

Physical therapy to improve physical activity by exercise during hospitalization

Published: 22-05-2015

Last updated: 13-04-2024

Determine the feasibility of a study on the effectiveness of an integrated physiotherapy strategy aimed at promoting healthy physical activity during and after hospitalization. If the pilot project proves to be feasible, a multicenter randomized...

Ethical review	Approved WMO
Status	Recruiting
Health condition type	Gastrointestinal therapeutic procedures
Study type	Observational non invasive

Summary

ID

NL-OMON41893

Source

ToetsingOnline

Brief title

N/A

Condition

- Gastrointestinal therapeutic procedures

Synonym

abdominal and transplantation surgery, physical therapy

Research involving

Human

Sponsors and support

Primary sponsor: Leids Universitair Medisch Centrum

Source(s) of monetary or material Support: Wetenschappelijk College Fysiotherapie

Intervention

Keyword: E-health, Hospitalization, Physical activity, Physical Therapy

Outcome measures

Primary outcome

Effect

The primary outcome is the amount of daily physical activity during admission and during the 2nd week after discharge measured with an activity monitor (the Activ8) and a questionnaire about physical activity during hospitalization (diary).

Feasibility

The evaluation process also involves percentage of patients meeting inclusion criteria and participates in the study, the compliance (adherence) with the different components of the intervention, and the percentage of patients > completes 80% of the measurements. In addition, care providers and patients registered with the intervention are evaluated on their the experiences (questionnaires) .

Secondary outcome

Secondary outcomes include quality of life (EQ5 -D, SF-36) and the demand of care in the 1st month after discharge.

Study description

Background summary

There is increasing evidence for a beneficial effect of preoperative conditioning of physical condition in patients undergoing surgery (BIBO, Better In, Better Out). However, there is less attention to further optimize the recovery during and after hospitalization, although it is known that physical inactivity, even of short duration, can lead to significant decrease in functional ability. The hospital physiotherapist has several interventions available for physical activity during and immediately after hospitalization to promote, but a systematic selection and evaluation are lacking.

Study objective

Determine the feasibility of a study on the effectiveness of an integrated physiotherapy strategy aimed at promoting healthy physical activity during and after hospitalization. If the pilot project proves to be feasible, a multicenter randomized controlled trial (RCT) set .

Study design

This is a pilot pre/post design on two surgical wards at the LUMC. The strategy consists of : 1) electronic or paper information about physical activity around the hospitalization ; 2) twice daily exercise program through a movie (hospital television , laptop, tablet) ; 3) communication with icons around the bed of the patient to improve communication around the functional mobility of the patient; 4) pedometer to monitor their own physical activity; 5) tailored physiotherapy: a physical coach (email and phone) during hospitalization and shortly after discharge; 6) individual exercise through a digital training program and an App for patients (Physitrack) which gradually adds daily exercises and activities.

The control group consists of usual care.

Study burden and risks

Patients taking part in the study fill in three questionnaires about their physical activity and quality of life (times: for hospitalization, at discharge and 4 weeks after discharge). During hospitalization and during the 2nd week after discharge they carry an activity monitor for 7 days. Patients who are being included in the period in which the strategy is implemented get the intervention in addition to the regular physiotherapy. The intervention focuses on structured restarting physical activities and offering therapy through innovative methods.

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

- 18 years and older
- Living self-dependent
- Scheduled surgery

Exclusion criteria

- Insufficient knowledge of the Dutch language to be able to fill in a questionnaire and to understand the information strategy (Dutch movie, Dutch app and Dutch information).
- Not able to wear or control an activity monitor during 7 days and to return this by postal mail.
- Visual or hearing problems that make it impossible to use the movie and the app properly.
- Postoperative conditions preventing participation the strategy or completing the assessments.
- Cognitive problems that prevent participation the strategy or completing the assessments.

Study design

Design

Study type:	Observational non invasive
Intervention model:	Other
Allocation:	Non-randomized controlled trial
Masking:	Open (masking not used)
Control:	Active
Primary purpose:	Treatment

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	30-06-2015
Enrollment:	60
Type:	Actual

Ethics review

Approved WMO	
Date:	22-05-2015
Application type:	First submission
Review commission:	METC Leiden-Den Haag-Delft (Leiden)
	metc-ldd@lumc.nl

Approved WMO	
Date:	08-12-2015
Application type:	Amendment
Review commission:	METC Leiden-Den Haag-Delft (Leiden)
	metc-ldd@lumc.nl

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	NL52321.058.15