

Let's Ride: Improving physical activity in wheelchair using children and adolescents: wheelchair mobility skills training, wheelchair fitness training or a combination?

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Wheelchair mobility skills training and wheelchair fitness training will both increase the level of physical activity in wheelchair using children and adolescents. Wheelchair fitness training prior to wheelchair mobility skills training will...

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

Samenvatting

ID

NL-OMON29564

Bron

NTR

Verkorte titel

Let's Ride

Aandoening

Wheelchair using children or adolescents, wheelchair mobility skills, wheelchair fitness, physical activity

Ondersteuning

Primaire sponsor: HU University of Applied Sciences, Rehabilitation Center De Hoogstraat and KJ Projects, all members of Fit for the Future! consortium

Overige ondersteuning: SIA RAAK PRO 4-03 "Fit for the Future!"

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

At the level of participation according to the ICF:

- Activ8 to assess daily physical activity (% daily active behaviour and % sedentary behavior)

Toelichting onderzoek

Achtergrond van het onderzoek

Manual wheelchair using children with a physical disability are less active compared to their non-disabled peers. A large proportion of these children use a manual wheelchair for their daily activities. In a recent study looking into factors associated with physical activity in children and adolescents with Spina Bifida, several factors were identified as barriers or facilitators towards physical activity when using a manual wheelchair. For example, a higher level of wheelchair mobility skills or wheelchair fitness could have a positive influence on physical activity. Outcome measures for manual wheelchair using children and adolescents have recently been developed to be able to assess wheelchair mobility skills, wheelchair fitness and physical activity. It remains unclear if a wheelchair mobility skills or wheelchair fitness training program in children or adolescents can increase their levels of physical activity. Therefore the objective of this study was to assess whether wheelchair mobility skills training, wheelchair fitness training or a combination of both training programs has an effect on physical activity in wheelchair using children and adolescents.

Doel van het onderzoek

Wheelchair mobility skills training and wheelchair fitness training will both increase the level of physical activity in wheelchair using children and adolescents.

Wheelchair fitness training prior to wheelchair mobility skills training will show a higher increase in physical activity in wheelchair using children and adolescents compared to wheelchair mobility skills training before wheelchair fitness training.

Onderzoeksopzet

Baseline, post training program 1, post training program 2, follow-up

Onderzoeksproduct en/of interventie

An eight week wheelchair mobility skills training program using the training protocol of 'Fit

For the Future' and KJ-Projects: 'veilig en vertrouwd met een rolstoel' followed by an eight week wheelchair fitness training program using a High intensity Interval Training protocol of 'Fit For the Future'. After the training program is completed there will be an usual care follow-up period of 16 weeks.

An eight week wheelchair fitness training program using a High intensity Interval Training protocol of 'Fit For the Future' followed by an eight week wheelchair mobility skills training program using the training protocol of 'Fit For the Future' and KJ-Projects: 'veilig en vertrouwd met een rolstoel'. After the training program is completed there will be an usual care follow-up period of 16 weeks.

The control group will receive no treatment other than usual care for 16 weeks and will consecutively be allocated to one of the two training programs.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen

(Inclusiecriteria)

- Children or adolescents with a physical disability between the age of 6 and 18 years
- Children or adolescents use their manual wheelchair on a daily basis
- Children or adolescents have to understand the Dutch language
- Children or adolescents have to understand simple instructions
- Informed consent of parents and of the children above 12 years old

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- Children and adolescents using a fully powered wheelchair
- During the study (including follow-up), children are not allowed to participate in other research projects which might influence the current study results
- Children and adolescents who are not able to perform physical fitness tests

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Cross-over
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	18-06-2015
Aantal proefpersonen:	50

Type:

Verwachte startdatum

Ethische beoordeling

Positief advies

Datum:

15-04-2016

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	NL5656
NTR-old	NTR5791
Ander register	Advice: non-WMO research : METC UMCU 15-136

Resultaten