

NKR 47: PICO 8, Kombineret fysisk træning med eller uden ernæringsindsats til geriatrike patienter med funktionsevnedssættelse og med underernæring eller risiko herfor.

Review information

Authors

Sundhedsstyrelsen¹

¹[Empty affiliation]

Citation example: S. NKR 47: PICO 8, Kombineret fysisk træning med eller uden ernæringsindsats til geriatrike patienter med funktionsevnedssættelse og med underernæring eller risiko herfor.. Cochrane Database of Systematic Reviews [Year], Issue [Issue].

Characteristics of studies

Characteristics of included studies

Rydwick 2008

Methods	<p>Study design: Randomized controlled trial</p> <p>Study grouping: Parallel group</p> <p>Open Label:</p> <p>Cluster RCT:</p>
Participants	<p>Baseline Characteristics</p> <p>Intervention Group</p> <ul style="list-style-type: none"> ● Age (Mean, SD): 82.6, 4 ● Sex (% Male): 36 ● Comorbidity (Yes/No): Yes (on average 6 prescribed medications) ● Undernourished or at risk (Yes/ No): Yes ● Frail (Yes/No): Yes ● Impairment (Body functions & Structure descriptions): NR ● Limitations (Activity Descriptions): Low level of physical activity ● Restrictions (Participation descriptions): Personal ADL (q1=81 q3=88) (max=91) ● Housing (eg. residential homes, own house): Own House ● Civil status (%Living alone): 16 ● In risk of falling (Yes/No): NR <p>Control Group</p>

	<ul style="list-style-type: none"> ● Age (Mean, SD): 83 ● Sex (% Male): 52 ● Comorbidity (Yes/No): Yes (on average 6 prescribed medications) ● Undernourished or at risk (Yes/ No): Yes ● Frail (Yes/No): Yes ● Impairment (Body functions & Structure descriptions): NR ● Limitations (Activity Descriptions): Low level of physical activity ● Restrictions (Participation descriptions): Personal ADL (q1=83 q3=89) (max=91) ● Housing (eg. residential homes, own house): Own House ● Civil status (%Living alone) : 8 ● In risk of falling (Yes/No): NR <p>Included criteria: Included were elderly people, aged 75 and older, defined as frail using the definition by Chin A Paw, comprising both a nutritional and a physical focus:● unintentional weight loss of $\geq 5\%$ during the last year and/or body mass index (BMI) $<20 \text{ kg/m}^2$● low physical activity level (\leq grade 3 in the Mattiasson-Nilo classification of physical activity.)</p> <p>Excluded criteria: Exclusion criteria were age under 75, BMI $> 30 \text{ kg/m}^2$, non-walkers, recent cardiac problems requiring hospital care, hip fracture or surgery during the last six months, current cancer treatment, stroke within the last two years and less than 7 points of a total 9-point score on the short form of the Mini Mental State Examination (9), and institutionalised residents.</p> <p>Pretreatment: More men in the control group</p>
<p>Interventions</p>	<p>Intervention Characteristics</p> <p>Intervention Group</p> <ul style="list-style-type: none"> ● <i>Description:</i> Nutritional intervention in combination with training. The nutritional intervention consisted of individual dietary counselling based on the baseline food record data focusing on food choices and meal patterns. Energy needs of each individual were estimated as 1.5 x RMR. Suggestions that would cover the needs of each individual were presented and discussed at an individual session lasting about one hour. The nutritional intervention included five group sessions that covered such topics as nutritional needs for the elderly, meal frequency and cooking methods, the physical training consisted of 60-minute organised sessions twice a week for twelve weeks, with emphasis on endurance, muscle strength and balance. The program consisted of three corresponding sections: i) warm-up including aerobic training, ii) individually prescribed muscle strength training, and iii) Qigong including cool-down. The warm-up/aerobic training section consisted of standing exercises, such as walking/jogging on the spot, walking forwards/backwards and sideways, and arm movements. The muscle-strength training section consisted of two separate stations: high intensity strength training on stationary equipment and functional strength training with weight belts. The balance training section consisted of different Qigong exercises performed on different degrees of supporting area combined with arm and trunk movements. These exercises were progressed with increasing difficulty. ● <i>Duration (Weeks):</i> 12 ● <i>Dose (eg. sessions, ml, energy/protein target, RM and repetitions):</i> Nutrition:1 individual counselling + 5 groups sessions. Training: 2 x 60 min /week ● <i>Personel (eg. dietician, nurse, physiotherapist):</i> Nutrition: Dietician. Training: Planned by physiotherapist, led by trained instructor <p>Control Group</p>

