

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

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

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

Dr Petra EM Zeeuwe

### Contact details

PO Box 1738  
Rotterdam  
Netherlands  
3000 DR  
+31 (0)10 4632119  
p.zeeuwe@erasmusmc.nl

## 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?
<a href="#">Protocol article</a>	Study protocol	30/03/2006		Yes	No