

Efficacy of a health care program aimed at improving physical activity among older adults with an intellectual disability.

Published: 03-12-2009

Last updated: 04-05-2024

Objectives:1: Increasing the awareness of the older adults of the importance of physical activities2: Introducing the elderly to physical activities and familiarizing them with the fun of it3: Increasing physical activity, improving or maintaining...

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

Summary

ID

NL-OMON32801

Source

ToetsingOnline

Brief title

Healthy ageing and intellectual disability; health promotion

Condition

- Other condition
- Mood disorders and disturbances NEC

Synonym

fitness, health, physical activity

Health condition

degeneratieve aandoeningen in spierstelsel, diabetes

Research involving

Human

Sponsors and support

Primary sponsor: Ipse de Bruggen

Source(s) of monetary or material Support: ZonMw,zorgorganisaties

Intervention

Keyword: Ageing, Health, Intellectual disabilities, Physical activity

Outcome measures

Primary outcome

Physical activity

- Adherence
- Duration
- Intensity
- Amounts of steps during program
- Frequency

Secondary outcome

Steps per day (mean)

Endurance

Strength

Balance

Flexibility

Coordination

Blood pressure

Glucose

Fat mass

Waist to hip ratio

ADL

Depression

Functional deterioration

QOL

self-efficacy

scared to fall

pain

attitude towards physical activity and perceived barriers

social support

Study description

Background summary

The number of older adults with intellectual disabilities will increase during the next decades but growing old in good health is not self evident for them. Most participants have a sedentary lifestyle. This negatively influences both this population*s capacity to carry out daily life activities independently and their health and consequently their quality of life. The result of this is an increasingly intensive demand for health care and a greater workload for employees involved.

Among this population hardly any research has been carried out into increasing physical activity or the effectiveness of programs aiming to increase or maintain physical fitness and health.

Study objective

Objectives:

- 1: Increasing the awareness of the older adults of the importance of physical activities
- 2: Introducing the elderly to physical activities and familiarizing them with the fun of it
- 3: Increasing physical activity, improving or maintaining motor fitness and the capacity to carry out daily life activities which affects positively the

quality of life.

Study design

randomised controlled trial. follow up: 12 months

Intervention

The program comprises three half days per week and consists of two subjects:

1. communication about the body, physical activity and health
2. physical activities such as gym, wii, walking, dancing to music, fitness

The program will be conducted by caregivers of the day-care settings supervised by physical therapists during nine months, three times a week. Activities take place at the day- care center or in a gym nearby. The activities* frequency, duration and intensity will be increased step by step, following the fitness-levels of the participants.

During one program-day, the participants will be physically active during half an hour or 45 minutes in total.

Study burden and risks

Taking part in the program involves hardly any risks. Before the intervention research starts, the client*s physician is asked to ascertain whether the client is able to participate in the program in view of his medical status. The program will consist of activities adapted to the interests and capacities of the participants. Each participant can participate at his own level of fitness. The program is built up slowly, step by step.

The program is carried out by well trained caregivers of the involved day-care centers and supervised by professionals with an expertise in physical activities for older adults with intellectual disabilities. The participants will be stimulated to increase the duration and intensity of their physical activities. This, however, takes place under expert supervision, step by step and on a voluntary basis.

No maximum strain will be required from the participants. At the most all physical activities will be carried out on a sub-maximal level. The participant*s heart rate will be monitored at all times during the activities. The participation of each individual in the program will be regularly evaluated by a multi-disciplinary team. Employees from both domestic and day-care centers are informed about the participant*s involvement in the research. If the participant*s health should deteriorate this will be noted immediately. Whether the program will be adapted or stopped altogether will be decided both by the multidisciplinary team and after consulting the participant himself.

Contacts

Public

Ipse de Bruggen

Spoorlaan 19
2471 PB Zwammerdam
NL

Scientific

Ipse de Bruggen

Spoorlaan 19
2471 PB Zwammerdam
NL

Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adults (18-64 years)

Elderly (65 years and older)

Inclusion criteria

50 years or over

Mild or moderate intellectual disability

able to function in a group of 10 participants in the activities, guided by 1 tot 2 caregivers

medical aprovement from doctor

informed consent

Exclusion criteria

wheelchair dependent

physically active (more than 7500 steps per day)

Study design

Design

Study phase:	2
Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)

Primary purpose: Prevention

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-09-2010
Enrollment:	160
Type:	Actual

Ethics review

Approved WMO	
Date:	03-12-2009
Application type:	First submission
Review commission:	METC Erasmus MC, Universitair Medisch Centrum Rotterdam (Rotterdam)

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	NL29573.078.09