

UQ Winter Research Project Description - 2026

Project title:	A systematic review on digital frailty education courses for healthcare professionals and students
Hours of engagement & delivery mode	The project will be offered for 0.6 FTE (21 hours) for 6 weeks (29 June - 24 July 2026) in hybrid mode (online and at the Dutton Park Campus).
Description:	<p>Background: Frailty is a multidimensional risk state marked by a decline in physical and/or cognitive capacity, increasing a person’s vulnerability to adverse health outcomes such as falls, prolonged hospital stays, and diminished quality of life. Despite its prevalence and impact of frailty, there are currently no comprehensive synthesis of digital education platforms designed specifically to teach healthcare professionals about frailty. This gap limits the ability of educators and health systems to make evidence-informed decisions when developing or adopting digital frailty learning tools—highlighting the need for a systematic review that maps what currently exists and identifies areas for future improvement.</p> <p>Aim: The project aims to do a systematic review of literature to identify and summarise existing digital frailty education platforms designed for healthcare professionals.</p> <p>Methodology: This systematic review will begin by drafting focused research questions to guide the identification of existing national and international studies on digital frailty education courses. A comprehensive search strategy will then be developed and applied across multiple academic databases, with all retrieved records imported into Covidence platform for management. Studies will undergo title, abstract, and full-text screening using predefined inclusion and exclusion criteria. For eligible studies, data will be extracted on authorship, setting, study design, course development, educational content, target users, delivery methods, and reported outcomes. The methodological quality of included studies will be assessed using Joanna Briggs Institute Critical Appraisal tools. In addition, the design and quality of each education course will be mapped against the ADDIE instructional design framework to identify strengths, limitations, and gaps in current digital frailty education programs. Findings will be synthesised and presented according to the PRISMA reporting guideline.</p>
Expected learning outcomes and deliverables:	<p>The student project will focus on the data extraction from the final full text studies followed by data analysis by mapping the course design and outcomes on ADDIE framework.</p> <p>Research activities may involve:</p> <ul style="list-style-type: none"> - Data extraction for the development, characteristics and evaluation of the digital education platform - Data analysis based on the ADDIE Framework - Contributing to the write up of the manuscript (narrative synthesis of the results) - Hands-on experience of Covidence platform <p>Participants in this project will develop a strong foundation in systematic review methodology while gaining a global perspective on current frailty education programs.</p>

	Depending on the activities they undertake, scholars will also gain practical experience using the Covidence systematic review platform, applying Joanna Briggs Institute (JBI) critical appraisal tools to assess study quality, and hands-on experience mapping the ADDIE framework to evaluate education programs.
Suitable for:	This project is open to students enrolled in a health-related degree, for example: public health, medicine, nursing, psychology, nutrition, exercise physiology, pharmacy or sociology. No prior experience is needed. All training will be provided.
Primary supervisor:	Dr Sakshi Chopra
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