

Het effect van een digitaal oefenprogramma op de opnameduur van orthopedische patiënten op de GRZ: een controlled trial

No registrations found.

Ethical review	Not applicable
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON27936

Source

Nationaal Trial Register

Brief title

MIJN_OEFENINGEN

Health condition

geriatric orthopedic patients

Sponsors and support

Primary sponsor: Avans+ Breda

Source(s) of monetary or material Support: initiator

Intervention

Outcome measures

Primary outcome

Total length of stay at the geriatric rehabilitation centre.

Secondary outcome

Balance (Berg Balance Scale)

Ambulation speed (10MWT)

Patiënt satisfaction (VAS)

Compliance of the patient to the exercise program

Study description

Background summary

This is a pilot study to research the effect of a digital exercise program on the rehabilitation of geriatric orthopedic patients at a geriatric rehabilitation centre. With the use of e-health it is possible to automatically adjust the exercise intensity based on user reported measures of effort. The exercises can be presented with videos and audio and it has the possibility to notify the user when an exercise is due.

Study objective

Using a digital exercise program has a significant effect on the length of stay before discharge in a geriatric rehabilitation centre.

Study design

01-09-2016 Project start, inclusion open.

Intervention

Control group receives a standard exercise program on paper, this is the usual care.

Experimental group receives an exercise program on a tablet, with the ability to automatically adjust the exercise intensity based on user reported measures of effort.

Additionally both groups receive usual care which consists of three times per week 30 minutes of physical therapy.

Contacts

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Scientific

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Eligibility criteria

Inclusion criteria

Maximum 3 weeks after orthopedic surgery.

Geriatric patients, older than 65 years.

Admitted to a geriatric rehabilitation centre.

Exclusion criteria

Severe co-morbidities which affect the ability to walk

MMSE (Mini Mental State Examination) < 23

Not community-dwelling

Cardiac problems which affect ability to participate in a normal exercise program.

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Non controlled trial
Masking:	Open (masking not used)
Control:	Active

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-09-2016
Enrollment:	41
Type:	Anticipated

Ethics review

Not applicable	
Application type:	Not applicable

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	NL5922
NTR-old	NTR6102

Register

Other

ID

Broeders Bierman ICT : MO-trial-09160417

Study results