

Impact of COVID-19 lockdown on physical exercise among participants receiving the Promoting Activity, Independence and Stability in Early Dementia (PrAISED) intervention: A repeated measure study

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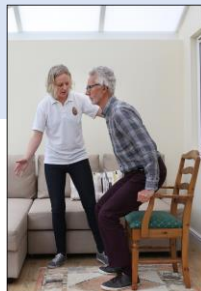
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What is PrAISED?

Promoting Activity, Independence and Stability in Early Dementia (PrAISED) is a physical activity and exercise intervention to promote activity and independence in people living with dementia



What was the impact of COVID-19 on PrAISED delivery?

Before the COVID-19 pandemic, participants in PrAISED received in-home therapy visits (see picture above). In March 2020, due to the UK national lockdown, it was no longer possible to deliver PrAISED through in-home therapy visits, which started to be delivered remotely using video and telephone calls.



Research question

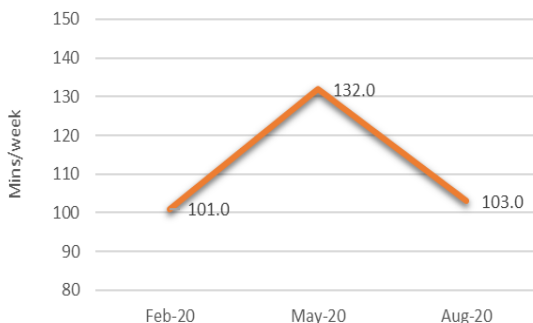
Did the physical exercise levels of participants in receipt of PrAISED change throughout as a result of therapy sessions being delivered remotely?

Methods

A repeated measure (three time points) study comparing self-reported minutes of physical exercise recorded by participants for the months of February (i.e., baseline – pre-lockdown), May (i.e., T1 – during lockdown), and August (i.e., T2 – post-lockdown) 2020.

Results

- Statistically significant increase between Feb. and May 2020 ($Z = -2.013$, $p = 0.040$)
- Statistically significant decrease between May and Aug. 2020 ($Z = -2.726$, $p = 0.004$).
- No statistically significant differences between Feb. and Aug. 2020 ($Z = -0.485$, $p = 0.620$).



Conclusion

Despite concerns that the restrictions of the COVID-19 pandemic might lead to reductions in physical exercise, participants in receipt of PrAISED increased physical exercise during lockdown. This suggests a potential for remote support to support people living with dementia to maintain physical exercise when face-to-face service provision is not possible.