

Multidisciplinary Exercise in Older Adult Mental Health: A Quality Assurance Evaluation

Hoang Cuc (Nancy) La¹, Hazel Heng^{1,2}, Shikira Dix¹, Gabriela Bica¹, Daniella Issa

¹Northern Health, Melbourne, Victoria, Australia ²Allied Health, La Trobe University, Bundoora, Victoria, Australia

Why did we start this program?



Falls



Psychotropic
medication



Deconditioning

What we did

Weekly PT led, supported by MDT
Aug 2025 – Jan 2026



Walking



Strength



Balance



Balloon

Participants (n=28)

Age 73.6 ± 6.7 y

75% female

28.6% **interpreter required**

LOS 40.2 d (IQR 19.9–58.1)

Mobility: 75% mobilised with supervision

Patient experience



Survey responses

28 of 54 attendees responded



Mood (median score)

0 (pre) → 2.5 (post)



Enjoyment: Median 5/5



Satisfaction: Median 5/5



96.4% would return

27 of 28 consumers

Safe to deliver



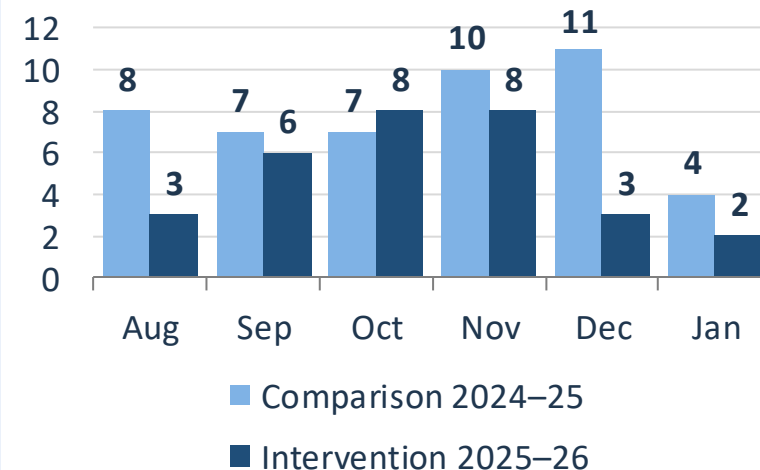
No falls or serious adverse events
during session

Take-home message

MDT exercise group is safe and feasible,
with positive patient outcomes.

Contact email: hoangcucnancy.la@nh.org.au

Descriptive Ward Falls Results



Recorded falls

47 → 30

Lower raw count

36.2% ↓

Falls were lower in 5 of 6 of the
corresponding months

Cautious Interpretation

Descriptive raw counts only
Causality cannot be inferred