Step 1

http://www.asu.edu
Step 2

http://lib.asu.edu

Select and click on PsycINFO from list of Most Used Resources

Kathleen Carlson, Health Sciences Librarian, ASU, Downtown Phoenix campus
Kathleen.Carlson@asu.edu
Step 3
Home Page of PsycINFO
Searchable PICO question

In the elderly does the use of Tai Chi reduce the future role of falls compared with no intervention?

<table>
<thead>
<tr>
<th>Population</th>
<th>Elderly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intervention</td>
<td>Tai Chi</td>
</tr>
<tr>
<td>Comparison</td>
<td>Intervention vs. no intervention</td>
</tr>
<tr>
<td>Outcome</td>
<td>Reduce falls</td>
</tr>
</tbody>
</table>
Step 4

Let's look in the PsycINFO Thesaurus located at the right hand margin, click on the word thesaurus, type in elderly in the search box and click on the 'Find' button.

There are no results for elderly.
Step 5

Let’s try looking for the search term ‘Geriatrics,’ check the box in front of ‘Search my selections as major subjects,’ then click on the ‘Add to Search’ button.
Step 6

Type ‘tai chi’ in the second box on the 2nd line, change the drop down menu to ‘Subject Headings (all).’ Type ‘falls’ in the search box on the 3rd line and change the drop down menu to ‘Subject Headings (all).’
Click on the Search Button
Step 7

PsycINFO has retrieved 4 peer reviewed journal citations that contain the descriptors: geriatrics, tai chi and falls.

Kathleen Carlson, Health Sciences Librarian, ASU, Downtown Phoenix campus
Kathleen.Carlson@asu.edu
Effects of Sun-style Tai Chi exercise on physical fitness and fall prevention in fall-prone older adults.


Abstract (summary)

This paper reports a study to determine changes in the physical fitness (knee and ankle muscle strength, balance, flexibility, and mobility), fall avoidance efficacy, and fall episodes of institutionalized older adults after participating in a 12-week Sun-style Tai Chi exercise programme. Background: Fall prevention has a high priority in health promotion for older people because a fall is associated with serious morbidity in this population. Regular exercise is effective in fall prevention for older adults because of improvements in strength and balance. Tai Chi exercise is considered to offer great potential for health promotion and rehabilitation, particularly in the maintenance of good mental and physical condition in older people. Methods: A quasi-experimental design with a non-equivalent control group was used. Data were collected from September 2001 to January 2002. A total of 26 fall-prone older adults with a mean age of 73.8 years participated in the study, and 29 people in the Tai Chi group and 30 controls completed the post-test measures. The Tai Chi exercise programme was provided three times a week for 12 weeks in the experimental group. Data were analyzed for group differences using t-tests. Results: At post-test, the experimental group showed significantly improved muscle strength in knee and ankle flexors (P < 0.001) and extendors (P < 0.01), and improved flexibility (P < 0.01) and mobility (P < 0.001) compared with the control group. There was no significant group difference in fall episodes, but the falls avoidance ratio for the Tai Chi exercise group compared with the control group was 8.67.

Conclusion: The findings reveal that Tai Chi exercise programmes can safely improve physical strength and flexibility.
Step 9
To see your 'Recent Searches' click on the back browser button and the 'recent searches' towards the upper right corner.
Step 10

Here is your most recent search.

Kathleen Carlson, Health Sciences Librarian, ASU, Downtown Phoenix campus
Kathleen.Carlson@asu.edu