



NHRIWG2015 Taskforce on Physical Exercise in Nursing Home Settings: Looking for Recommendations

December 1, 2015

from 2:00pm to 6:00pm

Salle Gaspard de Maniban, Hôtel-Dieu Saint-Jacques
2 Rue Viguerie, 3100 Toulouse, France

Presentation

Context

Several studies have proven the importance of exercise training for the health of residents of long term care facilities. However, the best exercise regimen in terms of feasibility, safety, and effectiveness has not yet been established.

Objectives

The main purpose of this Task Force is to gather the experience and viewpoints of worldwide leaders in the field of exercise for residents living in long-term care facilities in order to define clear exercise guidelines for this often vulnerable population of very old people.

Procedures

Experts of the Gérontopôle of Toulouse will elaborate a first draft of a consensus paper on the best exercise regimen for people living in long-term care facilities. We will send you this paper one week before the Conference. You are expected to make your comments directly in the text of the paper and send it back to Philippe de Souto Barreto at latest on **Monday morning November 30th 2015**. At the Taskforce meeting, we will read the paper together and discuss on the comments you have inserted in the text. Participants will have the opportunity to give his/her point of view about the paper and about the broad field of exercise in nursing homes. A few weeks after the Conference, a final draft of the consensus paper will be written and sent to the Task Force participants for approval before submission to a journal.

Important dates

Manuscript sent from Taskforce organizers to participants: **Wednesday 25th November 2015**.
Comments sent from Taskforce participants to organizers: **Monday 30th November 2015, before noon**.

Support

The meeting is organized under the auspices of the IAGG GARN Network and the IAGG-ER Clinical Section, who will ensure dissemination of the recommendations paper.

Your contact

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