	<ul style="list-style-type: none"> ● <i>Description</i>: The physical training consisted of 60-minute organised sessions twice a week for twelve weeks, with emphasis on endurance, muscle strength and balance. The program consisted of three corresponding sections: i) warm-up including aerobic training, ii) individually prescribed muscle strength training, and iii) Qigong including cool-down. The warm-up/aerobic training section consisted of standing exercises, such as walking/jogging on the spot, walking forwards/backwards and sideways, and arm movements. The muscle-strength training section consisted of two separate stations: high intensity strength training on stationary equipment and functional strength training with weight belts. The balance training section consisted of different Qigong exercises performed on different degrees of supporting area combined with arm and trunk movements. These exercises were progressed with increasing difficulty. ● <i>Duration (Weeks)</i>: 12 ● <i>Dose (eg. sessions, ml, energy/protein target, RM and repetitions)</i>: 2x60min/week ● <i>Personel (eg. dietician, nurse, physiotherapist)</i>: Planned by physiotherapist, led by trained instructor
<p>Outcomes</p>	<p><i>Kropsvægt (Bodyweight) EOT</i></p> <ul style="list-style-type: none"> ● Outcome type: ContinuousOutcome ● Scale: Vægt ● Unit of measure: kg ● Direction: Higher is better ● Data value: Change from baseline <p><i>Kropsvægt (Body weight) LFU</i></p> <ul style="list-style-type: none"> ● Outcome type: ContinuousOutcome ● Reporting: Fully reported ● Scale: Vægt ● Unit of measure: kg ● Direction: Higher is better ● Data value: Change from baseline <p><i>Muskelstyrke (Muscle strength) EOT</i></p> <ul style="list-style-type: none"> ● Outcome type: ContinuousOutcome ● Reporting: Fully reported ● Scale: Leg Press Strength ● Unit of measure: kg ● Direction: Higher is better ● Data value: Change from baseline <p><i>Muskelstyrke (Muscle strength) LFU</i></p> <ul style="list-style-type: none"> ● Outcome type: ContinuousOutcome ● Reporting: Fully reported ● Scale: Leg Press Strength ● Unit of measure: kg

- **Direction:** Higher is better
- **Data value:** Change from baseline

Mobilitet (Mobility) EOT

- **Outcome type:** ContinuousOutcome
- **Reporting:** Fully reported
- **Scale:** Maximal walking speed
- **Unit of measure:** meter/second
- **Direction:** Higher is better
- **Data value:** Change from baseline

Mobilitet (Mobility) LFU

- **Outcome type:** ContinuousOutcome
- **Reporting:** Fully reported
- **Scale:** maximal walking speed
- **Unit of measure:** meter/second
- **Direction:** Higher is better
- **Data value:** Change from baseline

Hverdagsaktiviteter (Activities of Daily living) EOT

- **Outcome type:** ContinuousOutcome
- **Reporting:** Partially reported
- **Scale:** Functional Independence Measure
- **Range:** 0-91
- **Unit of measure:** Points
- **Direction:** Higher is better
- **Data value:** Endpoint
- **Notes:** Data er opgivet som median og Inter Quartile Range, har tastet det i skabelonen Mean (CI)

Hverdagsaktiviteter (Activities of daily living) LFU

- **Outcome type:** ContinuousOutcome
- **Reporting:** Partially reported
- **Scale:** Functional Independence Measure
- **Range:** 0-91
- **Unit of measure:** Points
- **Direction:** Higher is better
- **Data value:** Endpoint
- **Notes:** Data er opgivet som median og Inter Quartile Range. Har tastet i skabelonen for Mean (CI)

