INPLASY PROTOCOL

Exercise intervention for the risk of falls in older adults: A protocol for systematic review and meta-analysis

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Support: None.

Review Stage at time of this submission: The review has not yet started.

Conflicts of interest:
None.

Review question / Objective: The aim of this study is to evaluate the efficacy and safety of exercise in preventing falls in older adults.

Condition being studied: Falls are the leading cause of morbidity and mortality in the elderly. Exercise programs can prevent falls in the elderly at home. However, there is no more evidence to judge the effectiveness and safety of exercise in preventing falls in the elderly. The purpose of this study is to evaluate the efficacy and safety of exercise in preventing falls in older adults.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 03 November 2020 and was last updated on 08 January 2021 (registration number INPLASY2020110008).

INTRODUCTION

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METHODS

Participant or population: Aged ≥65 years.

Intervention: Elderly patients with exercise at home.

Comparator: Elderly patients without exercise intervention.

Study designs to be included: Randomized controlled trials.

Eligibility criteria: Not declared a randomized controlled trial but meets the criteria for a randomized controlled trial.

Information sources: PUBMED, EMBASE, The Cochrane Library, Wanfang database, Chinese National Knowledge Infrastructure (CNKI) database, Clinical Trials databases and Web of Science.

Main outcome(s): Fall frequency.

Quality assessment / Risk of bias analysis: The methodological quality of selected randomized controlled trials will be assessed using the Cochrane Cooperative bias Risk tool.

Strategy of data synthesis: Meta analysis was performed using RevMan Manager 5.3 (Cochrane Collaboration) and STATA16.0.

Subgroup analysis: A subgroup analysis was performed to explain the sources of heterogeneity: the patient's physical condition (health or disease), patient characteristics (age and gender), and the course of the intervention.

Sensibility analysis: If necessary, an analysis of the sensitivity.

Country(ies) involved: China.

Keywords: exercise, falls, older, outcome, meta-analysis.

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