

The medical Risk Assessment and Health Education in Older people (RAHEO) study: Feasibility and performance of a health risk appraisal questionnaire combined with health education in Romania

Submission date 17/06/2014	Recruitment status No longer recruiting	☐ Prospectively registered ☐ Protocol
Registration date 25/06/2014	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 19/10/2017	Condition category Other	☐ Individual participant data

Plain English summary of protocol

Background and study aims

This study aims to improve preventive care and medical education in older people. The main objective of this study is to evaluate health risks of people 65 years of age and older, and the potential benefits of using the Health Risk Appraisal for Older People (HRA-O) standardized questionnaire in clinical practice in developing counselling sessions tailored to individual health and lifestyle needs to improve their general health and wellbeing.

Who can participate?

People 65 years of age and older and who meet the following criteria are eligible for this study: live in Bucharest or within 2 to 4 hours travel time, speak/understand Romanian language, do not live in a nursing home, do not have severe dementia, do not have severe disability, do not have a terminal illness, and have not had major surgery in the last 3 months.

What does the study involve?

The study takes place over a period of 8 months. Participants are randomly allocated into one of two groups. Group 1 (intervention group) receive monthly specialised counselling guided by individual Health Reports. Group 2 (control group) receive their usual care. In addition, everyone is asked to complete a Brief Questionnaire answering questions about health measurements, medical history and functioning. They are also asked to complete a complementary HRA-O questionnaire, answering questions, for example, about their diet habits, physical activity, social network at the start of the study and then 6 months later. Data on subjects name, sex, contact details, education level, living arrangements, marital status, income, body weight, height, blood pressure and current medication is also recorded. At the end of the study, people in the intervention group are asked to complete a feedback questionnaire, answering questions about their experience being part of this study.

What are the possible benefits and risks of participating?

There is no relevant benefit or risk related to taking part in the study for participants.

Where is the study run from?

This research project takes place at the National Institute of Gerontology and Geriatrics Ana Aslan, Bucharest, Romania. The study takes place in both hospital and out-patient clinic settings.

When is the study starting and how long is it expected to run for?

May 2014 to June 2015

Who is funding the study?

University of Geriatrics, Berne, Switzerland

Who is the main contact?

Dr Anna Marie Herghelegiu

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Contact information

Type(s)

Scientific

Contact name

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Contact details

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Additional identifiers

Study information

Scientific Title

The medical risk assessment and health education in older people (RAHEO) study: A randomized controlled study to evaluate the feasibility and intermediate effects of a preventive intervention (health risk appraisal questionnaire with follow-up counselling) compared to usual care in older patients in Romania

Acronym

RAHEO

Study objectives

The main hypotheses that are tested in this randomized controlled study are:

1. Is it feasible to implement a preventive intervention consisting of a standardized health risk appraisal questionnaire (HRA-O) with follow-up counselling in a Romanian setting (e.g. acceptance by older patients)?

2. Does this preventive intervention, over a period of six months, improve intermediate outcomes (e.g. adherence to favorable health behaviors, use of recommended preventive services) among older persons?

Ethics approval required

Old ethics approval format

Ethics approval(s)

Research Ethics Committee of the National Institute of Gerontology and Geriatrics Ana Aslan, Bucharest, Romania, 28/01/2014, ref. 972

Primary study design

Interventional

Study design

Interventional single-blinded randomized controlled clinical trial. Trial is single-center, conducted at two sites of this center (one site: inpatient, one site: outpatient)

Study type(s)

Prevention

Health condition(s) or problem(s) studied

Health and well being/prevention/older people/geriatrics

Interventions

Test group - Individualized, specialized medical counselling guided by health reports generated based on the Health Risk Appraisal for Older people (HRA-O) standardized questionnaire
Control group no counselling

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Outcome measures for evaluating the feasibility (based on abstraction of recruitment phase, and feed-back in intervention group):

1. Number of patients excluded due to inability or unwillingness to complete the self-administered questionnaires or unwillingness to give informed consent
2. Structured feed-back from participating older persons at start and at end of intervention period
3. Base-line prevalence of identified risks

Outcomes (based on comparisons between persons in intervention and control groups, and pre-post comparisons in intervention group):

1. Adherence to recommended health behaviors (self-report) at six-month follow-up
2. Intention to change health behavior (self-report) at six-month follow-up
3. Health status and status of preventive care (self-report, and objective clinical data) in surviving older persons at six-month follow-up

Key secondary outcome(s)

1. Survival
2. Detailed analysis of preventive care process (e.g., blood pressure control, medication use)

Completion date

30/06/2015

Eligibility**Key inclusion criteria**

Site 1: Subjects 65 years of age and older, both male and female admitted to ambulatory geriatric care of the National Institute of Gerontology and Geriatrics Ana Aslan, Bucharest, Romania, during the study recruitment period

Site 2: Subjects 65 years of age and older, both male and female admitted to inpatient geriatric care of the National Institute of Gerontology and Geriatrics Ana Aslan, Bucharest Romania, during the study recruitment period

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Senior

Sex

All

Key exclusion criteria

1. Moderate to severe dementia
2. Severe disability - needs human help in one or more basic activities of daily living
3. Has terminal illness
4. Has had major surgery within the last 3 months
5. Does not live in catchment area - Bucharest and within 2 to 4 hours travel time
6. Lives in nursing home
7. Does not speak/understand Romanian language
8. Inability or unwillingness to complete the self-administered questionnaires
9. Person unwilling to give informed consent

Date of first enrolment

20/05/2014

Date of final enrolment

30/06/2015

Locations**Countries of recruitment**

Romania

Study participating centre

National Institute of Geriatrics and Gerontology "Ana Aslan"

Bucharest

Romania

011241

Sponsor information

Organisation

Forschungsfonds Geriatrie (Switzerland)

Funder(s)

Funder type

University/education

Funder Name

Universität Bern

Alternative Name(s)

UniBE, Universität Bern, Université de Berne, Universitas Bernensis, , UB

Funding Body Type

Government organisation

Funding Body Subtype

Universities (academic only)

Location

Switzerland

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	20/07/2017		Yes	No