

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

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| Submission date 26/09/2005 | Recruitment status No longer recruiting | <input type="checkbox"/> Prospectively registered |
| Registration date 26/09/2005 | Overall study status Completed | <input type="checkbox"/> Protocol |
| Last Edited 25/02/2009 | Condition category Injury, Occupational Diseases, Poisoning | <input type="checkbox"/> Statistical analysis plan |
| | | <input type="checkbox"/> Results |
| | | <input type="checkbox"/> Individual participant data |
| | | <input type="checkbox"/> Record updated in last year |

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Contact details

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

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

Secondary study design

Randomised controlled trial

Study setting(s)

Hospital

Study type(s)

Treatment

Participant information sheet

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 measure

Incidence rate on fall in one year of follow-up

Secondary outcome measures

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

Overall study start date

01/10/2002

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

Age group

Senior

Sex

Both

Target number of participants

122

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

Canada

J1H 4C4

Sponsor information

Organisation

University of Sherbrooke (Canada)

Sponsor details

2500, Boulevard Université

Sherbrooke

Canada

J1K 2R1

Sponsor type

University/education

Website

<http://www.usherbrooke.ca/>

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**Publication and dissemination plan**

Not provided at time of registration

Intention to publish date**Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not provided at time of registration