Livskvalitet (Quality of Life) EOT

- **Outcome type:** ContinuousOutcome

	<ul style="list-style-type: none"> ● Reporting: Not reported <p><i>Livskvalitet (Quality of Life) LFU</i></p> <ul style="list-style-type: none"> ● Outcome type: ContinuousOutcome ● Reporting: Not reported <p><i>Livskvalitet, fysisk (Quality of Life, physical)</i></p> <ul style="list-style-type: none"> ● Outcome type: ContinuousOutcome ● Reporting: Not reported <p><i>Livskvalitet, mental (Quality of Life, mental)</i></p> <ul style="list-style-type: none"> ● Outcome type: ContinuousOutcome ● Reporting: Not reported <p><i>Kvalme (Nausea)</i></p> <ul style="list-style-type: none"> ● Outcome type: ContinuousOutcome ● Reporting: Not reported <p><i>Diarre (Diarrhea)</i></p> <ul style="list-style-type: none"> ● Outcome type: DichotomousOutcome ● Reporting: Not reported <p><i>Opkast (vomit)</i></p> <ul style="list-style-type: none"> ● Outcome type: DichotomousOutcome ● Reporting: Not reported <p><i>Flatulens (Flatulence)</i></p> <ul style="list-style-type: none"> ● Outcome type: DichotomousOutcome ● Reporting: Not reported <p><i>Fald (Falls) EOT</i></p> <ul style="list-style-type: none"> ● Outcome type: AdverseEvent ● Reporting: Not reported
Identification	<p>Sponsorship source: The study was financed by Äldreforskning Nord Väst</p> <p>Country: Sweden</p> <p>Setting: The study was performed on an outpatient basis in an elderly research centre in Solna, a suburb of Stockholm, Sweden</p> <p>Comments:</p> <p>Authors name: Elisabeth Rydwick</p> <p>Institution: Research and Development Unit for the Elderly, North, Jakobsbergs Hospital, Karolinska Institutet, Järfälla,</p> <p>Email: elisabeth.rydwick@sl.se</p> <p>Address: Research Unit for the Elderly, North, Jakobsbergs Hospital, Karolinska Institutet, Birgittavägen 4, 177 31 Järfälla, Sweden</p>

Notes	Lillian Mørch Jørgensen on 20/04/2016 02:13
Outcomes	i tabellen er angivet vægtændringer i forhold til baseline. Skal jeg omregne til kg?

Risk of bias table

Bias	Authors' judgement	Support for judgement
Sequence Generation	High risk	Judgement Comment: The subjects were randomised consecutively into four different groups. The randomisation procedure was conducted in an open manner by the study personnel with the instructions of a statistician. For each new group, randomisation started with the oldest individual to avoid age differences between groups.
Allocation concealment	High risk	Judgement Comment: The subjects were randomised consecutively into four different groups. The randomisation procedure was conducted in an open manner by the study personnel with the instructions of a statistician. For each new group, randomisation started with the oldest individual to avoid age differences between groups.
Blinding of participants and personnel	High risk	Judgement Comment: "The study was completed without blinding"
Blinding of outcome assessors	High risk	Judgement Comment: The study was performed without blinding.
Incomplete outcome data	High risk	Judgement Comment: 11 dropout of 25 in the intervention group4 dropout of 23 in the controlgroup
Selective outcome reporting	Unclear risk	Judgement Comment: However they seem to report all relevant outcomes
Other sources of bias	Unclear risk	Judgement Comment: A substantial part of the participants seems to have no risk of malnutrition... This not equivalent to our definition of the PICO population, and this might bias the effect of the intervention.

