



Feb 13, 2021

The Protocol of Adachi Rehabilitation Programme, Version1.0

PLOS One

Yoshihiko Baba¹, Chika Ooyama², Yasushi Tazawa³, Masahiro Kohzuki⁴

¹Kyorin University School of Medicine; ²Tohoku Medical and Pharmaceutical University Hospital; ³Sendai Orthopaedic Hospital;

⁴Department of Internal Medicine and Rehabilitation Science, Tohoku University Graduate School of Medicine

Yoshihiko Baba: The Association of Small Multifunctional At-home Care, Adachi;

1 Works for me dx.doi.org/10.17504/protocols.io.bn8wmhxe

Yoshihiko Baba

SUBMIT TO PLOS ONE

ABSTRACT

Objectives

We have developed Adachi Rehabilitation Programme (ARP), a community rehabilitation program in which older adults clean and plant flowers in the park and walk and shop in the shopping street under the supervision of professional caregivers. We examine the effects of ARP at small multifunctional at-home care.

Registration

The trial was registered at University Hospital Medical Information Network centre (UMIN000028317). The trial was also ethically reviewed and approved by Tohoku University Hospital Ethical Committee (2017-2-213 (Application-8996)) on 2 December 2017.

EXTERNAL LINK

<https://doi.org/10.1371/journal.pone.0245646>

THIS PROTOCOL ACCOMPANIES THE FOLLOWING PUBLICATION

Baba Y, Ooyama C, Tazawa Y, Kohzuki M (2021) Effects of Adachi Rehabilitation Programme on older adults under long-term care: A multi-centre controlled trial. PLoS ONE 16(2): e0245646. doi: [10.1371/journal.pone.0245646](https://doi.org/10.1371/journal.pone.0245646)

DOI

dx.doi.org/10.17504/protocols.io.bn8wmhxe

EXTERNAL LINK

<https://doi.org/10.1371/journal.pone.0245646>

PROTOCOL CITATION

Yoshihiko Baba, Chika Ooyama, Yasushi Tazawa, Masahiro Kohzuki 2021. The Protocol of Adachi Rehabilitation Programme, Version1.0. **protocols.io**
<https://dx.doi.org/10.17504/protocols.io.bn8wmhxe>

MANUSCRIPT CITATION please remember to cite the following publication along with this protocol

Baba Y, Ooyama C, Tazawa Y, Kohzuki M (2021) Effects of Adachi Rehabilitation Programme on older adults under long-term care: A multi-centre controlled trial. PLoS ONE 16(2): e0245646. doi: [10.1371/journal.pone.0245646](https://doi.org/10.1371/journal.pone.0245646)

LICENSE

———— This is an open access protocol distributed under the terms of the [Creative Commons Attribution License](https://creativecommons.org/licenses/by/4.0/), which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited

CREATED

Oct 29, 2020

LAST MODIFIED

Feb 13, 2021

PROTOCOL INTEGER ID

44022

- 1 ARP is a weekly exercise and occupational therapy that facilitated participation with low (<3 MET) aerobic physical activity and, if possible, moderate (3 to 6 MET) physical activity. The participants collaborated on solving multiple tasks. To facilitate communication with local residents, the trial is carried out outside of the facility.

In the first week, participants visit a shopping street to purchase the items for park cleaning and gardening. The total duration of transportation and shopping is approximately three hours.

In weeks two to four, participants go to a nearby park for cleaning and gardening with or without walking aids. For cleaning, participants hold a pair of tongs or a bin liner and walk around in the park to pick up litters. For gardening, they dig the ground, plant flowers and water them. The supervised intervention is carried out once a week, but the participants are encouraged to visit the park to take care of the flowers on other days. This four-week series is repeated three times.

The frequency, intensity, type and time of physical activities are summarized in Table 1.

Table 1. The basic components of Adachi Rehabilitation Programme

Frequency	Intensity	Type	Time
Once a week	low to moderate	Walk to bus stop	10
(Week 1)	low	Bus ride	30
	low	Stroll in the shopping street	60
		Rest	10
	low	Bus ride	30
	low to moderate	Walk from bus stop	10
		Total	150
Once a week	low to moderate	Walk to park	5
(Weeks 2 to 4)	moderate	Plant flowers	10
	low	Pick up garbages	40
	low to moderate	Walk from park	5
		Total	60

Note: The unit of time is minutes.

The basic component is a four-week programme. The basic component was repeated three times (12 weeks).