

Social Research Call

Title:

TRACKFRAILTY: TRACK TO PREVENT, MITGATE, AND REVERSE FRAILTY



Acronym: TRACKFRAILTY

Project leader: Mário António Cardoso Marques

Host organisation: University of Beira Interior

Main purpose of the project: The TrackFrailty project aims to quantify the prevalence of frailty in Portuguese residential care facility residents from the Portuguese subregion of Cova da Beira (Interior Center Region) and analyze the effects of long-term strength training with different volume doses on reversing physical frailty.

Design/methodology/approach: The TrackFrailty project has three main activities. Activity one is a training course for clinicians on assessing and treating frailty in residential care facility residents. Activity two is a cross-sectional study to quantify the prevalence of frailty. Activity three is a 12-month longitudinal study to compare different strength training volumes for reversing frailty in residential care facility residents.

Potential results: The potential and expected outputs of the TrackFrailty project will be clinicians’ specialization in assessing and treating frailty in residential care facility residents, a deeper diagnosis of the prevalence of frailty in the Portuguese subregion of Cova da Beira, and the reversal of frailty through a minimal dose of strength training volume in Portuguese residential care facility residents.

Social relevance of the research: The TrackFrailty project aims to enhance the well-being and quality of life of residential care facility residents and their caregivers. By providing clinical support and resources for assessing and treating frailty, the project fosters social inclusion and empowerment for these individuals, promoting a more inclusive and supportive community environment.

Originality/value of the project: The TrackFrailty project is innovative on various levels due to the quantification of frailty in the Portuguese subregion of Cova da Beira, the promotion of exercise to reverse frailty in institutionalized individuals, the integration of a multidisciplinary team of researchers in Medicine, Sports Sciences, and Psychology, and the opportunity to educate university students in a practical context.