

## 00518 Interventions to Increase Physical Activity Amongst Hospitalised Adults: A Systematic Review

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**Aims:** Physical inactivity may be a key modifiable factor contributing to hospital-associated functional decline. The aim of this review is to understand the effectiveness of the interventions that have been studied to increase physical activity levels of hospitalised patients.

**Methodology:** This review was registered on PROSPERO (registration number: CRD42018083966). Four electronic databases were systematically searched (database inception till June 2018) for studies that compared an experimental and a control group, recruited hospitalised adults and conducted interventions that targeted an increase in physical activity. Study selection was not limited to any specific patient population or intervention type. The PEDro scale was used to assess the quality of the included studies.

**Result:** 5837 articles were screened and seven studies were included in this review. The studies were undertaken in neurological patients (n= 181), older adults (n= 255), and people with cardiovascular disease (n=126). Six of the included studies were carried out in the inpatient rehabilitation setting, with only one conducted on an acute ward. The majority of studies scored 5-8/10 on the PEDro scale. The interventions in the included studies can be categorised into those that utilised wearable sensors with feedback (n= 3), structured activities (n= 2), environment enrichment (n= 1), and behavioural intervention (n=1). Five studies reported a significant increase in amount of physical activity engaged in the intervention groups. There were no adverse events reported in the included studies.

**Conclusion:** Interventions to increase physical activity amongst hospitalised individuals are feasible and effective in the hospital setting. The long-term effects of increased physical activity in hospital requires further investigation.