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### **The “Pail For The Frail” Programme – A Novel Exercise Intervention For Frailty**

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Hospital, Singapore **Objectives:**

To evaluate the safety and feasibility of a novel exercise programme aimed at reversing frailty among the community dwelling elderly aged 65 and above. The programme utilises a pail that can be progressively filled with weights to perform resistance exercises. The 12-week programme based on evidence and established exercise protocols, has 3 stages of progressive intensity, consisting of 9 exercises each.

#### **Methods & Materials:**

The 14 participants recruited had to complete 9 prescribed exercises each with an appropriate weight sufficient to cause fatigue by 15-20 repetitions. A written survey was conducted to assess participants' perspectives on a) safety profile (injuries, falls risks, and risks for cardiovascular events), b) appropriateness (intensity of exercise, fatigability, pace, achieved targeting of appropriate muscle groups) and c) acceptability (perceived effectiveness and willingness to participate).

#### **Results & Conclusion:**

There were 0 incidences of cardiovascular events, falls or injuries. 9 perceived no risk of falls, while 5 felt there might be a risk if participants had difficulties in balancing, coordination, or if the weights were too heavy. 5 were concerned with dropping of the pail. None of the participants felt the exercises would be inappropriate or too challenging for seniors aged 60 years and above. 13 reported no pain throughout the session. 14 felt the exercises managed to target the appropriate muscles groups and had potential to build strength. 13 were willing to participate in the exercise in a public area. Thus, this potentially cost-effective programme has a lowmedium safety and a high acceptability profile.