Reactive balance training to improve balance control and reduce falls in older adults: a randomized controlled trial.

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Reactive balance training is more effective to improve balance control in community-dwelling older adults with a recent history of falls than usual care (physical therapy).

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

Samenvatting

ID

NL-OMON25249

Bron
Nationaal Trial Register

Verkorte titel
TBA

Aandoening

No specific diseases; older adults with a recent fall incident

Ondersteuning

Primaire sponsor: n/a
Overige ondersteuning: n/a

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The primary outcome is balance control measured with the mini BESTest.

Toelichting onderzoek

Achtergrond van het onderzoek

Falls are a common cause of injury and hospitalization among older adults. One in three older adults aged 65 and older experience a fall each year, and a large percentage (40-73%) of older adults are afraid of falling during their daily activities. Having previously fallen significantly increases the risk of experiencing another fall in the future. Balance training can effectively reduce fall incidence in older adults. Until recently, most balance training interventions have focused on proactive balance, which is an improtant part of maintaining balance in voluntary or expected movements. However, many falls occur due to unexpected balance perturbations, forcing the individual to rely on reactive balance control. Therefore, there has been increasing interest in reactive balance training as an intervention to decrease falls in older adults. This is a form of training that specifically aims to improve reactive balance control after destabilizaing perturbations in a safe and controlled environment. Evidence for the effectiveness of this type of training as a way to reduce falls in older adults has been emerging. however, the optimal type, duration and frequency of training in a clinical setting remains unclear. This study will investigate a training protocol based on an earlier review in a clinical setting.

Objective: To investigate the effectiveness of a reactive balance training intervention to imrpove balance control and decrease prospective falls in community-dwelling older adults with a recnt history of falls, in comparison to usual care.

Doel van het onderzoek

Reactive balance training is more effective to improve balance control in community-dwelling older adults with a recent history of falls than usual care (physical therapy).

Onderzoeksopzet

The measurements are performed at baseline, 1 week and 3 months post-intervention. Falls incidence will be monitored from inclusion until 6 months post-intervention. Injurious falls will be checked at 24 months post-intervention through the electronic patient file.

Onderzoeksproduct en/of interventie

Three weeks of reactive balance training (3x30 minutes) on the Computer Assisted Rehabilitation Environment (CAREN, Motek). The training consists of gait adaptability, and reactive balance training during standing and walking with perturbations in the anteroposterior and mediolateral directions. The control intervention is usual care, which currently consists of a referral for physical therapy. Usual care will be monitored but not influenced in this study.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Community-dwelling older adults (age 65 or older) who recently experienced a fall (past 3 months) and are able to walk 15+ minutes without aid.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Falls caused by third parties or during sports activities, recent fracture or severe contusion to the lower extremities or back, use of medication known to increase fall risk (antidepressants, benzodiazepines, sedatives, hypnotics, antipsychotics), diagnosed with osteoporosis, any disease or disorder that may influence the safety of training, inability to follow intructies or provide written informed consent in Dutch.

Onderzoeksopzet

Opzet

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

Deelname

Nederland

Status:	Werving gestart
(Verwachte) startdatum:	15-03-2019
Aantal proefpersonen:	80
Type:	Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

Ethische beoordeling

Positief advies

Datum:	17-04-2019
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	NL7680
Ander register	METC azM/UM : METC18-049

Resultaten