Interventions to promote the health of older construction workers

No registrations found.

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

Summary

ID

NL-OMON28531

Source
NTR

Brief title
N/A

Health condition

health related quality of life
Aging
Musculoskeletal complaints

Sponsors and support

Primary sponsor: TNO Kwaliteit van Leven | Arbeid
Source(s) of monetary or material Support: ZON-MW, The Netherlands Organization for Health Research and Development
TNO Kwaliteit van Leven | Arbeid
Arbouw

Intervention

Outcome measures

Primary outcome

Health related quality of life

Secondary outcome

Musculoskeletal complaints

Cardio respiratory fitness

Mental fatigue

Work ability

Work engagement

Self efficacy

Study description

Background summary

It is becoming increasingly clear that decreases in health-related quality of life associated with ageing are amenable to change. In the Netherlands, it is considered very important that older people extend their working life in a healthy way to keep the social security system affordable and health care costs to a minimum. If the health of ageing workers is not actively promoted and/or their job demands are not adapted, a misfit may develop between their physical and working capacity and the job demands. This is especially problematic for older workers with heavy jobs. It will affect productivity, and can ultimately lead to sickness, disability or early retirement.

The aim of this study is to compose and implement an effective intervention program to promote the health-related quality of life and prolong a healthy working life of older construction workers (i.e., aged 45 years and older). For the development of this program, the Intervention Mapping approach is used. This approach consists of 6 steps where the participation of workers, employers and umbrella organizations is considered very important in all phases. The components of the intervention are not known yet but will be developed in the next year.

The program will be implemented in the framework of a Randomized Controlled Trial and evaluated by means of an effect evaluation at 3 and 12 months after implementation. Besides health-related quality of life, important outcome measures are musculoskeletal complaints, cardio respiratory fitness and work ability.
This project will start January 2008 and the follow up measurements will continue until the end of 2011.

Study objective

Our hypothesis is that after the intervention the health-related quality of life of participants in the intervention group will be significantly greater than the health-related quality of life of those in the control group, both in the short term (3 months) and in long term (12 months).

Study design

Measurements will take place at baseline, 6 and 12 months

Intervention

Detailed information about the format and content of the intervention cannot be given yet, as it will be developed during the first phase of the project. Intervention mapping will be used as method for developing this health promotion program. The intervention program, based on the literature and earlier experience, could consist of one or more of the following components to improve the health of the target group:

(1) Physical training/exercise/fitness, aimed at improving the musculoskeletal and cardiovascular health,

(2) Empowerment/self-efficacy training, aimed at effective coping with a changing health situation as one ages, and maintaining control of your (working) life,
(3) Work-related interventions, aimed at decreasing the physical workload and restoring the load-capacity balance. The control group will receive care as usual.

Contacts

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Eligibility criteria

Inclusion criteria

1. Age: 45 years or older

2. Company size: 10 or more employees

3. Availability: available for the study for the following 12 months

4. Permission: signed an informed consent

5. No co-intervention of other long term health programs

Exclusion criteria

1. Medical contraindication for participation

2. Not sufficiently capable of using the Dutch language

Study design

Design

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

Recruitment

NL

Recruitment status:	Pending
Start date (anticipated):	01-01-2009
Enrollment:	400
Type:	Anticipated

Ethics review

Positive opinion

Date:	11-04-2008
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	NL1233
NTR-old	NTR1278
Other	: WC2007-038
ISRCTN	ISRCTN wordt niet meer aangevraagd

Study results

Summary results
N/A