

研究業績 英文表記

和文	
表題	地域在住高齢者に対する運動の習慣化と外出活動に要点をあてた「複合的介護予防プログラム」の有用性の検討
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英文	
Title	Examining the utility of a "multifactorial intervention program for long-term care prevention" focused on fostering exercise habits and participation in outing activities among older adults living in the community.
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Abstract	<p>The purpose of this study was to examine the utility of a "multifactorial intervention program for long-term care prevention. The subjects were 65 elderly people living in the area. The intervention program was implemented once a week for 3 months. The intervention program was conducted once a week for 3 months. The results showed that in terms of physical function, lower limb muscle strength, walking speed, TUG, one-leg standing test, and CS-30 improved significantly. Health-related quality of life (SF-8) significantly improved bodily pain (BP), general health (GH), vitality (VT), social functioning (SF), mental health (MH), and Mental Component Summary (MCS). Exercise habits have significantly improved the number of exercises per week and the amount of time exercised per session. The largest effect sizes were in walking speed, CS-30, and number of exercise sessions. The conclusion was that the program was effective in improving physical function, health-related quality of life, and exercise habits. Additionally, the program was found to be useful as the long-term care prevention program.</p>
keyword	multifactorial intervention program, outing activities, elderly

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