Footnotes

References to studies

Included studies

Rydwik 2008

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Data and analyses

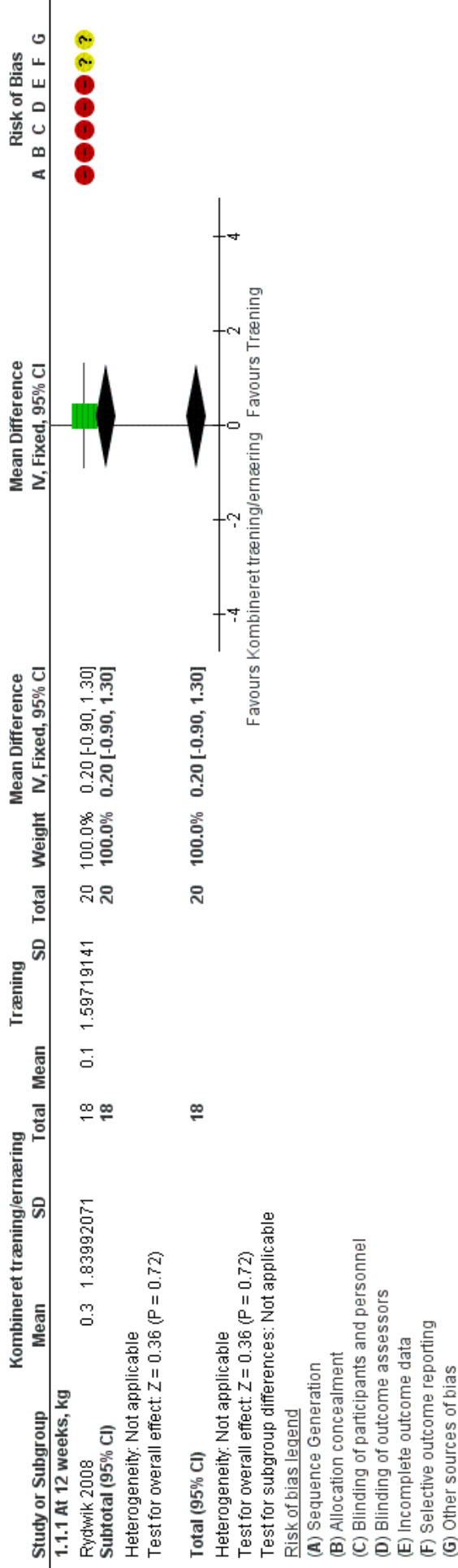
1 Kombineret træning/ernæring vs Træning

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
1.1 Kropps vægt (tab) (Body weight (loss)) EOT	1	38	Mean Difference (IV, Fixed, 95% CI)	0.20 [-0.90, 1.30]
1.1.1 At 12 weeks, kg	1	38	Mean Difference (IV, Fixed, 95% CI)	0.20 [-0.90, 1.30]

1.2	Kropsvægt(tab) (Body weight (loss)) LFU	1		33	Mean Difference (IV, Fixed, 95% CI)	-0.90 [-3.16, 1.36]
1.2.1	At 26 weeks, kg	1		33	Mean Difference (IV, Fixed, 95% CI)	-0.90 [-3.16, 1.36]
1.3	Muskelstyrke (Muscle strength) EOT	1		38	Mean Difference (IV, Fixed, 95% CI)	2.90 [-6.22, 12.02]
1.3.1	At 12 weeks	1		38	Mean Difference (IV, Fixed, 95% CI)	2.90 [-6.22, 12.02]
1.4	Muskelstyrke (Muscle strength) LFU	1		33	Mean Difference (IV, Fixed, 95% CI)	0.90 [-9.77, 11.57]
1.4.1	Leg press (kg) at 26 weeks	1		33	Mean Difference (IV, Fixed, 95% CI)	0.90 [-9.77, 11.57]
1.5	Mobilitet (Mobility) EOT	1		38	Mean Difference (IV, Fixed, 95% CI)	0.04 [-0.06, 0.15]
1.5.1	At 12 weeks	1		38	Mean Difference (IV, Fixed, 95% CI)	0.04 [-0.06, 0.15]
1.6	Mobilitet (Mobility) LFU	1		33	Mean Difference (IV, Fixed, 95% CI)	-0.09 [-0.31, 0.13]
1.6.1	Maximal walking speed (m/s), at 26 weeks	1		33	Mean Difference (IV, Fixed, 95% CI)	-0.09 [-0.31, 0.13]
1.7	Hverdagsaktiviteter (Activities of Daily living) EOT	1		38	Mean Difference (IV, Fixed, 95% CI)	1.00 [-2.54, 4.54]
1.7.1	Functional Independence Measure (0-91), at 12 weeks	1		38	Mean Difference (IV, Fixed, 95% CI)	1.00 [-2.54, 4.54]
1.8	Hverdagsaktiviteter (Activities of daily living) LFU	1		30	Mean Difference (IV, Fixed, 95% CI)	-2.00 [-8.52, 4.52]
1.8.1	Functional Independence Measure (0-91) at 26 weeks	1		30	Mean Difference (IV, Fixed, 95% CI)	-2.00 [-8.52, 4.52]
1.9	Livskvalitet (Quality of Life) EOT	0		0	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.10	Livskvalitet (Quality of Life) LFU	0		0	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.11	Livskvalitet, fysisk (Quality of Life, physical)	0		0	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.12	Livskvalitet, mental (Quality of Life, mental)	0		0	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.13	Kvalme (Nausea)	0		0	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.14	Diarre (Diarrhea)	0			Risk Ratio (IV, Fixed, 95% CI)	No totals
1.15	Opkast (vomit)	0			Risk Ratio (IV, Fixed, 95% CI)	No totals
1.16	Flatulens (Flatulence)	0			Risk Ratio (IV, Fixed, 95% CI)	No totals

