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What is the evidence for engagement in community based exercise groups and the reduction of frailty indicators for adults 65 years and older?

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Relevant Allied Health Discipline	General Practioner's, Nurses, Occupational Therapists, Physiotherapists and Social Workers
Sources searched	Google Scholar, PubMed and the Cochrane Library were last searched on the 18th August 2020.
Quality appraisal of the body of Evidence	**Strength of Evidence:** All sources used within this review were considered high level evidence (Level II), according to NHMRC Hierarchy. Six RCTs (total n = 1018 participants).
	Statistical significance: All interventions showed a statistical difference (p. value <0.05), providing statistical significance within the review.
	Clinical significance: The results of this review can assist in reducing pressure placed upon the Australian Healthcare System, through use of community based exercise in older adults. This may also be a useful form of early intervention and health promotion in adults.
	External Validity/Applicability: Although the included studies have been conducted nationally and internationally, the results can be applied to the Australian Healthcare System.
Summary of Evidence findings	Forms of community based exercise included physical, resistance and circuit training, Tai Chi, proprioception, aerobic, balance, strength and stretching exercises. The findings showed physical and emotional improvements in older adults. However, it is unclear what forms of community based exercise are most effective in reducing frailty indicators.
Conclusions	Structured community based exercise training reduces frailty indicators in older adults. It became apparent interventions were more effective in reducing physical frailty indicators in the longer studies used within the review (nine to eleven months). Although results demonstrated community based exercise assists in reducing frailty indicators, further high quality studies must be conducted to determine the most effective form of community based exercise
Implications for clinical practice	Community based exercise, as an intervention, can assist in reducing frailty indicators. If used as an intervention for frail, older adults, and an early intervention for adults across health sectors, pressure can be reduced upon medical and social care within the Australian Healthcare System in the future. However, further research into the most effective forms of community based exercise is required

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This evidence summary has been prepared by undergraduate students as part of the HLTH 3057 Advanced Evidence Based Practice course. Due to limitations of assignment requirements reviews are limited to a maximum of 8 evidence sources. Conclusions and implications for clinical practice reported are provisional based on the evidence identified in this review and should be contextualized to local practice, clinical expertise and patient values. For further information on the review process please contact steve.milanese@unisa.edu.au