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A QUALITATIVE RAPID REVIEW OF FACTORS THAT AFFECT THE IMPLEMENTATION OF PHYSICAL ACTIVITY PROGRAMMES FOR OLDER ADULTS IN THE COMMUNITY

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IMPLICATIONS FOR PRACTICE

This review has extended previous works by including factors that are influential to physical activity from the perspectives of intervention deliverers

This review highlighted the importance of assessing the needs of those who deliver the intervention

These factors should be taken into consideration by commissioners when implementing programmes to support older adults to engage long-term with physical activity interventions

BACKGROUND AND RATIONALE



- Physical inactivity in community-dwelling older adults is modifiable, and physical interventions are effective in reducing age-related decline and disease. Despite this, engagement and retention of older adults in community physical activity (PA) programmes are limited.
- There is a lack research assessing how well strategies for engagement are implemented.
- In addition, factors affecting engagement and maintenance are often focused on the perspective of the participant and neglect the role that the workforce play in delivering engaging interventions and the influence that this has on participants behaviour.



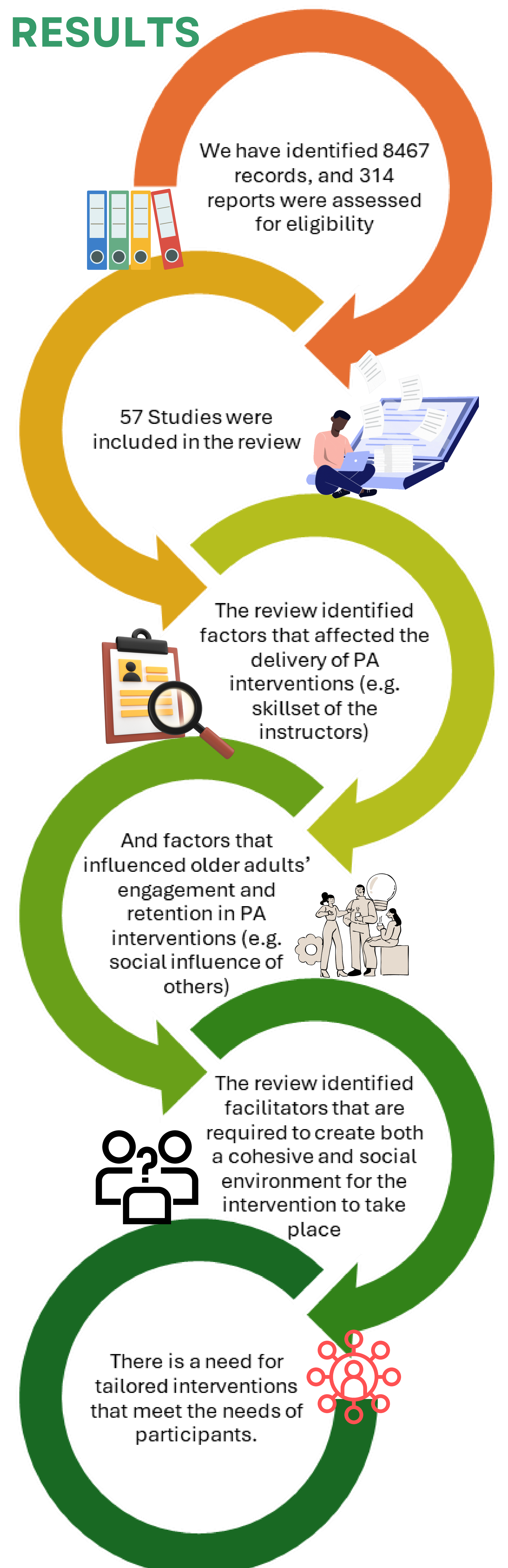
AIM

- To explore factors affecting implementation of effective PA programmes for older people in the community.

METHODS

- This rapid review followed a protocol that was developed by the research team (PROSPERO database: CRD42022344227).
- A systematic search of the literature was conducted using six electronic databases: MEDLINE, Social Policy and Practice, PsycINFO, CINAHL, Cochrane Library and Frontiers in Rehabilitation Science from 1999-2024.
- Data were extracted inductively by two independent reviewers and synthesised thematically using the Capability, Opportunity and Motivations (COM-B) and Theoretical Domains Frameworks (TDF).

RESULTS



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