

Complex interventions to improve physical function and maintain independent living in elderly people: a systematic review and meta-analysis

	Not living at home	Death	Nursing home admission	Hospital admission	People with falls	Physical function
Number	79 578	93 754	79 575	20 047	15 607	21 651
Intensity of intervention						
Low	0.96 (0.93 to 0.98) (<i>I</i> ² =18.9%)	1.01 (0.98 to 1.04) (<i>I</i> ² =27.5%)	0.86 (0.83 to 0.91) (<i>I</i> ² =0.3%)	0.93 (0.87 to 0.99) (<i>I</i> ² =44.0%)	0.76 (0.68 to 0.84) (<i>I</i> ² =14.0%)	-0.09 (-0.15 to -0.04) (<i>I</i> ² =52.5%)
Medium	0.93 (0.89 to 0.98) (<i>I</i> ² =38.0%)	0.94 (0.89 to 1.00) (<i>I</i> ² =9.9%)	0.86 (0.77 to 0.96) (<i>I</i> ² =29.5%)	0.97 (0.91 to 1.04) (<i>I</i> ² =63.6%)	0.97 (0.91 to 1.03) (<i>I</i> ² =48.5%)	-0.06 (-0.10 to -0.02) (<i>I</i> ² =58.0%)
High	0.93 (0.84 to 1.02) (<i>I</i> ² =22.0%)	1.02 (0.94 to 1.10) (<i>I</i> ² =0%)	0.92 (0.77 to 1.10) (<i>I</i> ² =48.3%)	0.93 (0.89 to 0.98) (<i>I</i> ² =0%)	0.89 (0.81 to 0.98) (<i>I</i> ² =25.9%)	-0.12 (-0.17 to -0.06) (<i>I</i> ² =4.3%)
All	0.95 (0.93 to 0.97) (<i>I</i> ² =29.3%)	1.00 (0.97 to 1.02) (<i>I</i> ² =10.6%)	0.87 (0.83 to 0.90) (<i>I</i> ² =29.0%)	0.94 (0.91 to 0.97) (<i>I</i> ² =43.0%)	0.90 (0.86 to 0.95) (<i>I</i> ² =52.8%)	-0.08 (-0.11 to -0.06) (<i>I</i> ² =45.9%)

Webtable 6: Relative risk of outcome (95% CIs) by intensity of intervention (standardised mean difference for physical function) and *I*² heterogeneity statistic

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