

PreventIT enhanced Lifestyle-integrated Functional Exercise programme pilot study

Published: 26-10-2016

Last updated: 14-04-2024

To evaluate the feasibility and acceptability of the enhanced Lifestyle-integrated Functional Exercise Programme (eLiFE) intervention in a population of young old adults (60-70 years) at three sites: Stuttgart, Amsterdam, and Trondheim.

Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Other condition
Study type	Interventional

Summary

ID

NL-OMON43240

Source

ToetsingOnline

Brief title

PreventIT eLiFE pilot study

Condition

- Other condition

Synonym

gerontology, old age

Health condition

Geriatrische aandoeningen, functieverlies

Research involving

Human

Sponsors and support

Primary sponsor: Vrije Universiteit

Source(s) of monetary or material Support: Europese Unie

Intervention

Keyword: Elderly, Exercise, Physical activity, Risk prevention

Outcome measures

Primary outcome

Semi-structured questionnaire, focus group and workshop for evaluating usability and feasibility of eLiFE.

Secondary outcome

Late-Life Function and Disability Instrument.

Study description

Background summary

There is an urgent need for innovative solutions to prevent functional decline and inactivity at older age. Testing of an adapted intervention with smartphones/smartwatches and potential outcome measures is recommended prior to starting a randomised trial.

Study objective

To evaluate the feasibility and acceptability of the enhanced Lifestyle-integrated Functional Exercise Programme (eLiFE) intervention in a population of young old adults (60-70 years) at three sites: Stuttgart, Amsterdam, and Trondheim.

Study design

4-week clinical pilot study.

Intervention

The eLiFE intervention is a lifestyle-integrated functional exercise programme

adapted to young older adults at the age of 60-70 years delivered as an ICT-based intervention (smartphone and smartwatch).

Study burden and risks

The risk during LiFE training is estimated to be small, particularly given the young old population of the eLiFE pilot study. Participants of our eLiFE pilot study may benefit from the intervention in terms of improving their functional performance and increasing their physical activity, although this is not the primary aim of this feasibility study.

Contacts

Public

Vrije Universiteit

van der Boechorstraat 7
Amsterdam 1081 BT
NL

Scientific

Vrije Universiteit

van der Boechorstraat 7
Amsterdam 1081 BT
NL

Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adults (18-64 years)

Elderly (65 years and older)

Inclusion criteria

We will include community dwelling adults between 60 and 70 years of age. Only participants with ability to walk 500 metres without walking aids will be included.

Exclusion criteria

Exclusion criteria include cognitive impairment (Montreal Cognitive Assessment, MOCA *24 points) and self-reported cardiovascular, pulmonary, neurological, and mental disease where exercise is contraindicated, any changes in health condition the past 6 months (stroke, cancer in need of treatment, severe neurological diseases that affect physical function, COPD (Gold 3 and 4), and heart failure (NYHA 3 and 4)). The target population of eLiFE is not the most fit of the young older adults. Excluded are therefore those who are attending organised exercise classes more than twice a week and/or those who are exercising more than 1 hour on their own each week.

Study design

Design

Study type: Interventional

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Prevention

Recruitment

NL
Recruitment status: Recruitment stopped

Start date (anticipated): 09-11-2016

Enrollment: 5

Type: Actual

Medical products/devices used

Generic name: Application (iPAS system) called PreventIT; delivered via smartphones and smartwatches

Registration: No

Ethics review

Approved WMO

Date: 26-10-2016

Application type: First submission

Review commission: METC Amsterdam UMC

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	NL58421.029.16