ISRCTN63503875 https://doi.org/10.1186/ISRCTN63503875

Randomised controlled trial of a home-based exercise programme to reduce fall frequency among people with Parkinson's disease (PD)

Submission date 08/12/2003	**Recruitment status** No longer recruiting
Registration date 05/01/2004	**Overall study status** Completed
Last Edited 21/01/2009	**Condition category** Nervous System Diseases

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

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
AP0888

Study information

Scientific Title

Study objectives
To evaluate the effectiveness of a personalised home programme of exercises and strategies for repeat fallers with Parkinson's disease (PD).

Ethics approval required
Old ethics approval format

Ethics approval(s)
East Dorset Local Research Ethics Committee gave approval in March 2001 (ref: 13/00/S)

Primary study design
Interventional

Study design
Randomised controlled trial

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Parkinson's disease

Interventions
Intervention:
A home-based exercise programme, supervised by a physiotherapist. Appropriate exercises will be chosen from a menu of:
1. Balance training exercises in sitting and standing
2. Stretches
3. A programme of walking and moderate intensity strengthening exercises for hip, knee and ankle

4. Control:
Usual care.

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Rates of falling at 8 weeks and 6 months.

Key secondary outcome(s)
1. Repeat fallen, nearly fallen or experienced injurious falls
2. Functional Reach

3. The Berg Balance Test
4. PD Self-assessment Scale
5. The Euro Quality of Life scale

Completion date
01/01/2007

Eligibility

Key inclusion criteria
1. Diagnosed with PD living in the community
2. Independently mobile
3. Have experienced two or more falls in the previous 12 months
4. Have passed a screen test for confusion
5. Aged 44 - 91 years, both sexes

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Other

Sex
All

Key exclusion criteria
1. Did not meet inclusion criteria
2. Unable to participate in assessments because of pain and acute medical condition
3. In receipt of, or soon to receive, treatment

Date of first enrolment
01/01/2004

Date of final enrolment
01/01/2007

Locations

Countries of recruitment
United Kingdom

England

Study participating centre

Health & Rehabilitation Research Unit,
Southampton
United Kingdom
SO16 6YD

Sponsor information

Organisation
Action Medical Research (UK)

ROR
https://ror.org/01wcqa315

Funder(s)

Funder type
Charity

Funder Name
Action Medical Research (UK)

Alternative Name(s)
action medical research for children, actionmedres, The National Fund for Research into Crippling Diseases, AMR

Funding Body Type
Private sector organisation

Funding Body Subtype
Trusts, charities, foundations (both public and private)

Location
United Kingdom

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	01/07/2007		Yes	No