

# 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

**Protocol serial number**  
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

**Study type(s)**

Treatment

**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(s)**

Not provided at time of registration

**Key secondary outcome(s)**

Not provided at time of registration

**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

**Healthy volunteers allowed**

No

**Age group**

Not Specified

**Sex****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)

**ROR**

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

**Funder(s)****Funder type**

Research council

**Funder Name**

Health Research Council of New Zealand (New Zealand)

**Alternative Name(s)**

HRCnz, Health Research Council of New Zealand (HRC), HRCNewZealand, HRC New Zealand, HRC

**Funding Body Type**

Government organisation

**Funding Body Subtype**

National government

**Location**

New Zealand

## Results and Publications

Individual participant data (IPD) sharing plan

**IPD sharing plan summary**

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	Results	01/03/2003		Yes	No