

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

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Additional identifiers

Protocol serial number

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

Study type(s)

Prevention

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(s)

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.

Key secondary outcome(s))

Not provided at time of registration

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

Healthy volunteers allowed

No

Age group

Senior

Sex

All

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

United Kingdom

England

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)

Funder(s)**Funder type**

Government

Funder Name

NHS Executive London (UK)

Results and Publications**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?
Results article	results	01/06/2003		Yes	No