

The effect of UVB irradiation compared with oral vitamin D supplementation on well-being of psycho-geriatric nursing home residents.

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UVB irradiation has an additional effect on well-being compared to oral vitamin D-supplementation in psycho-geriatric nursing home residents.

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

Samenvatting

ID

NL-OMON26520

Bron

NTR

Verkorte titel

VDUVB study

Aandoening

Vitamin D, UVB irradiation, dementia, well-being, nursing home, long-term care

Ondersteuning

Primaire sponsor: Leiden University Medical Center

Overige ondersteuning: • WoonZorgcentra Haaglanden (WZH), den Haag
• VDL Hapro, Kapelle

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Well-being, monitored with the CMAI (Cohen-Mansfield Agitation Inventory) and the Cornell scale for depression in dementia at 0, 3 and 6 months.

Toelichting onderzoek

Achtergrond van het onderzoek

Background: in older people, vitamin D supplementation by UVB irradiation may be preferable to oral supplementation: it cannot cause toxic levels; it is cheap and easy to apply and it helps in preventing polypharmacy. Moreover, there are indications that UVB exposure has additional beneficial effects on health and well-being by other mechanisms than the vitamin D-pathway alone. UVB irradiation has shown to be effective in increasing 25(OH)D serum levels in nursing home residents.

Objective: comparing the additional effects of UVB irradiation to oral vitamin D-supplementation on well-being in psycho-geriatric nursing home residents.

Method: A randomized controlled trial. Subjects are psycho-geriatric nursing home residents (N=80) admitted in two Dutch nursing homes. The intervention consists of half-body UVB irradiation, two times a week, over 6 months, with 0.5 minimal erythema dose (MED), compared to oral supplementation with 5600 IE cholecalciferol once a week. Main outcome measure is Well-being, monitored by asking the nursing staff to complete the CMAI (Cohen-Mansfield Agitation Inventory) and the Cornell scale for depression in dementia at 0, 3 and 6 months.

Doel van het onderzoek

UVB irradiation has an additional effect on well-being compared to oral vitamin D-supplementation in psycho-geriatric nursing home residents.

Onderzoeksopzet

baseline (0 months), 3 and 6 months

Onderzoeksproduct en/of interventie

The intervention consists of half-body UVB irradiation, two times a week, over 6 months, with 0.5 minimal erythema dose (MED), compared to oral supplementation with 5600 IE cholecalciferol once a week.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- > 70 years of age

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- contraindications against ultraviolet radiation: actinic damaged skin including, skin cancer, sun allergy, porphyrias, use of drugs that can induce photodermatoses.

- contraindications to treatment with vitamin D3 such as hypercalcemia and sarcoidosis
- the use of vitamin D fortified supplementary feeding
- in the context of the underlying dementia, frequent anxiety or fear or aggression and known resistance to physical contact (e.g. blood tests)

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-09-2016
Aantal proefpersonen:	80
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	23-05-2016
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	NL5704
NTR-old	NTR5857
Ander register	: P16.010

Resultaten