

Life Sciences 生命科學

# Safe and simple *qigong* for the frail elderly

## 適合體弱長者的安全簡易氣功

PolyU's Department of Rehabilitation Sciences collaborated with Yan Chai Hospital in the development of a set of easy-to-learn health *qigong* for elders who are cognitively and physically unable to practise other more demanding *qigong* protocols or aerobic exercises.

理大康復治療科學系與仁濟醫院合編了一套簡單易學的健身氣功，適合認知及體能上不能練習要求較高的氣功或帶氧運動的體弱長者。



Elders who participated in the study commented that the new protocol is easy to learn and produces obvious results.

參與研究的長者認同「仁濟易筋十段錦」套路簡單易學，功效顯著。



Prof. Hector Tsang  
曾永康教授

In collaboration with the Social Services Department of Yan Chai Hospital, Prof. Hector W.H. Tsang, Associate Head of PolyU's Department of Rehabilitation Sciences, conducted a study entitled "Developing and testing the effectiveness of a novel and easy-to-learn Chinese mind-body exercise for frail elders in Hong Kong". Using functional anatomical analysis and an expert panel approach, the researchers developed the "Yan Chai Yi Jin Ten Section Brocades", integrating those parts more suitable for frail elders from two popular *qigong* protocols – *Baduanjin* and *Yijin Jing*. The new protocol is safe for practice at home in the standing or sitting style. As it is physically less demanding, frail elders can practise it at home with minimal professional assistance.

A randomized controlled study was conducted to evaluate the health benefits of the new protocol. One hundred and sixteen frail elders were randomly divided into two groups. One group of 61 elders practised the health *qigong* in 60-minute sessions, two times a week for 12 weeks. Those in the control group spent the time on newspaper reading. After three months, the subjects in the *qigong* group showed significant improvements in cognitive functioning, perceived physical health, activities of daily living and overall health status. Reductions in their resting heart rates were also recorded.

The new protocol is now being practised in residential care homes and day care centres that are administered by the Yan Chai Hospital's Social Service Department. A training manual and DVD have been produced to introduce the protocol to healthcare professionals.

康復治療科學系副主任曾永康教授聯同仁濟醫院社會服務部，進行了一項題為「有關研發及測試一套專為體弱長者重新編制及較易掌握的健身氣功成效」的研究。研究人員透過解剖學上的功能性分析及專家小組評估，將兩套普及氣功——八段錦及易筋經中較適合體弱長者的招式結合成「仁濟易筋十段錦」。這套氣功分為站式及坐式兩種，由於在體能上的要求不高，所以長者可在家中安全地進行練習，無須專業人員協助。

研究團隊透過隨機對照實驗，評估「仁濟易筋十段錦」的效用。參與研究的一百一十六名長者隨機分成兩組，當中六十一位長者連續十二星期練習「仁濟易筋十段錦」，每周練習兩次，每次六十分鐘；而對照組的長者則只參與閱報活動。三個月後，學習這套氣功的長者無論在認知功能、身體機能、日常活動或整體健康方面都明顯地改善了，靜止心率亦顯著減少。

現時，「仁濟易筋十段錦」在仁濟醫院社會服務部轄下的護理安老院及長者日間護理中心推行。研究人員亦製作了培訓手冊及光碟，向醫療保健人員介紹這套氣功的功法。