

Prevention of fall related sports and physical activity injuries in youth.

No registrations found.

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

Summary

ID

NL-OMON28861

Source

Nationaal Trial Register

Health condition

fall-related injuries in school children

Sponsors and support

Primary sponsor: Consument en Veiligheid

Source(s) of monetary or material Support: Consument en Veiligheid

Intervention

Outcome measures

Primary outcome

Primary outcomes are incidence and severity of fall-related injuries. These outcomes will be monitored during the school year by the (gymnastic) teachers. Every week, the children will be asked about their injuries. When a child has suffered a severe injury (according to the definition of van Mechelen et al.), he or she fills in a form that questions the injury. The severity of the injury will be based on the time-loss of participation in physical activity. Because children will only fall if they take part in physical activity, the exposure will be questioned three times during the schoolyear.

Secondary outcome

Two secondary outcomes will be measured in this study:

1. Evaluation of the promoting and hindering factors for implementation of the program will be evaluated by questioning both children and teachers (process evaluation);
2. The effect of the training program on fall-coordination and fall-skills will be measured on three occasions during the school year with a physical fall-test. The test will only be executed in 10 classes.

Study description

Background summary

In the Netherlands, an increase has been found in the number of sports related injuries in children. This increase mainly concerned wrist fractures due to fall-injuries in children aged 8-12 years. Because the increase in injuries does not show a relationship with sports participation, it is theorized that the injuries can be influenced by improving falling skills in school children. To improve these falling skills, Consument en Veiligheid has developed a training program in which children will learn how to fall more safely.

The main purpose of this study is to evaluate the effect of the training program on incidence and severity of fall-related injuries in primary school children. Furthermore the possibilities of implementing the training program in the gymnastic course will be evaluated, and fall-skills and fall-coordination will be measured.

Study objective

Reduction of number of fall related injuries in school children.

Study design

0M = oct 2009;

1M = jan 2010;

2M = may/june 2010.

Intervention

The intervention group will receive an eight week during fall-related injury prevention training program (titled: 'Vallen is ook een sport' © 2009 Consument en Veiligheid). The main purpose of this training is to teach children how to fall safely. This training course can be

integrated in primary school gymnastic lessons and will be given by the children's regular gymnastic teacher.

The (gymnastic) teachers of the control group will execute their normal routine.

Contacts

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Eligibility criteria

Inclusion criteria

1. School children (group 5,6,7,8 of Dutch primary schools);
2. Knowledge of the Dutch language;
3. Skilled in reading and writing.

Exclusion criteria

Participants have to be mentally and physically capable of completing the training program.

Study design

Design

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

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	10-01-2009
Enrollment:	3600
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	NL1914
NTR-old	NTR2031
Other	Wetenschapscommissie EMGO+ Instituut : WC2009-041
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Study results

Summary results

N/A