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## Tai Chi and Qigong exercise improves sleep quality in elderly: A systematic review and meta-analysis

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Sleep quality of the elderly people was poor. Sleep quality improves in response to Tai Chi and Qigong exercise interventions, yet the effectiveness of such interventions to improve sleep quality in elderly is unclear. This study conducted a systematic review and meta-analysis to evaluate whether Tai Chi and Qigong improves sleep quality in geriatric population. Two authors identified Tai Chi and Qigong exercise from Cochrane Library, Joanna Briggs Institute, PubMed, MEDLINE, CINAHL, CEPS, Taiwan Periodical Literature System, Taiwan Academic Online databases from inception to May 31<sup>st</sup>, 2015. A manual search was also performed. Two reviewers independently screened and appraised each study. Sensitivity analyses and subgroup analyses were also performed to assess the robustness of pooled outcomes. A random effects meta-analysis was conducted. Five studies were included, involving 502 participants. Interventions included Tai Chi and Qigong and lasted 12-24 weeks. The interventions resulted in significantly better Pittsburgh sleep quality index scores than either routine care or low impact exercise/educational controls (standardized mean difference, -3.21; 95% confidence interval, -5.60 to -0.82). Subgroup analysis has also revealed that the effect of Tai Chi on sleep quality has been influenced by the duration of the intervention. The current review has represented that Tai Chi and Qigong has significant effect on improving the sleep quality for geriatric people.

### Biography

Hsiao-Ying Wu is currently working at Yuanpei University. She is the National Yang-Ming University Department Of Nursing second-year Doctoral student. Her research is about exercise, how it helps to improve the condition with symptom of sleep and depression in the elderly.

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