

# Frailty Interventions Trial in Elderly Subjects

<b>Submission date</b> 18/12/2002	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 18/12/2002	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 14/09/2007	<b>Condition category</b> Other	<input type="checkbox"/> 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**  
N/A

## Study information

## **Scientific Title**

### **Acronym**

FITNESS

### **Study objectives**

Not provided at time of registration

### **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)**

Other

### **Study type(s)**

Treatment

### **Participant information sheet**

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

Older patients with physical disability ('frailty')

### **Interventions**

Factorial randomised control trial examining:

1. A single high dose of vitamin D (300 000 IU) or placebo
2. Progressive resistance exercise training or attention control (social) visits over 12 weeks

### **Intervention Type**

Other

### **Phase**

Not Specified

### **Primary outcome measure**

Not provided at time of registration

### **Secondary outcome measures**

Not provided at time of registration

**Overall study start date**

01/01/1999

**Completion date**

01/01/2003

## **Eligibility**

**Key inclusion criteria**

Older patients (65 years or more) who are recently hospitalised and considered to be in 'frail' physical condition and may benefit from interventions

**Participant type(s)**

Patient

**Age group**

Not Specified

**Sex**

Not Specified

**Target number of participants**

Not provided at time of registration

**Key exclusion criteria**

Not provided at time of registration

**Date of first enrolment**

01/01/1999

**Date of final enrolment**

01/01/2003

## **Locations**

**Countries of recruitment**

New Zealand

**Study participating centre**

Clinical Trials Research Unit

Auckland

New Zealand

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# Sponsor information

## Organisation

Auckland UniServices Ltd (New Zealand)

## Sponsor details

University of Auckland

Private Bag 92019

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## Sponsor type

University/education

## Website

<http://www.uniservices.co.nz/pageloader.aspx?page=52d1d0d0>

## ROR

<https://ror.org/02v3fc375>

# Funder(s)

## Funder type

Research council

## Funder Name

Health Research Council of New Zealand (New Zealand)

## Alternative Name(s)

HRCNewZealand, HRC New Zealand, HRC

## Funding Body Type

Government organisation

## Funding Body Subtype

National government

## Location

New Zealand

# 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	01/03/2003		Yes	No