



Universiteit
Leiden

The Netherlands

Exercise and physiotherapy for nursing home residents with dementia: practices and preferences

Boer, D.E.

Citation

Boer, D. E. (2026, March 19). *Exercise and physiotherapy for nursing home residents with dementia: practices and preferences*. Retrieved from <https://hdl.handle.net/1887/4297515>

Version: Publisher's Version

License: [Licence agreement concerning inclusion of doctoral thesis in the Institutional Repository of the University of Leiden](#)

Downloaded from: <https://hdl.handle.net/1887/4297515>

Note: To cite this publication please use the final published version (if applicable).

**Exercise and physiotherapy for nursing home residents
with dementia: practices and preferences**

Dennis Boer

ISBN: 978-94-6534-127-9

© Dennis Eric Boer 2025

All rights reserved. No part of this thesis may be reproduced in any form without written permission from the author or, when appropriate, of the publishers of the publications.

Cover design: Lucia Melconian, Ariel Monjes & Dennis Boer

Printing and layout: ProefschriftMaken || proefschriftmaken.nl

Exercise and physiotherapy for nursing home residents with dementia: practices and preferences

Proefschrift

ter verkrijging van
de graad van doctor aan de Universiteit Leiden,
op gezag van rector magnificus prof.dr. S. de Rijcke
volgens besluit van het college voor promoties
te verdedigen op donderdag 19 maart 2026
klokke 11.30 uur

door

Dennis Eric Boer

geboren te Gouda
in 1987

Promotor:

Prof. Dr. T.P.M. Vliet Vlieland

Co-promotoren:

Dr. C.B. Schmidt (Kennemerhart)

Dr. S. Sterke (Aafje, Kenniscentrum Zorginnovatie Hogeschool Rotterdam)

Leden promotiecommissie:

Prof. Dr. W.P. Achterberg

Prof. Dr. E.J.A. Scherder (Vrije Universiteit Amsterdam)

Dr. M.S. Holstege (Omring, Hogeschool Inholland)

Dr. J.S.M. Hobbelen (De Hanze hogeschool Groningen)

Table of Contents

Chapter 1: General Introduction	7
Chapter 2: Characteristics and effectiveness of physical therapist supervised exercise interventions for nursing home residents with dementia: a systematic review	21
Chapter 3: The structure and process of physiotherapy services for nursing home residents with dementia in the Netherlands	61
Chapter 4: The perceptions, needs and preferences of informal caregivers of nursing home residents with dementia regarding physical therapy: a qualitative study	75
Chapter 5: Exploring the physiotherapy and exercise needs and preferences of nursing home residents with dementia: a qualitative study	99
Chapter 6: Barriers and facilitators of family involvement in physiotherapy and exercise for nursing home residents with dementia: a qualitative study	117
Chapter 7: A 10-week physical therapist-supervised exercise program for nursing home residents with dementia: a single arm, observational feasibility study	141
Chapter 8: Summary and general discussion	165
Chapter 9: Nederlandse samenvatting	187
Chapter 10: List of publications, Curriculum Vitae, Dankwoord	193