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Background/Aims

Physical activity (PA) brings many health benefits, improved healthcare outcomes and reduced health costs however only 1 in 5 people aged 65-74 years and 1 in 10 over 75 achieve the recommended physical activity levels.

The Functional Fitness MOT (FFMOT) comprises a number of different physical function tests that help older people to see how fit they are when compared to their peers. It can be used to highlight a person's strengths and weaknesses and as a motivator to increase physical activity.



Methods

A feasibility study was conducted to investigate whether the FFMOT is appealing to older physiotherapy patients, can be delivered efficiently in a healthcare setting, and enough participants can be recruited/retained to support a future trial.

Patients aged >59 years attending MSK physiotherapy at Slateford and Sighthill clinics who did not meet the recommended physical activity levels were screened. Participants attended one FFMOT session and in most cases a focus group.

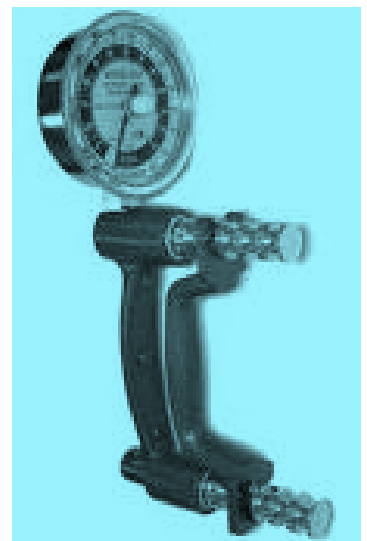
FUNCTIONAL FITNESS MOT TESTS
30 second chair rise
8 foot up and go
Single leg stand
Handgrip strength
Chair sit and reach
Back scratch
(6 minute walk test)

Conclusions

The results of this study show that the FFMOT is appealing and potentially feasible in the clinical setting.

Future plans

The results paper has been submitted for publication and is currently under review. A randomised controlled trial is proposed to test the efficacy of the FFMOT in promoting physical activity in older adults compared to standard practice.



Results

29 patients were recruited to the study, representing a recruitment rate of 10%. 86% were retained to 3 months follow-up and provided all data requested in full.

Questionnaires:

- 78% of participants found that the FFMOT raised their awareness of local physical activity opportunities
- 25% were attending locally organised physical activity after the FFMOT
- 48% reported doing more exercise at home since the FFMOT

Focus groups – benefits reported by patients:

- doing more exercise at home
- breaking up periods of sitting more often
- a wider change in health behaviour (eg. food intake)
- benefits of being able to compare their fitness levels with norms for age and sex
- receiving individualised information regarding physical activity