

# The effect of targeted exercise on falls and function for people with Parkinson's disease (Group Exercise Trial for Parkinson's disease - GET uP study)

<b>Submission date</b> 08/03/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 31/05/2007	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 21/12/2011	<b>Condition category</b> Nervous System Diseases	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

Mrs Victoria Goodwin

### Contact details

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## Additional identifiers

EudraCT/CTIS number

IRAS number

**ClinicalTrials.gov number**

**Secondary identifying numbers**

RDA/02/06/041

## **Study information**

**Scientific Title**

**Acronym**

Acronym added as of 28/06/2007: GET uP

**Study objectives**

What is the effectiveness of a targeted exercise programme on reducing falls and improving the physical function of people with Parkinson's disease who have a history of falling?

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Devon and Torbay Research Ethics Committee, approved on 5 February 2007. Ref: 07/Q2102/8

**Study design**

Randomised, single-blind, controlled trial.

**Primary study design**

Interventional

**Secondary study design**

Randomised controlled trial

**Study setting(s)**

Not specified

**Study type(s)**

Treatment

**Participant information sheet**

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

Parkinson's disease

**Interventions**

A group based strength and balance exercise programme, led by a physiotherapist plus additional home exercises versus usual care for 10 weeks.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome measure**

Falls at 10 and 30 weeks post baseline/recruitment.

**Secondary outcome measures**

1. Balance (Berg Balance scale)
2. Mobility (Timed Up and Go test)
3. Fear of falling (Falls efficacy scale - international)
4. Physical self-perception (physical self-perception profile)
5. Habitual physical activity, assessed using the "Phone - FITT" tool ("FITT" stands for Frequency, Intensity, Time, and Type of activity)
6. Quality of life (EQ-5D)

**Overall study start date**

12/03/2007

**Completion date**

30/04/2009

## **Eligibility**

**Key inclusion criteria**

People diagnosed with Parkinson's disease who report two or more falls in the past year and who are independently mobile.

**Participant type(s)**

Patient

**Age group**

Not Specified

**Sex**

Both

**Target number of participants**

248

**Key exclusion criteria**

1. Needs supervision or assistance from another person to mobilise indoors
2. Significant comorbidity or symptoms that would affect ability or safety to participate in group exercise
3. Inability to follow written and verbal instructions in English

**Date of first enrolment**

12/03/2007

**Date of final enrolment**

30/04/2009

# Locations

## Countries of recruitment

England

United Kingdom

## Study participating centre

**Primary Care Research Group**

Exeter

United Kingdom

EX1 2LU

# Sponsor information

## Organisation

Peninsula Medical School (UK)

## Sponsor details

c/o Professor John Campbell

Primary Care Research Group

Smeall Building

St Luke's Campus

Exeter

England

United Kingdom

EX1 2LU

## Sponsor type

University/education

## Website

<http://www.pms.ac.uk/pms/>

## ROR

<https://ror.org/04dtfyh05>

# Funder(s)

## Funder type

Government

## Funder Name

Personal Award Scheme Researcher Development Award from National Institute of Health Research (UK) Ref: RDA/02/06/041

## 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	01/11/2011		Yes	No