This report describes a pilot research study conducted with vulnerable older adults at a local nursing home as a part of an undergraduate Honors program. The focus was on the effects of rocking on cardiovascular health, balance, strength, quality of life and range of motion. The study showed a statistical significance when comparing the control and experimental groups only in the range of motion and functional reach tests.

While the study itself did not necessarily yield the results we expected, the experience itself was still important. All of the volunteers contributed in a variety of ways, and three individuals especially stood out in the group. It was important for the experimental group socially, as they interacted with a variety of their peers.

This older age group is greatly increasing in size, and will soon need an increase in nurses. Young nurses especially should stop to consider geriatric nursing as a possible career path. The study was also beneficial in making connections with nursing professors and other students.