

# Strength or Skills? Physical Activity in Residential Care

<b>Submission date</b> 24/06/2004	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 24/06/2004	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 01/09/2009	<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

**Contact name**  
Dr Marijke Jeanette Maily Chin A Paw

**Contact details**  
van der Boechorststraat 7  
Amsterdam  
Netherlands  
NL-1081 BT  
+31 (0)20 4448203  
m.chinapaw@vumc.nl

## Additional identifiers

**Protocol serial number**  
22000060

## Study information

**Scientific Title**

**Acronym**  
SPARC

**Study objectives**

The purpose of this study is to examine the effectiveness of three different exercise protocols in elderly, living in residential care facilities.

Research questions:

1. What is the effect of three physical exercise-training programs on physical functioning and well-being of elderly living in residential care facilities?
2. What is the effect on daily physical activity, complaints of constipation and medical costs?

**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)**

Quality of life

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

Old age

**Interventions**

Strength training, functional training, a combination of both, educational/social control group

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

Physical functioning (fitness, performance, self-rated disability) and well-being (depression, quality of life and vitality)

**Key secondary outcome(s)**

Daily physical activity, constipation, and medical costs

**Completion date**

30/09/2001

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

Older adults living in long-term care facilities.

1. Aged 65 or older
2. Living in a nursing home or residential care facility
3. Able to walk six meters or more (with or without a walking aid)
4. Able to comprehend the study procedures
5. No medical contraindication for study participation
6. No rapidly progressive or terminal illness
7. Not moving away from the home within the six months intervention period (5 and 6 were evaluated by their general practitioner). Informed consent was obtained from all subjects.

### **Participant type(s)**

Patient

### **Healthy volunteers allowed**

No

### **Age group**

Senior

### **Sex**

All

### **Key exclusion criteria**

Does not match inclusion criteria

### **Date of first enrolment**

01/09/2000

### **Date of final enrolment**

30/09/2001

## **Locations**

### **Countries of recruitment**

Netherlands

### **Study participating centre**

van der Boechorststraat 7

Amsterdam

Netherlands

NL-1081 BT

## **Sponsor information**

### **Organisation**

Netherlands Organisation for Health Research and Development (ZonMw) (Netherlands)

**ROR**

<https://ror.org/01yaj9a77>

## **Funder(s)**

**Funder type**

Research organisation

**Funder Name**

Netherlands Organisation for Health Research and Development (ZonMw) (Netherlands),  
22000060

**Funder Name**

West-Freisland Care Homes Cooperative (Samenwerkende Verzorgingshuizen West-Friesland)  
(Netherlands)

**Funder Name**

West-Freisland Foundation for Senior Citizens in Motion (Stichting Ouderen in Beweging West-Friesland) (Netherlands)

**Funder Name**

Regional Care Insurer Univé (Regionale Zorgverzekeraar Univé) (Netherlands)

**Funder Name**

TechnoGym Benelux B.V. (Benelux)

**Funder Name**

Nijha Lochem B.V. (Netherlands)

**Funder Name**

VSB-fonds (Netherlands)

**Funder Name**

Orthomed (Belgium)

**Funder Name**

West-Friesland Guesthouse (West-Freis Gasthuis) (Netherlands)

## Results and Publications

**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	02/07/2004		Yes	No
<a href="#">Results article</a>	results	01/10/2006		Yes	No