

Better balance - fall prevention among elderly people

Submission date 06/05/2009	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 17/06/2009	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
Last Edited 17/06/2009	Condition category Other	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

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
Randomised controlled trial to test the effects of, respectively, health coaching and an integrative district nurse approach for preventing falls in elderly people living in the community

Study objectives

Health coaching and integrative district nurse approaches (two separate interventions) tailored to elderly people having experienced fall accidents and living in the community are, compared to usual care control groups, both expected to:

1. Reduce the rate of falls (primary endpoint), measured by self-evaluation and registered hospital admissions
2. Reduce the risk of falling, measured by selected functional tests
3. Reduce the use of selected primary care services

Ethics approval required

Old ethics approval format

Ethics approval(s)

Scientific Ethics Committee of Copenhagen, Denmark gave approval on the 13th April 2007 (ref: H-C-2007-0002)

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Prevention

Health condition(s) or problem(s) studied

Fall prevention, elderly people living in the community

Interventions

1. Health coaching program: 6 months collaboration with professional health coach; maximum of 10 hours of coaching, maximum of 15 sessions in total, of which two are face-to-face meetings and the rest are telephone sessions
2. Integrative district nurse program: 3 months collaboration with district nurse; two face-to-face meetings in the home, followed by two telephone sessions

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Number of falls in a twelve months period from inclusion date, measured through self-assessment.

Key secondary outcome(s)

1. Functional performance nine months after inclusion. Selected balance and strengths tests indicating fall risks.
2. Fear of falling questionnaire (FES-I), quality of life questionnaire
3. Use of selected primary care services in a nine month period after inclusion (emergency calls, district healthcare, delivery of food, etc.,)
4. Hospital contacts in a nine month period after inclusion

Completion date

01/04/2009

Eligibility

Key inclusion criteria

1. Community-dwelling people aged 65+ years, either sex
2. Fall episodes registered/known by trial partners at Hospital Units and Community Units
3. Speaking Danish or English, no interpreter needed

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Senior

Sex

All

Key exclusion criteria

1. Participation in other clinical trials on falls prevention
2. Hospital admission due to the most recent fall accident (prior to inclusion)

Date of first enrolment

01/05/2007

Date of final enrolment

01/04/2009

Locations

Countries of recruitment

Denmark

Study participating centre

Department of Integrated Health Care

Copenhagen NV

Denmark

2400

Sponsor information

Organisation

Danish Ministry of Health and Prevention (Ministeriet for Sundhed og Forebyggelse) (Denmark)

ROR

<https://ror.org/05kxbax75>

Funder(s)

Funder type

Government

Funder Name

Danish Ministry of Health and Prevention (Ministeriet for Sundhed og Forebyggelse) (Denmark)

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?
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes
Study website	Study website	11/11/2025	11/11/2025	No	Yes