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**Review Stage at time of this
submission:** Formal screening
of search results against
eligibility criteria.

Conflicts of interest:

None declared.

INTRODUCTION

Review question / Objective: The aim of
this systematic review is to present a
synthesis of knowledge about the effect of
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Effect of self-care programs on functional capacity and wellbeing in community- dwelling older adults. A systematic review

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Review question / Objective: The aim of this systematic
review is to present a synthesis of knowledge about the effect
of self-care programs on the functional capacity in
community-dwelling older adults. For this reason, the
following question will be addressed: ¿What is the effect of
self-care programs on the functional capacity in community-
dwelling older adults?

P: Community-dwelling older adults; **I:** Self-care programs for
healthy aging; **C:** Without self-care programs; **O:** Functional
capacity (SPPB, Short Physical Performance Battery; IADL,
instrumental activities of daily living; AADL, advanced
activities of daily living) and wellbeing (self-esteem, quality of
life, life satisfaction).

Information sources: A systematic search was performed of
scientific data on five data bases: PubMed, Web of Science,
Scopus, SciELO, LILACS, and TESIUNAM.

INPLASY registration number: This protocol was registered with
the International Platform of Registered Systematic Review and
Meta-Analysis Protocols (INPLASY) on 14 May 2023 and was last
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Rationale: The fast increase of aging population has brought complex challenges for health systems. Because of that, self-care community intervention programs focused on promoting healthy aging have been developed through keeping and optimizing the intrinsic and functional capacity, in order to reach out a maximum of health and wellbeing. In this sense, some studies have shown the effectiveness of self-care community interventions in order to keep and improve the intrinsic and functional capacity as key elements of healthy aging, to prevent disability in older adults. However, the variables and measurement instruments are heterogeneous and, therefore, their results are inconsistent. On the other hand, although there are some systematic reviews (SR) on this topic, no SRs have been published that include articles from journals indexed in Ibero-American scientific platforms, such as SciELO and LILACS; as well as gray literature.

Condition being studied: The intrinsic and functional capacity during the aging process and old age are key elements of healthy aging. In this sense, the World Health Organization (WHO) defines healthy aging as “the process of developing and maintaining the functional ability that enables wellbeing in older age.” and points out that “functional ability is about having the capabilities that enable all people to be and do what they have reason to value”. In this sense, the WHO has published the guidelines on community level interventions in order to address priority conditions associated to a decrease of the intrinsic capacity. This revision provides a synthesis of knowledge about the effect of self-care community programs on the functional capacity a systematic research of randomized clinical trial (RCT) and

community interventions that impact on some or several of the following domains of the intrinsic capacity: (i) cognitive function; (ii) mobility; (iii) nutrition; (iv) physical activity; (v) sensorial functions (visual and auditive); (vi) depressive symptoms and (vii) sleep. As well as their effect on the functional capacity (SPPB, Short Physical Performance Battery; IADL, instrumental activities of daily living; AADL, advanced activities of daily living).

METHODS

Search strategy: Search terms for PubMed, Web of Science, Scopus, were: (community program) AND (functional capacity OR healthy aging OR Short Physical Performance Battery OR instrumental activities of daily living OR advanced activities of daily living OR wellbeing), for SciELO and LILACS: (self-care OR community program OR intrinsic capacity OR “ICOPE”) AND (functional capacity OR healthy ageing OR “SPPB” OR “IADL” OR “AADL” OR cognitive function OR depression OR quality of life OR well-being OR life satisfaction), for Cochrane: “community program AND (functional capacity OR intrinsic capacity) AND older adult”, and TESIUNAM: “Capacidad funcional AND adulto mayor”.

Participant or population: Older adults, 60 years old and more, in community will be eligible for this revision.

Intervention: All community programs that carry out actions to strengthen healthy lifestyles in order to maintain, improve and / or recover social, mental, and physical functionality in older adults.

Comparator: Community-dwelling older adults ≥ 60 years without community intervention.

Study designs to be included: Clinical trial, quasi-experimental or pre-experimental studies.

Eligibility criteria: Age (≥ 60 years old), study design, self-care intervention in the community that impact intrinsic capacity

domains, effect over functional capacity (SPPB, IADL, AADL), depression, wellbeing or life quality. Language: English, Portuguese, and Spanish.

Information sources: A systematic search was performed of scientific data on five data bases: PubMed, Web of Science, Scopus, SciELO, LILACS, and TESIUNAM.

Main outcome(s): Improvement and / or keeping of older adults' social, mental, and physical capacity after taking part on self-care community interventions for healthy aging. For that the following domains are assessed: cognitive function, mobility (instrumental and advanced activities from everyday life), Short Physical Performance Battery (SPPB), wellbeing (depression, self-esteem, quality of life or satisfaction with life).

Additional outcome(s): Non.

Data management: For this review, studies will be classified according to the affected functionality (social. Mental of physical) by the activities or interventions mentioned in the studies themselves. Additional subgroups will be added, if necessary, in order to create similar activity groups and so be able to estimate the effect. Two reviewers will participate on the study selection to decide their inclusion. When there is discrepancy, a third party intervenes.

Quality assessment / Risk of bias analysis: Cochrane bias risk tool will be used to assess quality.

Strategy of data synthesis: A systematic review chart will be elaborated, considering the elements of the achronic PICO. Software Revman version 5.4.1 will be used to create the possibility to carry out a meta-analysis and a model of random effects to estimate the effect size.

Subgroup analysis: Subgroup analysis will be done in order to identify the causes of effect variation of the effect size among the different instruments used to functional

capability, as well as the period of implementation.

Sensitivity analysis: Sensitivity analysis will be performed if the combined result has a high risk of heterogeneity.

Language restriction: They will only be considered for inclusion studies quasi experimental or pre-experimental, published in English, Portuguese, and Spanish.

Country(ies) involved: México.

Keywords: Older adults; community intervention; intrinsic capability; functional capability; wellbeing.

Dissemination plans: At the end of the review, it will be published in a peer-reviewed magazine. Furthermore, results will be presented in a disclosure event.

Contributions of each author:

Author 1 - Cristina Flores -Bello - Review conception, review design, review coordination, data collection, data management, data analysis, data interpretation, protocol or review writing.
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