

# Nutrition and Frailty : women aged 75-90 after hipfracture and cataract surgery.

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The search for correlations between components of the diet and the group has experienced a hip fracture. These findings are compared with healthy elderly. The results can contribute to nutrition -focused interventions in future studies .

<b>Ethical review</b>	Not approved
<b>Status</b>	Will not start
<b>Health condition type</b>	Bone, calcium, magnesium and phosphorus metabolism disorders
<b>Study type</b>	Observational invasive

## Summary

### ID

NL-OMON41956

### Source

ToetsingOnline

### Brief title

Nutrition and Frailty.

### Condition

- Bone, calcium, magnesium and phosphorus metabolism disorders
- Fractures

### Synonym

musculoskeletal fragility, nutrition

### Research involving

Human

### Sponsors and support

**Primary sponsor:** Reinier de Graaf Groep

**Source(s) of monetary or material Support:** Ondersteuning Stichting Fragility Fracture Care. Tevens wordt ondersteuning gevraagd aan de Wetenschappelijke Activiteiten Commissie van RdGG en Universiteit Maastricht sectie Endocrinologie.

## Intervention

**Keyword:** Muscle strength, Nutrition, Osteoporosis

## Outcome measures

### Primary outcome

Food frequency questionnaire and 24 hour dietary recall questionnaire . Bone density and muscle strength.

### Secondary outcome

Mini Mental State Examination test. Standard general health questionnaire fracture and osteoporosis clinic. Bone densitometry . Ultrasound bone densitometry. Blood pressure . Laboratory testing and measuring 24 hour urine . Muscle strength test by Katz ADL6, Hand Grip Strength Test ( HKKT ) and the Short Physical Performance Balance test ( SPPB )

## Study description

### Background summary

Nutrition is seen as a key cornerstone to improve the lifestyle of the elderly. The role of diet in patients with a hip fracture is investigated. The relevance of this is to advise patients targeted / support on the road to recovery. This study examines not only macro-nutrients, but also micronutrients such as vitamins and minerals. The resulting insights can help in the deployment of targeted therapies / nutrition.

### Study objective

The search for correlations between components of the diet and the group has experienced a hip fracture. These findings are compared with healthy elderly. The results can contribute to nutrition -focused interventions in future studies .

## Study design

Observational study comparing older people who have had a hip fracture and elderly ( matched , not only for ASA) who were operated on cataracts.

## Study burden and risks

Minimal. Patients will be visited at home for the MMSE test . Patient is expected only once for examination in the hospital .

## Contacts

### Public

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NL

### Scientific

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## Trial sites

### Listed location countries

Netherlands

## Eligibility criteria

### Age

Adults (18-64 years)

Elderly (65 years and older)

### Inclusion criteria

Fracture groups:  
Hipfracture Age between 75 -90 yrs. Female  
Controls:  
Operation on Cataract. Age between 75 - 90 yrs. Female

## Exclusion criteria

MMSE < 23  
Chronic immobility, wheelchair dependant  
Metastastatic disease

## Study design

### Design

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

### Recruitment

NL	
Recruitment status:	Will not start
Enrollment:	140
Type:	Anticipated

## Ethics review

Not approved	
Date:	21-08-2015
Application type:	First submission
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	NL52083.098.15