

<b>Paper Category:</b>	Physical Activity and Exercise
<b>Paper Title:</b> (Arial Font; 14 Pt Size)	<b>Community-delivered Baduanjin Exercise Intervention for Frail Older Adults: A Randomized Controlled Trial</b>
<b>Abstract Body:</b> (Arial Font; 12Pt Size)	<ul style="list-style-type: none"> <li>• Background</li> <li>• Objectives</li> <li>• Method</li> <li>• Results</li> <li>• Discussions and Conclusions</li> </ul>
<p>(Maximum word limit - 300 words)</p> <p><b>Background:</b> 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 remains unclear.</p> <p><b>Objectives:</b> To examine the effects of a low-intensity community-based Baduanjin exercise intervention in pre-frail and frail older adults.</p> <p><b>Method:</b> A two-arm multicenter assessor-blind randomized controlled trial was conducted at three local senior activity centers. 56 community-dwelling older adults with low handgrip strength were randomly allocated to either the intervention (IG) or control (CG) group. The IG underwent a supervised 16-week Baduanjin exercise program delivered by a community provider, with a frequency of 2-3 x 60 min sessions/week. The CG was instructed to maintain their usual activity and received a monthly education talk. Knee extension strength, handgrip strength, gait speed, sit-to-stand performance, timed up and go test, vital exhaustion, quality of life and frailty status were assessed at baseline and post-intervention.</p> <p><b>Results:</b> Statistically significant within-group improvement in vital exhaustion was found for IG (<math>p = .01</math>, 95% CI [0.99, 6.69]). However, no statistically significant differences were found for the other measures. There were no training-related adverse events and participants reported positive experience with the exercise intervention.</p> <p><b>Discussions and Conclusions:</b> Our study demonstrated that Baduanjin is a safe, acceptable and feasible exercise intervention that can be successfully implemented to reduce fatigue in frail older adults in the community. While physical performance was maintained post-intervention, the intensity of the exercise intervention may not be sufficient to improve physical performance or frailty status.</p>	

Date of Submission:

Total number of words: 265 words

**Please submit the completed abstract form by 2 August 2023 via the online submission portal at (<https://sgms.org.sg/abstract-submission/>.)**

## **Instructions**

1. **The names of the author and co-authors must not be identifiable on this form.**
2. Abstract body should not exceed 300 words.
3. Abstract title to be in Arial Font & Bold 14Pt and abstract body to be in Arial Font & 12Pt.
4. The use of standard abbreviations is acceptable. Place special or unusual abbreviations in brackets after the full word the first time it appears.
5. The use of tables, graphs, and other types of images in abstracts is not permitted.
6. Please submit this form in PDF format.
7. Only abstracts submitted via the online submission portal will be accepted.