

# Using existing guidelines to generate recommendations for promoting physical activity among older people: a GRADE approach

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**GRADE**

## Background

Older people are recommended to participate in exercise activities but they may not even understand what exercise is according to results from a qualitative interview study.

## Objective

To generate a physical activity recommendations for both older people and health care professionals who have a role in instructing and promoting physical activity among older people.

## Methods

- A systematic search of the existing guidelines was conducted using a range of electronic and evidence-based databases.
- Both English and Chinese key words of “older people”, “exercise or physical activity\*”, and “guideline\* or systematic review\*” were used to search global evidence.
- Published evidence was searched from several major electronic databases of guideline or systematic review.
- Grading of Recommendations assessment, Development and Evaluation (GRADE) was used to grade overall guideline recommendations, which comprises six dimensions: balance of desirable and undesirable consequences, quality of evidence, values and preferences of target population, resources use, feasibility and culture appropriateness.
- Experts who have a role to instruct or educate physical activity among older people were invited to grade the integrated physical activity recommendations with the use of GRADE.

## Results

- A total of five guidelines were identified, two from American College of Sports Medicine and one each from The National Institute for Clinical Excellence (NICE), Australian Department of Health and Ageing and Canadian Fitness and Lifestyle Research Institute.
- The five guidelines or recommendations were integrated into the parts for both older people and health care professionals.
- Exercise plans should include a gradual approach to increase physical activity over time using multiple bouts of activity ( $\geq 10$  minutes) as opposed to continuous bouts when appropriate.



## Conclusion

- The process of generating a list of recommendations for promoting physical activity among older people combined a systematic search of existing guidelines and an assessment of confidence in estimates of effect of the existing guidelines with an approach of the use of GRADE.