

Training of the ability to live independently 75+.

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The aim of this study is to determine the (cost)effectiveness of a home-based functional training programme as compared to regular physical therapy with regard to the ability to live independently and participation of frail elderly of 75 years and...

Ethische beoordeling	Positief advies
Status	Werving gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON20024

Bron

NTR

Aandoening

Frail elderly, living at home, problems with physical functioning as well as problems of somatic, psychological and/or social nature.

Kwetsbare thuiswonende ouderen van 75 jaar en ouder die naast problemen in het functionele domein ook problemen hebben in het somatische, psychische en/of sociale domein.

Ondersteuning

Primaire sponsor: TNO Kwaliteit van Leven (TNO Quaylit of Life)

Leiden

Overige ondersteuning: ZonMw

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The ability to live independently and participation, as measured with the Physical

Toelichting onderzoek

Achtergrond van het onderzoek

The functional training programme, in contrast to traditional exercise programmes, focuses on training of those daily activities which are problematic for the elderly. We expect that particularly in frail older people with multiple problems in daily functioning, functional training can improve their ability to live independently, especially when it will be delivered individually and in the older persons' homes.

The aim of this study is to measure the (cost)effectiveness of a functional training programme delivered in the older persons' homes as compared to traditional physical therapy with regard to the ability to live independently and participation of frail elderly of 75 years and older with problems in physical functioning.

The study consists of two parts: a screening study and an intervention study. By means of a short screening questionnaire (via general practitioner) frail elderly will be traced. A research staff member of the LUMC will visit the frail elderly at home to check whether the older person meet the inclusion criteria of the intervention study 'Physiotherapy 75+'. Their general practitioner will check whether physiotherapy is safe and give them a referral for physiotherapy. This is the start of the intervention study. A research staff member of TNO will visit these elderly at home for a baseline measurement (questionnaires and physical tests) and will ask informed consent to participate in the study. Subsequently, the elderly will be randomized to the functional training programme (n=75) or regular physical therapy (n=75). Follow-up measurements will take place 3, 6 and 12 months later. The study populations consists of persons of 75 years and older living at home who have problems with physical functioning as well as problems of somatic, psychological and/or social nature.

Doel van het onderzoek

The aim of this study is to determine the (cost)effectiveness of a home-based functional training programme as compared to regular physical therapy with regard to the ability to live independently and participation of frail elderly of 75 years and older with problems in physical functioning.

The home-based intensive functional training programme focuses on training of those daily activities which are problematic for the elderly. We expect that particularly in frail older

people with multiple problems in daily functioning, functional training can improve their ability to live independently, especially when it will be delivered individually and in the older persons' homes.

Onderzoeksopzet

T0: Baseline measurement before randomization and start of therapy.

T1: 4 months after T0 (after finishing therapy).

T2: 8 months after T0.

T3: 12 months after T0.

Onderzoeksproduct en/of interventie

The elderly in the functional training programme will be referred to a physiotherapist who has been specially educated to deliver the functional training programme in the older person's home. In the functional training programme (maximum of 18 sessions) the daily activities experienced as troublesome by the participant are trained in the home situation. The intensity and repetitions of the exercises are progressively increased over time and performed in progressively more challenging ways such as double tasking. To achieve a long-term effect, the physiotherapist will guide the participant during the training programme in regular and safe physical activity and thus stimulate the participant to more physical activity at home and in the neighbourhood.

In addition, caretakers can be called in for guidance in the home situation to stimulate the participant to perform daily activities and to stay active. This prevents caretakers take needlessly daily activities off the participant's hands.

The elderly in the control group will receive regular physical therapy (usually consisting of muscle exercises, balance exercises and walking exercises) (maximum of 18 sessions) from a physiotherapist who has not been educated in the functional training programme.

Contactpersonen

Publiek

Postbus 2215
Arlette Hespen, van

Leiden 2301 CE
The Netherlands
+31 (0)71 5181814

Wetenschappelijk

Postbus 2215
Arlette Hespen, van
Leiden 2301 CE
The Netherlands
+31 (0)71 5181814

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. 75 years or older;
2. Living independently;
3. Problems in physical functioning (restraints in daily activities) and, in addition, problems in at least one of the following domains: Somatic, mental and social functioning;
4. Understanding questions and instructions.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Terminal illness (life expectancy less than 3 months);
2. Planned surgery within 3 months;
3. Physiotherapy or exercise therapy at the moment of inclusion;
4. Contra-indication for physical exertion (assessed by general practitioner).

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Enkelblind
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	01-07-2010
Aantal proefpersonen:	128
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	06-07-2010
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL2280

Register

NTR-old

Ander register

ISRCTN

ID

NTR2407

ZonMW : 311060302

ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten

N/A