

Exercise for people recently discharged from hospital

Host School/Institute: The George Institute for International Health

URL: <http://www.thegeorgeinstitute.org/iih/research/musculoskeletal/research-themes/ageing/exercise-for-people-recently-discharged-from-hospital.cfm>

Project Code: GEORGE5

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Description of Project:

This randomised controlled trial involves 350 older people who have recently been in hospital. After returning home participants are randomised to receive a home-based exercise program or to a usual-care control group. At 3 and 12 months reassessment for measures of physical ability/disability are being conducted and falls are monitored throughout the 12 month trial.

The Summer Research Scholar would assist with data collection (via interviews with participants) and data entry/ checking. The scholar could also conduct literature reviews into costs of health and community service use and predictors of adherence to exercise programs in older people with mobility limitations.

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