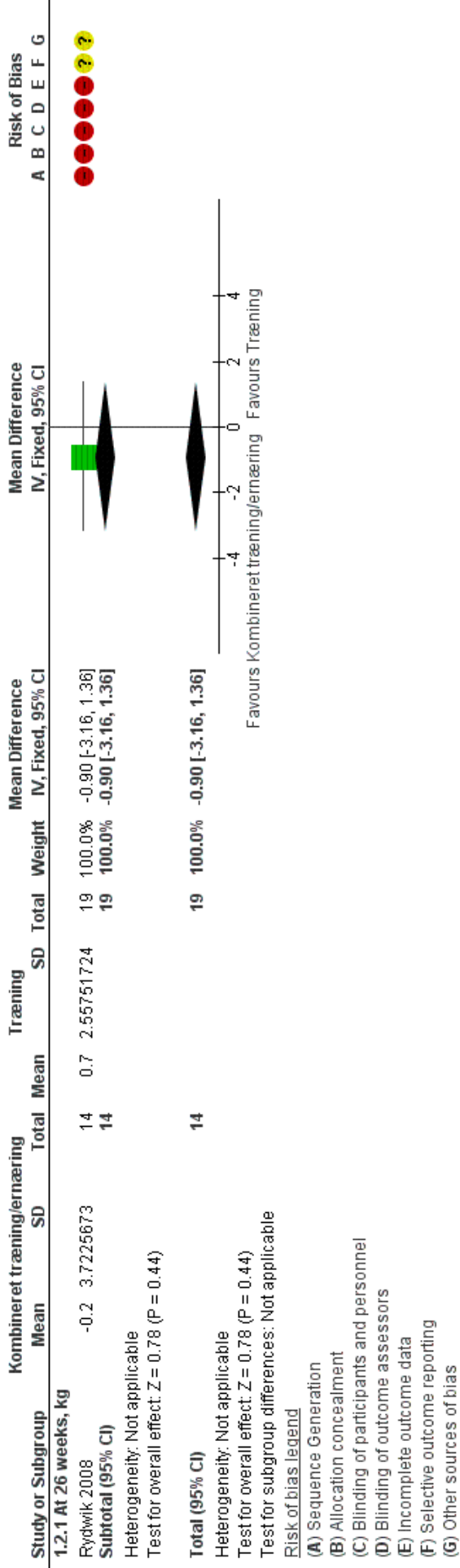
Figures

Figure 1 (Analysis 1.1)



