

# Randomised controlled trial of a home-based exercise programme to reduce fall frequency among people with Parkinson's disease (PD)

<b>Submission date</b> 08/12/2003	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 05/01/2004	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 21/01/2009	<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**  
Prof Ann Ashburn

**Contact details**  
Health & Rehabilitation Research Unit,  
Level E, Centre Block, Mail Point 886,  
Southampton General Hospital,  
Tremona Road  
Southampton  
United Kingdom  
SO16 6YD  
+44 (0)2380 796 469  
a.m.ashburn@soton.ac.uk

## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

## Secondary identifying numbers

AP0888

# Study information

## Scientific Title

## Study objectives

To evaluate the effectiveness of a personalised home programme of exercises and strategies for repeat fallers with Parkinson's disease (PD).

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

East Dorset Local Research Ethics Committee gave approval in March 2001 (ref: 13/00/S)

## 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

Parkinson's disease

## Interventions

Intervention:

A home-based exercise programme, supervised by a physiotherapist. Appropriate exercises will be chosen from a menu of:

1. Balance training exercises in sitting and standing
2. Stretches
3. A programme of walking and moderate intensity strengthening exercises for hip, knee and ankle
4. Control:  
Usual care.

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome measure**

Rates of falling at 8 weeks and 6 months.

**Secondary outcome measures**

1. Repeat fallen, nearly fallen or experienced injurious falls
2. Functional Reach
3. The Berg Balance Test
4. PD Self-assessment Scale
5. The Euro Quality of Life scale

**Overall study start date**

01/01/2004

**Completion date**

01/01/2007

**Eligibility****Key inclusion criteria**

1. Diagnosed with PD living in the community
2. Independently mobile
3. Have experienced two or more falls in the previous 12 months
4. Have passed a screen test for confusion
5. Aged 44 - 91 years, both sexes

**Participant type(s)**

Patient

**Age group**

Other

**Sex**

Both

**Target number of participants**

140

**Key exclusion criteria**

1. Did not meet inclusion criteria
2. Unable to participate in assessments because of pain and acute medical condition
3. In receipt of, or soon to receive, treatment

**Date of first enrolment**

01/01/2004

**Date of final enrolment**

01/01/2007

**Locations****Countries of recruitment**

England

United Kingdom

**Study participating centre**

**Health & Rehabilitation Research Unit,**

Southampton

United Kingdom

SO16 6YD

**Sponsor information****Organisation**

Action Medical Research (UK)

**Sponsor details**

Vincent House

Horsham

West Sussex

United Kingdom

RH12 2DP

**Sponsor type**

Charity

**Website**

<http://www.action.org.uk/>

**ROR**

<https://ror.org/01wcqa315>

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

Charity

**Funder Name**

Action Medical Research (UK)

**Alternative Name(s)**

actionmedres, action medical research for children, AMR

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Trusts, charities, foundations (both public and private)

**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?
<a href="#">Results article</a>	results	01/07/2007		Yes	No