Supplementary Data

References for all articles included in the systematic review (n=49)


Appendix i – search strategy

Specialised registers of the following Cochrane Review Groups:

- Stroke Group
- Effective Practice and Organisation of Care Group
- Dementia and Cognitive Improvement Group

We contacted the Health Care of Older People Field, the Health Promotion and Public Health Field and the Rehabilitation and Related Therapies Field, to request searches of their trials registers. In addition, the following databases were searched:

- The Cochrane Central Register of Controlled Trials (Cochrane Library 2005 issue 3)
- MEDLINE 1966-2006
- EMBASE 1980-2006
- Allied and Complementary Medicine database (AMED) 1985-2006
- Cumulative Index to Nursing and Allied Health Literature (CINAHL) 1982-2006
- Physiotherapy Evidence Database (PEDro) 1952-2006
- British Nursing Index 1993-2006
- Applied Social Science Index and Abstracts (ASSIA) 1987-2006
- International bibliography of social sciences (IBSS) 1951-2006
- PsycINFO 1967-2006
- Database of abstracts of reviews of effectiveness (DARE) 1994-2006
- Health Management Information Consortium database (HMIC) 1979-2006
- Health Technology Assessment (HTA) database 1988-2006
- Web of science 1981-2006
- Aslib Index to UK theses 1970-2006
- Dissertation Abstracts 1961-2006

Studies still in progress were identified using the following:

- National Research Register
- Medical Research Council Register
- Current Research in Britain (CRIB)
- Current Controlled Trials (www.controlled-trials.com)
- HSRPRoj (current USA projects)

The MEDLINE (Ovid) strategy used was as follows:

1. homes for the aged/
2. exp nursing homes/
3. group homes/
4. housing for the elderly/
5. residential facilities/
6. long-term care/
7. halfway houses/
8. hospitals, veterans/
9. geriatric nursing/
10. or/1-9
11. aged/ or "aged, 80 and over"/ or frail elderly/
12. (elderly or geriatr$ or old age or late life).tw.
13. 11 or 12
14. Nursing Care/
15. Rehabilitation Nursing/
16. community health nursing/
17. hospitals, convalescent/
18. rehabilitation centers/
19. institutionalization/
20. or/14-19
21. 13 and 20
22. ((nursing or group) adj home$).tw.
23. ((home$ or hous$ or residen$ or institution$ or facilit$) adj5 (aged or elderly or old age or geriatric)).tw.
24. ((residential or long-term) adj5 (care or facilit$)).tw.
25. ((sheltered or retirement or residential) adj5 (house$ or home$ or accommodation)).tw.
26. ((life care cent$ or continuing care cent$ or extended care facilit$)).tw.
27. ((care or convalescent) adj (home$ or cent$ or facilit$)).tw. and 13
28. or/22-27
29. 10 or 21 or 28
30. rehabilitation/
31. occupational therapy/
32. physical therapy techniques/
33. "physical therapy (specialty)"/
34. exercise therapy/or hydrotherapy/
35. exercise movement techniques/
36. exercise/
37. dance therapy/
38. early ambulation/
39. tai chi/or bicycling/
40. walking/ or yoga/
41. "physical education and training"/
42. physical fitness/
43. recovery of function/
44. rehabilitation nursing/
45. residential treatment/
46. physical stimulation/
47. health promotion/
48. leisure activities/ or recreation/ or dancing/
49. health facility environment/
50. (rehabilitat$ or exercise$ or physiotherap$ or keep fit).tw.
51. (Physical adj3 (therap$ or education or train$ or stimulat$ or fitness or activit$ or function)).tw.
52. ((exercise or movement or occupational or residential) adj5 (therap$ or train$ or treatment or program$)).tw.
53. ((strength$ or aerobic or resistance) adj3 activit$).tw.
54. (improve$ adj3 (function or mobil$ or recover$)).tw.
55. ((fitness or health) adj3 promotion).tw.
56. (dance$ or walk$ or yoga or tai chi or leisure activit$ or bicycl$ or cycl$ or aquatic).tw.
57. ((endurance or balance or strength or flexibility) adj3 training).tw.
58. or/30-57
59. randomized controlled trial.pt.
60. randomized controlled trials/
61. controlled clinical trial.pt.
62. controlled clinical trials/
63. random allocation/
64. clinical trial.pt.
65. exp clinical trials/
67. random$.tw.
68. research design/
69. multicenter study.pt.
70. intervention studies/
71. cross-over studies/
72. control$.tw.
73. alternate treatment.tw.
74. latin square.tw.
75. "comparative study"/
76. exp evaluation studies/
77. Follow-up studies/
78. Prospective studies/
79. prospective.tw.
80. counterbalance$.tw.
81. quasi-random$.tw.
82. ((experiment$ or treatment) adj3 (design$ or condition or group$)).tw.
83. or/59-82
84. 29 and 58 and 83

This strategy was modified where required when applied to other databases.
Appendix ii – secondary outcome measures

- Exercise tolerance (e.g. walking distance)
- Muscle power (e.g. isokinetic and isometric dynamometry)
- Flexibility (e.g. joint range of movement), since functional ability may be inferred from changes in these objective markers
- Balance (e.g. Berg balance scale, functional reach test)
- Perceived health status (e.g. Sickness Impact Profile, Nottingham Health Profile)
- Mood (e.g. Geriatric Depression Scale)
- Fear of falling (e.g. Falls self-efficacy Index)

Global poor outcome comprising death or deterioration in physical function
Appendix iii – methodological quality criteria

− Was treatment group assignment truly random?

− Was intervention assignment adequately concealed prior to allocation?

− Were control and treatment groups comparable at baseline?

− Were the interventions clearly defined?

− Were outcome assessors blind to treatment allocation?

− Was ‘intention to treat’ statistical analysis used?

− Were there any systematic differences between experimental groups in addition to those intended?

Each criterion was rated as "met", "unmet", or "unclear". An overall summary of each study’s validity was produced, as described in version 4 of the Cochrane Reviewers' Handbook.