

**Title:** The OASIS Walking Study – Older Aadults with cognitive impairment performing SIt to Stands and Walking in transitional care programs: a feasibility Study

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**Abstract:** Please see below (250 words)

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### **Abstract**

The OASIS Walking Study – Older Aadults with cognitive impairment performing SIt to Stands and Walking in transitional care programs: a feasibility Study

**Research Problem:** Older adults with cognitive impairment (CI) are often hospitalized, experience functional decline in hospital, and are transferred to facility-based transitional care programs (TCPs), where they have poorer outcomes compared to those without CI. Although walking and sit to stand activity interventions have each resulted in improvements to outcomes among older adults with CI in nursing homes, the two interventions have neither been combined nor tested in facility-based TCPs. Thus, an intervention called the Older Aadults with CI performing SIt to Stands and Walking (OASIS Walking) Intervention was developed.

**Objectives:** To determine the feasibility and efficacy of the OASIS Walking Intervention in older adults with CI in facility-based TCPs.

**Methods, Measures, and Analytic Approach:** A quantitative quasi-experimental one-group time series feasibility study will be conducted. Twenty-two participants will be recruited from

two transitional care units in Ontario. Feasibility will be determined by recruitment rate, retention rate, and adherence. Efficacy will be determined by the change over time in participants' lower extremity muscle strength, mobility, and functional status and by discharge destination. Descriptive statistics will be used for measures of feasibility and for discharge destination. Repeated measures analysis of variance will be used to analyze efficacy.

**Significance:** This project is both important and timely as there is a growing population of older adults with CI, many of whom will require hospitalization and subsequent transfer to facility-based TCPs.