

Strength or Skills? Physical Activity in Residential Care

Submission date 24/06/2004	Recruitment status No longer recruiting	☐ Prospectively registered ☐ Protocol
Registration date 24/06/2004	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 01/09/2009	Condition category Other	☐ 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
22000060

Study information

Scientific Title

Acronym
SPARC

Study objectives

The purpose of this study is to examine the effectiveness of three different exercise protocols in elderly, living in residential care facilities.

Research questions:

1. What is the effect of three physical exercise-training programs on physical functioning and well-being of elderly living in residential care facilities?
2. What is the effect on daily physical activity, complaints of constipation and medical costs?

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Old age

Interventions

Strength training, functional training, a combination of both, educational/social control group

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Physical functioning (fitness, performance, self-rated disability) and well-being (depression, quality of life and vitality)

Key secondary outcome(s)

Daily physical activity, constipation, and medical costs

Completion date

30/09/2001

Eligibility**Key inclusion criteria**

Older adults living in long-term care facilities.

1. Aged 65 or older
2. Living in a nursing home or residential care facility
3. Able to walk six meters or more (with or without a walking aid)
4. Able to comprehend the study procedures
5. No medical contraindication for study participation
6. No rapidly progressive or terminal illness
7. Not moving away from the home within the six months intervention period (5 and 6 were evaluated by their general practitioner). Informed consent was obtained from all subjects.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Senior

Sex

All

Key exclusion criteria

Does not match inclusion criteria

Date of first enrolment

01/09/2000

Date of final enrolment

30/09/2001

Locations

Countries of recruitment

Netherlands

Study participating centre

van der Boechorststraat 7

Amsterdam

Netherlands

NL-1081 BT

Sponsor information

Organisation

Netherlands Organisation for Health Research and Development (ZonMw) (Netherlands)

ROR

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

Funder(s)

Funder type

Research organisation

Funder Name

Netherlands Organisation for Health Research and Development (ZonMw) (Netherlands),
22000060

Funder Name

West-Freisland Care Homes Cooperative (Samenwerkende Verzorgingshuizen West-Friesland)
(Netherlands)

Funder Name

West-Freisland Foundation for Senior Citizens in Motion (Stichting Ouderen in Beweging West-Friesland) (Netherlands)

Funder Name

Regional Care Insurer Univé (Regionale Zorgverzekeraar Univé) (Netherlands)

Funder Name

TechnoGym Benelux B.V. (Benelux)

Funder Name

Nijha Lochem B.V. (Netherlands)

Funder Name

VSB-fonds (Netherlands)

Funder Name

Orthomed (Belgium)

Funder Name

West-Friesland Guesthouse (West-Freis Gasthuis) (Netherlands)

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	02/07/2004		Yes	No
Results article	results	01/10/2006		Yes	No