ISRCTN11861569 https://doi.org/10.1186/ISRCTN11861569

# Falls prevention for frail older adults: Cost-efficacy analysis of balance training based on Tai Chi

| Submission date | Recruitment status | [ ] Prospectively registered |
|---|---|---|
| 26/09/2005 | No longer recruiting | [ ] Protocol |
| **Registration date** | **Overall study status** | [ ] Statistical analysis plan |
| 26/09/2005 | Completed | [ ] Results |
| **Last Edited** | **Condition category** | [ ] Individual participant data |
| 25/02/2009 | Injury, Occupational Diseases, Poisoning | [ ] Record updated in last year |

**Plain English summary of protocol**
Not provided at time of registration

## Contact information

**Type(s)**
Scientific

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## Additional identifiers

**Protocol serial number**
MCT-58344

## Study information

**Scientific Title**

Cost-efficacy analysis of balance training based on Tai Chi to prevent falls in frail older adults: a randomised controlled trial

## Study objectives
At the end of the intervention:
1. Falls incidence rate will be inferior in the Tai Chi intervention as compared to conventional balance intervention
2. Total number of falls will be inferior in the Tai Chi intervention as compared to conventional balance intervention
3. Tai Chi intervention will be cost-effective as compared to conventional balance intervention

## Ethics approval required
Old ethics approval format

## Ethics approval(s)
Comité d'éthique de la recherche, Institut universitaire de gériatrie de Sherbrooke, Sherbrooke, Québec approved on the 11th November 2003

## Study design
Randomised controlled trial

## Primary study design
Interventional

## Study type(s)
Treatment

## Health condition(s) or problem(s) studied
Any diagnosis causing the loss of autonomy; falls in elderly adults

## Interventions
Experimental group: Tai Chi intervention includes two sessions of one hour per day for 15 weeks. The intervention is based on movement using body alignment and specific weight transfers in different directions. 10 movements compose the sequence of Tai Chi. Moreover, the subjects are trained to relaxation and breathing exercises. The intervention is given in groups of 4 to 6 subjects. Since subjects present specific disabilities, the intervention is adapted in order to be at the limit of the capacities for each individual in a secure way. Feedback is given at each session.

Control group:
Conventional physiotherapy balance training is given to subjects of the control group for two sessions of one hour per day for 15 weeks

Trial details received: 12 Sept 2005

## Intervention Type
Other

## Phase
Not Applicable

## Primary outcome(s)

Incidence rate on fall in one year of follow-up

### Key secondary outcome(s))
1. Time interval between end of the intervention and the first fall
2. Total number of falls by subjects
3. Balance
4. Walking
5. Fear of Falling
6. Social participation

### Completion date
30/06/2007

## Eligibility

### Key inclusion criteria
1. To be a risk of falling (at least one fall in the six last months)
2. Aged greater than or equal to 65 years old, either sex
3. Scoring less than 49/56 at the Berg test
4. Showing good mental capacities (scoring greater than 65 at the 3MS test)

### Participant type(s)
Patient

### Healthy volunteers allowed
No

### Age group
Senior

### Sex
All

### Key exclusion criteria
To be unable to make physical exercises based on medical assessment

### Date of first enrolment
01/10/2002

### Date of final enrolment
30/06/2007

## Locations

### Countries of recruitment
Canada

### Study participating centre

**Centre de recherche sur le vieillissement**
Sherbrooke
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# Sponsor information

**Organisation**
University of Sherbrooke (Canada)

**ROR**
https://ror.org/00kybxq39

# Funder(s)

**Funder type**
Research organisation

**Funder Name**
Canadian Institutes of Health Research (CIHR) (Canada) - http://www.cihr-irsc.gc.ca (ref: MCT-58344)

# Results and Publications

**Individual participant data (IPD) sharing plan**

**IPD sharing plan summary**
Not provided at time of registration