

# Intermittent rehabilitation in the therapy of type 2 diabetes

**Submission date**  
10/08/2006

**Recruitment status**  
No longer recruiting

☐ Prospectively registered

☐ Protocol

**Registration date**  
04/12/2006

**Overall study status**  
Completed

☐ Statistical analysis plan

☒ Results

**Last Edited**  
06/01/2021

**Condition category**  
Nutritional, Metabolic, Endocrine

☐ Individual participant data

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

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**  
05008

## Study information

**Scientific Title**

Intermittent rehabilitation in the therapy of type 2 diabetes

**Study objectives**

An intermittent rehabilitation consisting of 3 weeks in-patient treatment, a follow up week after 6 months and frequent telephone calls leads to higher efficacy than standard rehabilitation.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Applied to the ethics committee of the Medical School Hanover, awaiting approval as of 10/08/06.

**Study design**

Randomised controlled trial with one intervention and one control group.

**Primary study design**

Interventional

**Secondary study design**

Randomised controlled trial

**Study setting(s)**

Other

**Study type(s)**

Treatment

**Participant information sheet****Health condition(s) or problem(s) studied**

Type two diabetes

**Interventions**

The intervention for both groups consists of a 3-week in-patient treatment. The goal is to improve diabetes specific knowledge and skills like balanced diet, physical exercise, foot care etc. Additionally the intervention group receives a follow-up week after 6 months to refresh the knowledge and gets expert advice every 6 weeks on the phone. This intensive care has the aim to remind and motivate the patients.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome measure**

1. Metabolic parameter HbA1c

**Secondary outcome measures**

1. Cardiovascular Risk-Score PROCAM
2. Body Mass Index (BMI)
3. Diabetes related quality of life and coping skills
4. Satisfaction with therapy
5. Diabetes related costs

The data will be collected in the beginning, after the rehabilitation and one year later.

**Overall study start date**

01/10/2006

**Completion date**

30/09/2009

**Eligibility****Key inclusion criteria**

1. Covered by Deutsche Rentenversicherung (social pension fund)
2. Type 2 diabetes
3. Employable

**Participant type(s)**

Patient

**Age group**

Adult

**Sex**

Both

**Target number of participants**

420 patients

**Total final enrolment**

420

**Key exclusion criteria**

1. Inadequate knowledge of the German language
2. Inadequate writing and literacy
3. Phone calls are impossible
4. Follow-up is impossible
5. Serious secondary disease
6. Not employable in the next 12 months

**Date of first enrolment**

01/10/2006

**Date of final enrolment**

30/09/2009

# Locations

## Countries of recruitment

Germany

## Study participating centre

Hochstrasse 13-19

Bad Neuenahr

Germany

53474

# Sponsor information

## Organisation

Refonet (Germany)

## Sponsor details

Burgweg 3

Bad Neuenahr

Germany

53474

+49 (0)2641 90620

service@refonet.de

## Sponsor type

Industry

## Website

<http://www.refonet.de>

## ROR

<https://ror.org/04yeh2x21>

# Funder(s)

## Funder type

Industry

## Funder Name

Refonet - Rehabilitations-Forschungsnetzwerk der Deutschen Rentenversicherung Rheinland  
(No. 05008) (Germany)

# 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

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/06/2009	06/01/2021	Yes	No