

Participants Information sheets

1. Research Title

A comprehensive program to improve the quality of life of the elderly in nursing homes

2. Application for participation

We invite you who live in nursing homes to participate in the research we are going to do. Please, Mr / Ms read the explanation of this research plan. If something is not clear, it can be developed for us.

3. Research objectives

Many elderly people in nursing homes suffer from high blood pressure, anxiety, falls, and fatigue easily, which has an impact on their quality of life. For this reason, a new program is needed to improve the quality of life of the elderly in nursing homes. This new program, named SPIRIT, is a comprehensive program for the elderly by involves dynamic interactions of various biological, psychological, social, and spiritual components to obtain more optimal results. The program will run for 16 weeks.

4. Participants criteria

Participants in this study are elderly who fulfill inclusion criteria as follows :

- ≥ 60 years old
- Be able to communicate
- Be willing to undergo the intervention of this study
- Has lived in nursing homes for a minimum of 3 months
- Has scored A on Katz index of activity daily living
- Receive permission from the Director of the nursing home

Participants will not be included in the study if they meet the following criteria: have suffered from chronic diseases which cause participants not to be able to participate in the program SPIRIT, have vision and hearing impairment, have to blood pressure $>180/100$ mmHg, and have oxygen saturation level $<95\%$.

5. Opt-in

This research is voluntary. Participants are free to decide whether to participate or not. There will be no impact if the participant refuses to participate in this research. Participants also have the right to terminate participation at any time without losing any rights already received.

6. What will be done

Participants will be divided into two groups, namely the treatment and control groups.

Participants in the treatment group were asked to exercise for 50-60 minutes, three times a week for 16 weeks. Consists of aerobic exercise (eg gymnastics, stationary bicycle, walking), breathing relaxation, and gratitude therapy, guided by an instructor.

Participants in the control group will receive routine treatment as usual. Researchers did not take any action.

7. Lifestyle changes

Participants do not need to change their lifestyle other than living the various things mentioned in number 6.

8. Risk

Performing regular physical activity has become a recommended program in many countries. However, for the elderly who are not used to undergoing physical exercise, there is a risk of causing bone, joint, and muscle disorders. To minimize risk, the exercise begins with a warm-up, the program is adapted to the abilities of the elderly and has been approved by sports experts and psychologists, and there is an instructor who supervises the movement of participants.

9. Benefits

The elderly in the treatment group will receive direct benefits, namely the right to have a stationary bicycle, a pulse oximeter used during the SPIRIT program, and consultation on physical and mental problems. If the research results are proven, the elderly will have a better conditions in terms of physical fitness, anxiety, blood pressure, risk of falls, and quality of life. The elderly in the control group will be taught the SPIRIT program after the study is completed.

10. If something unexpected happens

If they experience complaints or unexpected events, participants can report to the main researcher (Erindra Budi Cahyanto, at mobile number 088802404967 or email erindrabudi@staff.uns.ac.id), or the caretaker of the nursing home. If further treatment is required, participants will be referred to the Annisa Husada Clinic, Jalan Kalingga Barat Number 8 Kadipiro Banjarsari Surakarta Telephone: (0271) 7655247. Participants who feel that their complaints are not being responded to properly can submit complaints to the Research Ethics Committee, Faculty of Medicine, UNS Medical Education Building. Baru, 2nd Floor, Faculty of Medicine, University of Sebelas Maret, Ir. Sutami street number 36 A, Surakarta , Central Java 57126. Phone: 0271-664178 Ext. 1125, email: kepk@fk.uns.ac.id

11. Data confidentiality

The researcher guarantees the confidentiality of the data obtained during the study.

12. Publication of research results

Participants have the right to know the results of the research. Research results will be published in the form of books, journals, or conferences, taking into account participant confidentiality.

13. Sponsor

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14. More information

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