# 'The Home-based Older People's Exercise (HOPE) Programme: An Exercise Programme to Improve the Functional Status of Older People

Submission date	Recruitment status No longer recruiting	Prospectively registered		
19/05/2010		[X] Protocol		
Registration date	Overall study status Completed	Statistical analysis plan		
19/05/2010		[X] Results		
Last Edited	Condition category	Individual participant data		
22/04/2014	Signs and Symptoms			

# Plain English summary of protocol

Not provided at time of registration

# Contact information

## Type(s)

Scientific

#### Contact name

Dr Andrew Paul Clegg

#### Contact details

Institute for Health Research Duckworth Lane Bradford United Kingdom BD9 6RJ

# Additional identifiers

**EudraCT/CTIS** number

**IRAS** number

ClinicalTrials.gov number

Secondary identifying numbers

7886

# Study information

#### Scientific Title

Improving the functional status of community dwelling, frail older people: the impact of a targeted exercise programme

#### **Acronym**

**HOPE** 

#### **Study objectives**

Our exploratory randomised controlled trial is to investigate whether the HOPE Programme, a 12 week exercise programme designed for frail older people living at home, can improve functional status, daily living activities and quality of life. Participants will be stratified by baseline Timed Up and Go test and will undergo concealed random allocation to the HOPE Programme or usual care. The HOPE Programme, developed and refined by multiperspective qualitative methods involving our user group and experienced healthcare professionals, will be delivered by community based therapists to older people under the care of a case manager (e.g. Community Matron) or older people who are housebound, defined as being unable to leave the house without the assistance of another person, in Bradford, UK.

Primary outcome will be the Timed Up and Go test. Secondary outcomes will include Barthel Index of Activities of Daily Living, quality of life measures and self-reported falls. We will also record participant comorbidity and operationalised measures of frailty.

As of 23/02/2011 this record has been updated, in response to a protocol amendment which was approved on 01/10/2010 by the Bradford REC. All changes can be found under the relevant section with the protocol update date of 01/10/2010.

## Ethics approval required

Old ethics approval format

# Ethics approval(s)

Bradford Research Ethics Committee approved on the 23rd June 2009 (ref: 09/H1302/55). Amendment approved on 01/10/2010.

# Study design

Single centre randomised interventional treatment and prevention trial

# Primary study design

Interventional

# Secondary study design

Randomised controlled trial

# Study setting(s)

GP practice

# Study type(s)

**Treatment** 

#### Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet

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

Topic: Generic Health Relevance and Cross Cutting Themes; Subtopic: Generic Health Relevance (all Subtopics); Disease: Age and ageing

#### Interventions

Our exploratory randomised controlled trial is to investigate whether the HOPE Programme, a 12 week manualised exercise programme designed for frail older people living at home, can improve functional status, daily living activities and quality of life. Participants will be older people under the care of a case manager (e.g. Community Matron) or older people who are housebound, defined as being unable to leave the house without the assistance of another person, in Bradford, UK. Participants will be stratified by baseline Timed Up and Go Test (TUGT) and will undergo concealed random allocation to the intervention or control group. The intervention group will receive a copy of the HOPE Programme Exercise Manual and will also receive regular home visits from community-based therapists who will both teach the HOPE Programme to participants and provide support with compliance. Support will also be provided by regular telephone contact from therapists. Participants who are randomised to the control group will receive usual care from the case manager and GP.

Primary outcome will be the TUGT. Secondary outcomes will include Barthel Index of Activities of Daily Living, quality of life measures and self-reported falls. All outcomes will be measured at baseline and at 12 weeks post randomisation. We will also record participant comorbidity and operationalised measures of frailty.

#### Intervention Type

Other

#### Phase

Not Applicable

#### Primary outcome measure

Timed Up and Go test at 12 weeks post-randomisation

#### Secondary outcome measures

- 1. Barthel Index of Activities of Daily Living, measured at baseline and at 12 weeks post-randomisation
- 2. EQ5D measure of health, measured at baseline and at 12 weeks post-randomisation
- 3. Edmonton Frail Scale, measured at baseline and at 12 weeks post-randomisation
- 4.Geriatric Depression Score, measured at baseline and at 12 weeks post-randomisation

#### Overall study start date

01/04/2010

#### Completion date

30/09/2011

# **Eligibility**

#### Key inclusion criteria

Current protocol (amendment approved 01/10/2010):

- 1. All patients who are under the care of a case manager (CM) in Bradford, UK. There are currently 21 CMs in Bradford, each with a caseload of approximately 50 patients
- 2. Older people who are housebound, defined as being unable to leave the house without the assistance of another person
- 3. Male and female, no age limits

Initial information at time of registration:

- 1. All patients who are under the care of a case manager (CM) in Bradford, UK. There are currently 21 CMs in Bradford, each with a caseload of approximately 50 patients.
- 2. Male and female, no age limits

#### Participant type(s)

Patient

#### Age group

Other

#### Sex

Both

## Target number of participants

Planned sample size: 100

#### Key exclusion criteria

Current protocol (amendment approved 01/10/2010):

- 1. Severe dementia
- 2. Poorly controlled angina
- 3. Current participation in an alternative exercise programme (e.g. falls prevention programme, pulmonary rehabilitation)
- 4. Unable to stand from a chair and walk without the assistance of another person
- 5. Registered blind
- 6. Receiving palliative care

Initial information at time of registration:

- 1. Severe dementia
- 2. Poorly controlled angina
- 3. Current participation in an alternative exercise programme (e.g. falls prevention programme, pulmonary rehabilitation)
- 4. Unable to stand from a chair and walk without the assistance of another person
- 5. Registered blind

#### Date of first enrolment

01/04/2010

#### Date of final enrolment

30/09/2011

# Locations

#### Countries of recruitment

England

**United Kingdom** 

Study participating centre Institute for Health Research Bradford United Kingdom BD9 6RJ

# Sponsor information

#### Organisation

Bradford Institute for Health Research (UK)

## Sponsor details

Duckworth Lane Bradford United Kingdom BD9 6RJ

#### Sponsor type

Research organisation

#### Website

http://www.bradfordresearch.nhs.uk/

#### **ROR**

https://ror.org/05gekvn04

# Funder(s)

# Funder type

Charity

#### **Funder Name**

Dunhill Medical Trust (UK)

## Alternative Name(s)

The Dunhill Medical Trust, DMT

# **Funding Body Type**

Private sector organisation

# Funding Body Subtype

Other non-profit organizations

#### Location

**United Kingdom** 

# **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?
Protocol article	protocol	08/06/2011		Yes	No
Results article	results	01/09/2014		Yes	No