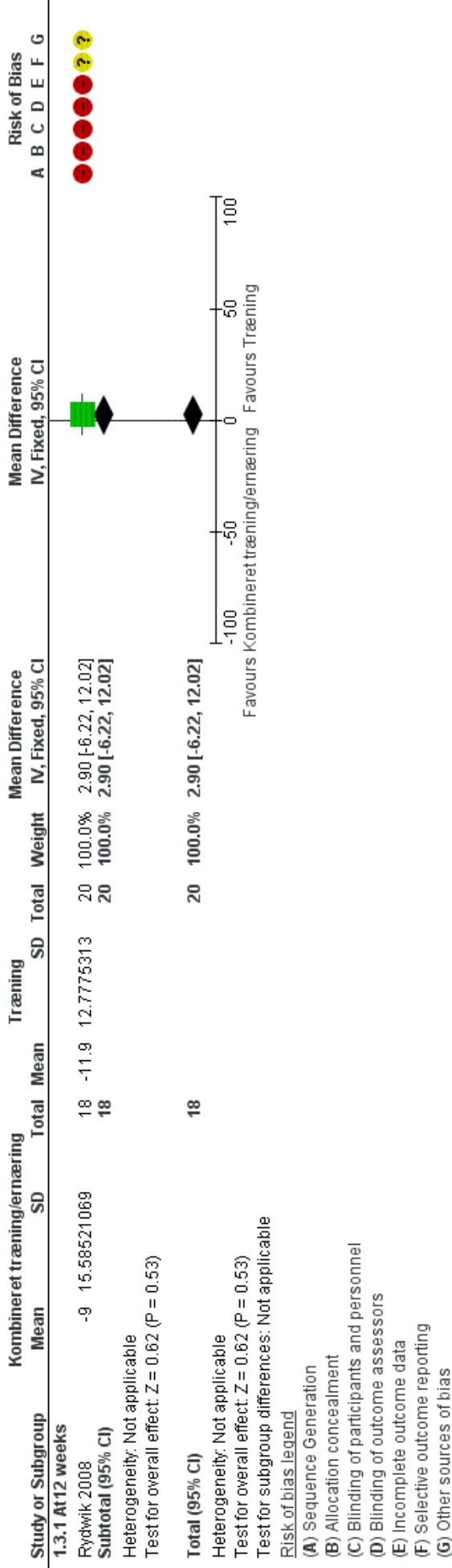
Forest plot of comparison: 1 Kombineret træning/ernæring vs Træning, outcome: 1.1 Kropsvægt(tab) (Body weight(loss)) EOT.

Figure 2 (Analysis 1.2)



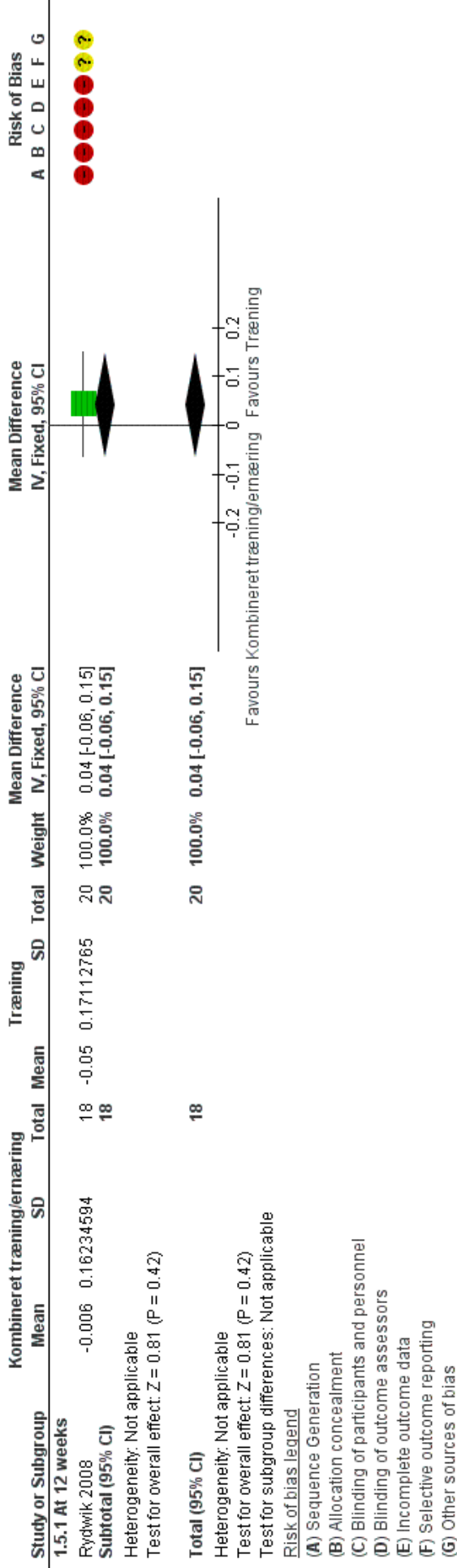
Forest plot of comparison: 1 Kombineret træning/ernæring vs Træning, outcome: 1.2 Kropsvægt(tab) (Body weight (loss)) LFU.

