

Effects of a physical activity program and movement-focused care on dependence in daily functions, cognition, physical functions, quality of life related outcomes, and use of medication in nursing home residents with dementia.

No registrations found.

Ethical review	Positive opinion
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON23719

Source

NTR

Health condition

Dementia, physical activity

Sponsors and support

Primary sponsor: Primary sponsor: Vrije Universiteit Amsterdam

Secondary sponsor: Stichting tanteLouise-Vivensis

Source(s) of monetary or material Support: Stichting tanteLouise-Vivensis

Intervention

Outcome measures

Primary outcome

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Activities of daily living (ADL): Care Dependency Scale (CDS) and the performance-based Erlangen ADL (E-ADL)

Secondary outcome

Cognition:

- General cognitive functioning: Severe Impairment Battery (SIB) short version, MMSE (MMSE is not assessed at 3 months, only at baseline and six months)
- For participants with a MMSE of 5 or higher: Executive functioning (set-shifting, response inhibition, working memory): Category fluency tests (subtest GIT), Digit span (subtest of WAIS-III), subtests of the Frontal Assessment Battery (FAB; 'conflicting instructions' and 'go-no go')

Physical function:

- Endurance: six minute walking test (6MWT)
- Strength: chair stand test, Jamar dynamometer
- Functional mobility: timed up and go (TUG)
- Balance: figure of eight walk test (FoE), Figure and Injuries: Cooperative Studies of Intervention Techniques (FICSIT-4)

Use of psychotropic drugs: derived from the medical charts

Quality of life related outcomes:

- * Quality of life: Qualidem
- * Mood and behaviour:
 - Depression: Cornell Scale for Depression in Dementia (CSDD)
 - Apathy: Apathy Evaluation Scale-10 (AES-10)
 - Agitation: Cohen-Mansfield Agitation Inventory (CMAI)

* Rest-activity rhythm: actigraphy

Study description

Background summary

This randomized controlled trial aims to examine the effects a physical activity program and movement-focused care on activities of daily living, cognition, physical functions, quality of life related outcomes, and use of psychotropic drugs in nursing home residents with dementia

Study objective

1. The physical activity program and movement-focused care have beneficial effects on independence in activities of daily living in nursing home residents with dementia.
2. The physical activity program and movement-focused care have beneficial effects on cognition, physical function, quality of life related outcomes, and the use of psychotropic drugs in nursing home residents with dementia.

Study design

There are three time-points:

1. Baseline measurement;
2. Halfway through the intervention (12 weeks);
3. Post-intervention (24 weeks).

Intervention

In the present study, there are two interventions:

1. Physical activity program: combined strength and aerobic training with a duration of 6 months, 3 times a week for 30 minutes.
2. Movement-focused care: nursing staff and paramedics are trained to stimulate physical activity and independence during daily activities.

Separate and combined interventions will be applied leading to four conditions:

1. Combined intervention: physical activity program and movement-focused care

2. Physical activity program
3. Movement-focused care
4. Control: tea and coffee moments

Contacts

Public

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Eligibility criteria

Inclusion criteria

Inclusion criteria:

1. Living on a psychogeriatric ward of stichting tanteLouise-Vivensis
2. Diagnosis of dementia (as stated in the medical status of the person)
3. Mini-Mental State Examination (MMSE) score: 1 - 24
4. Age: at least 65 years
5. Ability to complete the six-minute walking test independently, with or without a walking

aid.

Exclusion criteria

Exclusion criteria:

1. Wheelchair bound
2. Severe visual problems
3. Severe cardiovascular problems
4. Instable diabetes mellitus
5. Severe behavioural problems

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	20-01-2016
Enrollment:	120
Type:	Anticipated

IPD sharing statement

Plan to share IPD: Undecided

Ethics review

Positive opinion

Date: 12-01-2016

Application type: First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL5506
NTR-old	NTR5641
Other	METc VUmc protocol 2015.446 : VCWE-2015-183R1

Study results