### Background and Aim of Research

- Multimorbidity is common in older adults and associated with high levels of illness burden and healthcare expenditure.
- Yoga might be a useful intervention because it is low cost, simple, and can address several health conditions simultaneously.
- Gentle Years Yoga© (GYY) is a yoga programme that was developed for older adults, including those with chronic health conditions.
- A pilot trial of GYY demonstrated feasibility and encouraging preliminary data (Tew et al., 2017; see QR code).
- The aim is to determine the clinical and cost effectiveness of the GYY programme plus usual care versus usual care alone in community-dwelling older adults with multi-morbidity.

### Methods Used

- **TRIAL DESIGN:** Multi-site, individually-randomised, controlled trial with embedded process and economic evaluations.
  - Potentially eligible patient identified, primarily via GP database screening.
  - Inclusions: aged 65 years or older; community-dwelling; two or more chronic health conditions
  - Exclusions: baseline questionnaire not returned or incomplete; inability to attend one of the yoga courses on offer; practice of yoga in the previous 6 months; contraindication(s) to yoga participation; severe mental health problem or learning disability; unable to read or speak English or provide consent; currently enrolled in another research study for which concurrent participation is deemed inappropriate; and, only one patient per household

- Recruitment commenced in July 2019 and is ongoing.
- We hope to complete follow-up in September 2022.

### Conclusion

- The evidence base for how best to manage older adults with multi-morbidity is weak.
- This randomised controlled trial aims to further clarify the role of yoga as a routine management option for older adults with multimorbidity.
- If demonstrated to be clinically and cost effective, this yoga programme may be feasible for widespread delivery within an NHS social prescribing pathway.

### References