

The effect of targeted exercise on falls and function for people with Parkinson's disease (Group Exercise Trial for Parkinson's disease - GET uP study)

Submission date 08/03/2007	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 31/05/2007	Overall study status Completed	☐ Protocol
Last Edited 21/12/2011	Condition category Nervous System Diseases	☐ Statistical analysis plan
		☒ Results
		☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

Mrs Victoria Goodwin

Contact details

Primary Care Research Group
Peninsula Medical School
Smeall Building
St Luke's Campus
Exeter
United Kingdom
EX1 2LU
+44 (0)1392 262745
victoria.goodwin@pms.ac.uk

Additional identifiers

Protocol serial number

RDA/02/06/041

Study information

Scientific Title

Acronym

Acronym added as of 28/06/2007: GET uP

Study objectives

What is the effectiveness of a targeted exercise programme on reducing falls and improving the physical function of people with Parkinson's disease who have a history of falling?

Ethics approval required

Old ethics approval format

Ethics approval(s)

Devon and Torbay Research Ethics Committee, approved on 5 February 2007. Ref: 07/Q2102/8

Primary study design

Interventional

Study design

Randomised, single-blind, controlled trial.

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Parkinson's disease

Interventions

A group based strength and balance exercise programme, led by a physiotherapist plus additional home exercises versus usual care for 10 weeks.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Falls at 10 and 30 weeks post baseline/recruitment.

Key secondary outcome(s)

1. Balance (Berg Balance scale)
2. Mobility (Timed Up and Go test)
3. Fear of falling (Falls efficacy scale - international)
4. Physical self-perception (physical self-perception profile)

5. Habitual physical activity, assessed using the "Phone - FITT" tool ("FITT" stands for Frequency, Intensity, Time, and Type of activity)
6. Quality of life (EQ-5D)

Completion date

30/04/2009

Eligibility

Key inclusion criteria

People diagnosed with Parkinson's disease who report two or more falls in the past year and who are independently mobile.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Not Specified

Sex

All

Key exclusion criteria

1. Needs supervision or assistance from another person to mobilise indoors
2. Significant comorbidity or symptoms that would affect ability or safety to participate in group exercise
3. Inability to follow written and verbal instructions in English

Date of first enrolment

12/03/2007

Date of final enrolment

30/04/2009

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Primary Care Research Group
Exeter
United Kingdom
EX1 2LU

Sponsor information

Organisation

Peninsula Medical School (UK)

ROR

<https://ror.org/04dtfyh05>

Funder(s)

Funder type

Government

Funder Name

Personal Award Scheme Researcher Development Award from National Institute of Health Research (UK) Ref: RDA/02/06/041

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?
Results article	results	01/11/2011		Yes	No