Figure 3 (Analysis 1.3)



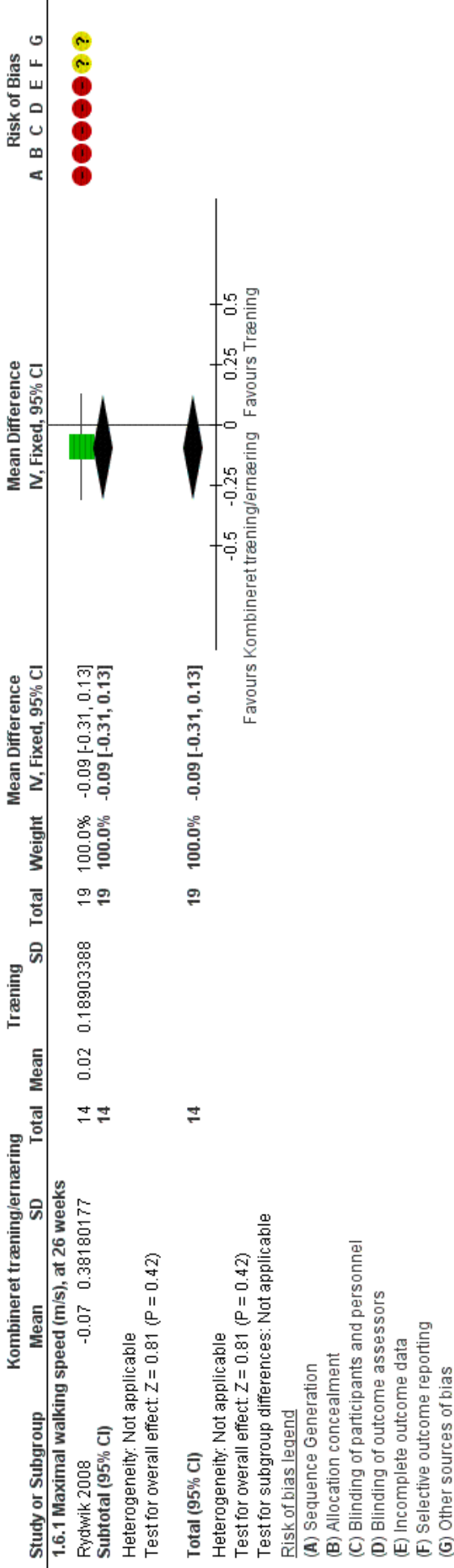
Forest plot of comparison: 1 Kombineret træning/ernæring vs Træning, outcome: 1.3 Muskelstyrke (Muscle strength) EOT.

Figure 4 (Analysis 1.4)



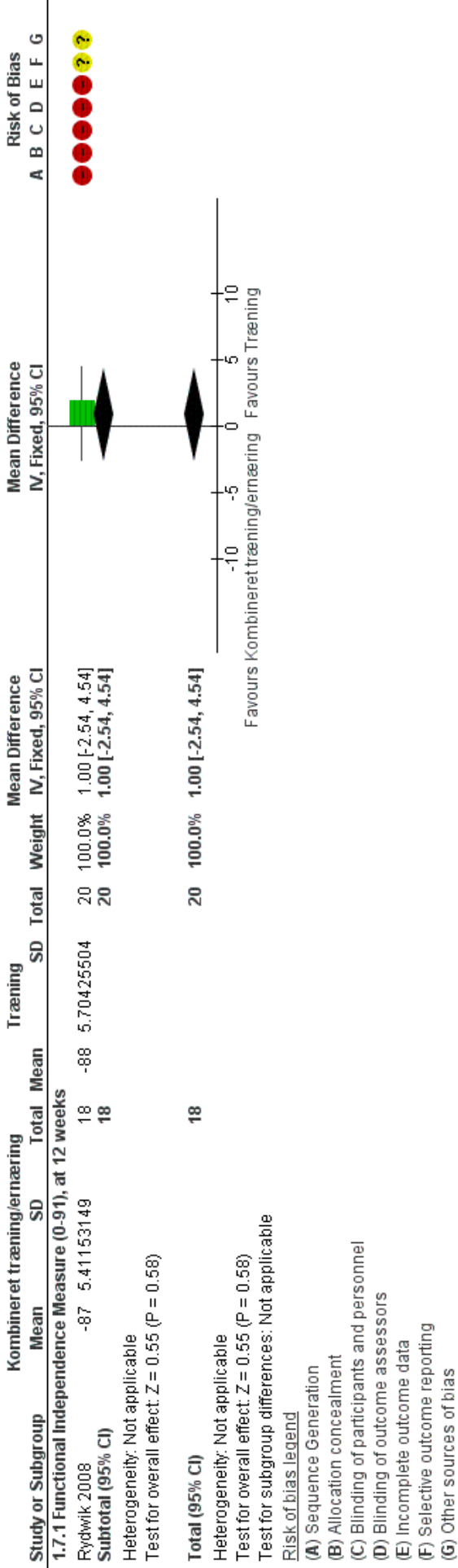
Forest plot of comparison: 1 Kombineret træning/ernæring vs Træning, outcome: 1.5 Mobilitet (Mobility) EOT.

