

Mental practice in Parkinson's disease and Stroke patients in Dutch physiotherapy practices

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Ethical review	Approved WMO
Status	Completed
Health condition type	Other condition
Study type	Interventional

Summary

ID

NL-OMON32444

Source

ToetsingOnline

Brief title

Mental practice in physiotherapy

Condition

- Other condition
- Movement disorders (incl parkinsonism)
- Vascular injuries

Synonym

Parkinson's disease - CVA, stroke

Health condition

M. Parkinson en CVA

Research involving

Human

Sponsors and support

Primary sponsor: HsZuyd

Source(s) of monetary or material Support: SKO, Kennisvouchers Senternovem

Intervention

Keyword: mental practice, neurological disorders, physiotherapy, private practices

Outcome measures

Primary outcome

The primary outcome measure is patient-perceived effect on performance of

walking as assessed by an 11-point Numerical Rating Scale.

Secondary outcome

Secondary outcome is the Timed up and Go (PD and CVA) and 10m-walking test

(CVA). All of the patients and all therapists involved in both studies will be

interviewed on their opinion of the MP therapy program to assess the

feasibility of the program and patients are asked to keep a log in order to

determine unguided training intensity.

Study description

Background summary

Mental practice as an embedded or additional therapy is getting increased attention in rehabilitation/therapy in different patient populations (stroke, Parkinson's disease (PD), chronic pain etc.) Systematic reviews of the studies undertaken so far in stroke (2 reviews) and other pathologies (1 review) show that there may be some evidence that the technique might be effective.

In Holland, little mental practice research is done in private practices in the community. This study (consisting of two separate parts) investigates whether mental practice can contribute to a quicker and/or a better improvement in

patients with a) Parkinson's disease and b) patients recovering from stroke in every day physiotherapy. The study will be conducted in three private physiotherapy practices, Maatschap Fysiotherapie Snijders, Stein, Fysiovision, Geleen and Fysiotherapie de Baandert, Sittard, all in the south of Holland, over a period of 1 year (2009).

Study objective

The overall aim of the proposed research project is to investigate the therapeutic potential of mental practice embedded in daily therapy on the improvement in daily activities of adult patients with Parkinson's disease and stroke patients. In the Parkinson's study, MP embedded in therapy will be compared to therapy as usual alone (effects of MP). In both conditions, PD and Stroke, the additional research question investigates the feasibility of the mental practice-based therapy as judged by the patients and therapists.

Study design

The study design is a multi-centre randomised controlled trial (Parkinson's disease) and a patient series (stroke).

Intervention

After a baseline period, the stroke and Parkinson's patients will be followed over a 6 weeks intervention period. Only in the Parkinson's study, there will be a control group, which will receive physiotherapy as usual. The experimental group (stroke and half of the Parkinson's group) will receive physiotherapy in which mental practice is embedded in every physiotherapy session. Patients will be instructed how to perform MP training for improving *walking*. The instruction for use, training and evaluation of MP takes place in four phases during six weeks.

Study burden and risks

As there are no invasive interventions, nor any untested experimental measurement instruments used, there is no anticipated significant additional risk to the patient.

As the experimental intervention is embedded in therapy as usual the additional time spent seeing professionals to learn the mental practice technique and assess the cognitive structure of movements (SDA-M) is limited to two hours per subject over the entire research period (8 or 10 weeks).

The extra load due to additional testing of patients in the experimental as well as control group, is minimal due to the limited tests (TUG and 10m-walking test).

Patients that agree to being interviewed will add another 20 to 30 minutes to the assessment time needed for data collection. Therapists will be interviewed

by the researcher on experiences and beliefs during MP in the experimental group and on content of therapy as usual in the control group.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adults (18-64 years)

Elderly (65 years and older)

Inclusion criteria

Parkinson's disease:

a) Clinically diagnosed adult patients with Parkinson*s disease;

b) Sufficient cognitive level and communication skills to engage in mental practice; this is a clinical judgement;

c) Hoehn and Yahr classification: 1-3 ;Stroke:

- Clinically diagnosed adult stroke patients;

- Sufficient cognitive level and communication skills to engage in mental practice.

Exclusion criteria

For Parkinson's and stroke:

- severe additional impairments prior to Parkinson's and stroke

Study design

Design

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

Recruitment

NL	
Recruitment status:	Completed
Start date (anticipated):	02-02-2009
Enrollment:	48
Type:	Actual

Ethics review

Approved WMO	
Date:	02-02-2009
Application type:	First submission
Review commission:	METC Z: Zuyderland-Zuyd (Heerlen)

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
CCMO	NL25372.096.08