**Project Title:** Mobility training for increasing mobility and functioning in older people with frailty. Cochrane Collaboration systematic review.

**Code:** GEO1

<table>
<thead>
<tr>
<th>Host School/ Institute</th>
<th>Address: The George Institute for Global Health, Level 13/ 321 Kent St Sydney NSW 2000</th>
</tr>
</thead>
<tbody>
<tr>
<td>The George Institute for Global Health</td>
<td></td>
</tr>
</tbody>
</table>

**URL:** [http://www.georgeinstitute.org.au/](http://www.georgeinstitute.org.au/)

**Personal Supervisor:** Dr Nicola Fairhall

**Phone:** 0400 303 626

**Email:** nfairhall@georgeinstitute.org.au

**Co-Supervisor:** Professor Cathie Sherrington

**Project Type:** Literature Review

**Project Category:** Public Health, Ageing, Rehabilitation

**Project Keywords:**
1. Ageing
2. Frailty
3. Mobility
4. Exercise

**Project Description:**

Cochrane Reviews are recognised as the highest quality systematic reviews of randomized controlled trials of health-care interventions.

We are conducting a Cochrane Review examining whether exercise increases function in frail older people. This is an exciting area of aged care research; frailty has huge interest on the world research stage and exercise has emerged as an effective, low cost intervention. The final systematic review and associated meta-analysis will be published in The Cochrane Library.

This is an excellent opportunity to be involved in developing and running literature searches, identifying papers for inclusion in the systematic review and extracting data from included papers. The successful applicant will work closely with experienced aged care researchers at The George Institute for Global Health, Kent St, Sydney, and will enjoy many learning (and social) opportunities available to the Musculoskeletal Team.