

Fall prevention in the elderly - A randomized clinical trial on the effectiveness of Tai Chi Chuan

Submission date 13/09/2005	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 03/01/2006	Overall study status Completed	<input checked="" type="checkbox"/> Protocol
Last Edited 06/11/2019	Condition category Injury, Occupational Diseases, Poisoning	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<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

Clinical Trials Information System (CTIS)

Nil known

ClinicalTrials.gov (NCT)

Nil known

Protocol serial number

22000131

Study information

Scientific Title

Fall prevention in the elderly - A randomized clinical trial on the effectiveness of Tai Chi Chuan

Study objectives

Tai Chi Chuan can reduce fall incidents in the elderly living at home who are at risk of falling.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Study design

Randomized controlled trial

Primary study design

Interventional

Study type(s)

Prevention

Health condition(s) or problem(s) studied

Fall prevention

Interventions

Tai Chi Chuan lessons for a period of 13 weeks, twice a week for 1 hour

Control: no intervention

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

New fall incidents

Key secondary outcome(s))

1. Balance
2. Fear of falling
3. Blood pressure
4. Heart frequency
5. Some lung parameters
6. Physical activity
7. Self-efficacy
8. Quality of life
9. Mental health
10. Severity of fall incidents and consequent injuries

- 11. Medical consumption
- 12. Compliance to intervention

Completion date

01/03/2005

Eligibility

Key inclusion criteria

- 1. Experienced a fall in the preceding year, or
- 2. Suffer from two of the following risk factors:
 - a. Disturbed balance
 - b. Mobility problems
 - c. Dizziness
 - d. The use of benzodiazepines or diuretics

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Senior

Sex

All

Key exclusion criteria

- 1. Progressive disorders
- 2. Unable to undergo the intervention
- 3. Unable to fill in a Dutch questionnaire
- 4. Miss 80% of the lessons
- 5. Tai Chi Chuan performed in the preceding year
- 6. Not available during the next 4 months

Date of first enrolment

01/09/2003

Date of final enrolment

01/03/2005

Locations

Countries of recruitment

Netherlands

Study participating centre

PO Box 1738
Rotterdam
Netherlands
3000 DR

Sponsor information

Organisation

Netherlands Organisation for Health Research and Development (ZonMw)

ROR

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

Funder(s)

Funder type

Research organisation

Funder Name

Netherlands Organisation for Health Research and Development (ZonMw) - 22000131.

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?
Protocol article	Study protocol	30/03/2006		Yes	No