

Videoconference-Delivered Physical Exercise Compared with Face-to-Face Programs for Institutionalized Older Adults: A 6-Week Quasi-Experimental Study

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INTRODUCTION & AIM

The ageing population represents a global challenge due to increased life expectancy and the rising prevalence of chronic health conditions. Physical activity is recognized as a key strategy to promote healthy ageing however institutionalized older adults often face barriers to accessing structured exercise programmes. Innovative approaches, such as videoconference-delivered interventions, may help overcome these limitations. This 6-week quasi-experimental study compared a supervised exercise programme delivered by videoconference with a traditional face-to-face format in institutionalized older adults.

METHOD

Eighty-four participants (mean age 83.13 ± 7.63 years) from nursing homes were randomized into a face-to-face group (FG), videoconference group (VG), and control group (CG). Both intervention groups completed a 6-week program including strength, balance, flexibility, and aerobic components. Physical fitness, body composition, and functional capacity were assessed at baseline and post-intervention using standardized tests. Between-group comparisons were performed using repeated-measures ANOVA with post-hoc Tukey tests ($p \leq 0.05$).

CONCLUSION

Videoconference-based physical exercise is a feasible and effective alternative to face-to-face programs for institutionalized older adults, particularly in contexts with logistical or mobility barriers.

FUTURE WORK / REFERENCES

Future studies should examine the long-term effects of videoconference-delivered exercise in larger randomized trials. Additionally, psychological outcomes and physiological biomarkers should be included to better understand its overall impact.

RESULTS & DISCUSSION

