

# Can an enhanced balance training programme improve mobility & reduce falls in elderly patients presenting to Health Services

**Submission date**

23/01/2004

**Recruitment status**

No longer recruiting

☐ Prospectively registered

☐ Protocol

**Registration date**

23/01/2004

**Overall study status**

Completed

☐ Statistical analysis plan

☒ Results

**Last Edited**

22/09/2009

**Condition category**

Injury, Occupational Diseases, Poisoning

☐ Individual participant data

**Plain English summary of protocol**

Not provided at time of registration

## Contact information

**Type(s)**

Scientific

**Contact name**

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

## Secondary identifying numbers

REC00164

# Study information

## Scientific Title

### Study objectives

A randomised control study will be undertaken in 200 patients over 60 years of age to investigate the feasibility, effectiveness and acceptability of a well-defined generalisable, mainstream physiotherapy intervention in improving mobility and preventing falls. Outcome will be measured at 1, 3 and 6 months. In addition to validated measures for balance, falls and mobility, assessments will include measures of functional ability, quality of life, patients' perception of walking abilities and satisfaction. Information will also be available on effective components of balance training (which can be replicated in other settings) and identification of patients most likely to benefit which will facilitate targeting to improve overall effectiveness. The emphasis of the project is to develop and evaluate interventions deliverable within mainstream practice and applicable to mainstream patients.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Not provided at time of registration

### Study design

Randomised controlled trial

### Primary study design

Interventional

### Secondary study design

Randomised controlled trial

### Study setting(s)

Hospital

### Study type(s)

Prevention

### Participant information sheet

### Health condition(s) or problem(s) studied

Injury, occupational diseases, poisoning: Musculoskeletal injury

### Interventions

1. Intervention group will receive therapy specific to functional balance consisting of repetition and progressive grading of tasks to narrow the base of support and retraining dynamic balance.
2. Conventional treatment will consist of general transfer and mobility skills as currently prescribed.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome measure**

Timed 3 metre walk; Self Perception Questionnaire (SPQ); Berg Balance Scale (incorporating the 180 degree turn); Balance Performance Monitor (BPM); Falls Efficacy Scale; Frenchay Activities Index; Euroqual; patient satisfaction.

**Secondary outcome measures**

Not provided at time of registration

**Overall study start date**

01/05/1998

**Completion date**

01/04/2001

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

200 patients over 60 years of age who present with falls/deteriorating mobility to outpatient clinics, A & E departments and outpatients therapy services on 3 sites.

**Participant type(s)**

Patient

**Age group**

Senior

**Sex**

Both

**Target number of participants**

200

**Key exclusion criteria**

Does not match inclusion criteria

**Date of first enrolment**

01/05/1998

**Date of final enrolment**

01/04/2001

## Locations

**Countries of recruitment**

England

United Kingdom

**Study participating centre**

Guy's, King's, St Thomas' School of Medicine

London

United Kingdom

SE5 9PJ

## Sponsor information

**Organisation**

NHS R&D Regional Programme Register - Department of Health (UK)

**Sponsor details**

The Department of Health

Richmond House

79 Whitehall

London

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SW1A 2NL

+44 (0)20 7307 2622

dhmail@doh.gsi.org.uk

**Sponsor type**

Government

**Website**

<http://www.doh.gov.uk>

## Funder(s)

**Funder type**

Government

**Funder Name**

NHS Executive London (UK)

## 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	01/06/2003		Yes	No