Figure 6 (Analysis 1.6)



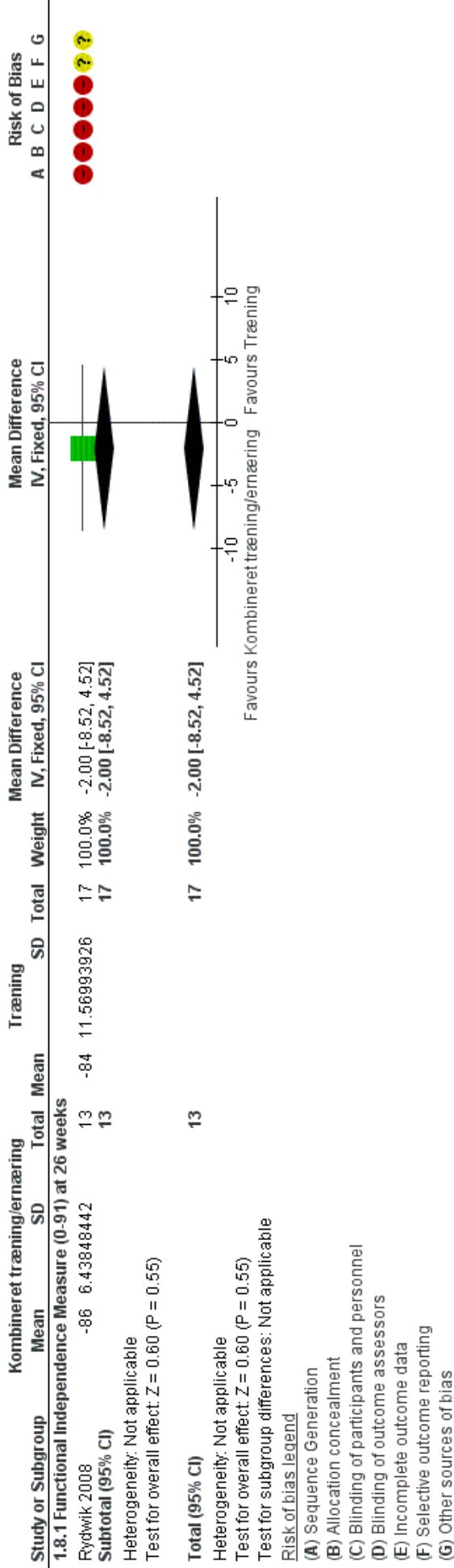
Forest plot of comparison: 1 Kombineret træning/ernæring vs Træning, outcome: 1.6 Mobilitet (Mobility) LFU.

Figure 7 (Analysis 1.7)



Forest plot of comparison: 1 Kombineret træning/ernæring vs Træning, outcome: 1.7 Hverdagsaktiviteter (Activities of Daily living) EOT.

Figure 8 (Analysis 1.8)



Forest plot of comparison: 1 Kombineret træning/ernæring vs Træning, outcome: 1.8 Hverdagsaktiviteter (Activities of daily living) LFU.