

# Prevention of fall related sports and physical activity injuries in youth.

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Reduction of number of fall related injuries in school children.

|                             |                       |
|-----------------------------|-----------------------|
| <b>Ethische beoordeling</b> | Niet van toepassing   |
| <b>Status</b>               | Werving gestart       |
| <b>Type aandoening</b>      | -                     |
| <b>Onderzoekstype</b>       | Interventie onderzoek |

## Samenvatting

### ID

NL-OMON28861

### Bron

Nationaal Trial Register

### Aandoening

fall-related injuries in school children

### Ondersteuning

**Primaire sponsor:** Consument en Veiligheid

**Overige ondersteuning:** Consument en Veiligheid

### Onderzoeksproduct en/of interventie

### Uitkomstmaten

#### Primaire uitkomstmaten

Primary outcomes are incidence and severity of fall-related injuries. These outcomes will be monitored during the school year by the (gymnastic) teachers. Every week, the children will be asked about their injuries. When a child has suffered a severe injury (according to the definition of van Mechelen et al.), he or she fills in a form that questions the injury. The severity of the injury will be based on the time-loss of participation in physical activity. Because children will only fall if they take part in physical activity, the exposure will be questioned three times during the schoolyear.

# Toelichting onderzoek

## Achtergrond van het onderzoek

In the Netherlands, an increase has been found in the number of sports related injuries in children. This increase mainly concerned wrist fractures due to fall-injuries in children aged 8-12 years. Because the increase in injuries does not show a relationship with sports participation, it is theorized that the injuries can be influenced by improving falling skills in school children. To improve these falling skills, Consument en Veiligheid has developed a training program in which children will learn how to fall more safely.

The main purpose of this study is to evaluate the effect of the training program on incidence and severity of fall-related injuries in primary school children. Furthermore the possibilities of implementing the training program in the gymnastic course will be evaluated, and fall-skills and fall-coordination will be measured.

## Doel van het onderzoek

Reduction of number of fall related injuries in school children.

## Onderzoeksopzet

0M = oct 2009;

1M = jan 2010;

2M = may/june 2010.

## Onderzoeksproduct en/of interventie

The intervention group will receive an eight week during fall-related injury prevention training program (titled: 'Vallen is ook een sport' © 2009 Consument en Veiligheid). The main purpose of this training is to teach children how to fall safely. This training course can be integrated in primary school gymnastic lessons and will be given by the children's regular gymnastic teacher.

The (gymnastic) teachers of the control group will execute their normal routine.

# Contactpersonen

## Publiek

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## **Wetenschappelijk**

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## **Deelname eisen**

### **Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)**

1. School children (group 5,6,7,8 of Dutch primary schools);
2. Knowledge of the Dutch language;
3. Skilled in reading and writing.

### **Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)**

Participants have to be mentally and physically capable of completing the training program.

## **Onderzoeksopzet**

## Opzet

|                  |                         |
|------------------|-------------------------|
| Type:            | Interventie onderzoek   |
| Onderzoeksmodel: | Parallel                |
| Toewijzing:      | Niet-gerandomiseerd     |
| Blinding:        | Open / niet geblindeerd |
| Controle:        | Geneesmiddel            |

## Deelname

|                         |                      |
|-------------------------|----------------------|
| Nederland               |                      |
| Status:                 | Werving gestart      |
| (Verwachte) startdatum: | 10-01-2009           |
| Aantal proefpersonen:   | 3600                 |
| Type:                   | Verwachte startdatum |

## Ethische beoordeling

|                     |                     |
|---------------------|---------------------|
| Niet van toepassing |                     |
| Soort:              | Niet van toepassing |

## 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  | NL1914  |
| NTR-old  | NTR2031 |

**Register**

Ander register  
ISRCTN

**ID**

Wetenschapscommissie EMGO+ Instituut : WC2009-041  
ISRCTN wordt niet meer aangevraagd.

## Resultaten

**Samenvatting resultaten**

N/A