.007$; $d = 0.36$). The quality of life showed statistically significant changes in the dimensions Past, present and future activities ($p = 0.018$; $d = 0.53$), Social Participation ($p = 0.003$; $d = 0.53$) and Intimacy ($p = 0.005$; $d = 0.36$) after completing a multi-component exercise program. The overall quality of life of the participants also showed significant changes ($p = 0.007$; $d = 0.65$). **Conclusion:** A 6-week multi-component physical training program improved the frailty and quality of life of institutionalized older adults.

Author keywords

Aged
Frail elderly
Institutionalized
Physical activity
Quality of life