

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	12 425	21 651
Death rate (percentage per year)						
<4.2%	1.06 (0.93 to 1.21) (<i>I</i> ² =58.3%)	1.02 (0.88 to 1.17) (<i>I</i> ² =0%)	1.25 (0.99 to 1.59) (<i>I</i> ² =60.8%)	0.92 (0.85 to 1.00) (<i>I</i> ² =0%)	0.86 (0.80 to 0.91) (<i>I</i> ² =36.8%)	-0.05 (-0.09 to -0.01) (<i>I</i> ² =60.3%)
4.2%–6.6%	0.91 (0.84 to 0.98) (<i>I</i> ² =3.5%)	0.93 (0.86 to 1.01) (<i>I</i> ² =0%)	0.88 (0.74 to 1.06) (<i>I</i> ² =4.5%)	0.86 (0.79 to 0.94) (<i>I</i> ² =0%)	0.99 (0.86 to 1.14) (<i>I</i> ² =0%)	-0.13 (-0.18 to -0.08) (<i>I</i> ² =37.8%)
6.7%–11.0%	0.96 (0.93 to 0.98) (<i>I</i> ² =14.1%)	1.00 (0.97 to 1.03) (<i>I</i> ² =44.1%)	0.86 (0.82 to 0.90) (<i>I</i> ² =18.8%)	0.98 (0.92 to 1.04) (<i>I</i> ² =72.0%)	0.92 (0.80 to 1.05) (<i>I</i> ² =78.4%)	-0.08 (-0.16 to 0.00) (<i>I</i> ² =0%)
≥11.1%	0.88 (0.79 to 0.96) (<i>I</i> ² =2.9%)	1.00 (0.92 to 1.09) (<i>I</i> ² =0%)	0.75 (0.63 to 0.89) (<i>I</i> ² =0%)	0.96 (0.92 to 1.01) (<i>I</i> ² =54.5%)	0.81 (0.50 to 1.33) (<i>I</i> ² =51.2%)	-0.12 (-0.22 to -0.02) (<i>I</i> ² =58.1%)
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%)	0.88 (0.84 to 0.93) (<i>I</i> ² =51.1%)	-0.08 (-0.11 to -0.06) (<i>I</i> ² =45.9%)

Data were not available from some studies for death rates and mean age.

Webtable 3: Relative risk (95% CIs) of outcome by death rate (standardised mean difference for physical function) and *I*² heterogeneity statistic

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