

# Better balance - fall prevention among elderly people

|                                        |                                                   |                                                                                                              |
|----------------------------------------|---------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| <b>Submission date</b><br>06/05/2009   | <b>Recruitment status</b><br>No longer recruiting | <input type="checkbox"/> Prospectively registered<br><input type="checkbox"/> Protocol                       |
| <b>Registration date</b><br>17/06/2009 | <b>Overall study status</b><br>Completed          | <input type="checkbox"/> Statistical analysis plan<br><input type="checkbox"/> Results                       |
| <b>Last Edited</b><br>17/06/2009       | <b>Condition category</b><br>Other                | <input type="checkbox"/> Individual participant data<br><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 Carsten Hendriksen

**Contact details**  
Department of Integrated Health Care  
Bispebjerg University Hospital  
Bispebjerg Bakke 23  
Copenhagen NV  
Denmark  
2400

## Additional identifiers

## Study information

**Scientific Title**  
Randomised controlled trial to test the effects of, respectively, health coaching and an integrative district nurse approach for preventing falls in elderly people living in the community

**Study objectives**  
Health coaching and integrative district nurse approaches (two separate interventions) tailored to elderly people having experienced fall accidents and living in the community are, compared to usual care control groups, both expected to:

1. Reduce the rate of falls (primary endpoint), measured by self-evaluation and registered hospital admissions
2. Reduce the risk of falling, measured by selected functional tests
3. Reduce the use of selected primary care services

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Scientific Ethics Committee of Copenhagen, Denmark gave approval on the 13th April 2007 (ref: H-C-2007-0002)

**Primary study design**

Interventional

**Study design**

Randomised controlled trial

**Study type(s)**

Prevention

**Health condition(s) or problem(s) studied**

Fall prevention, elderly people living in the community

**Interventions**

1. Health coaching program: 6 months collaboration with professional health coach; maximum of 10 hours of coaching, maximum of 15 sessions in total, of which two are face-to-face meetings and the rest are telephone sessions
2. Integrative district nurse program: 3 months collaboration with district nurse; two face-to-face meetings in the home, followed by two telephone sessions

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome(s)**

Number of falls in a twelve months period from inclusion date, measured through self-assessment.

**Key secondary outcome(s)**

1. Functional performance nine months after inclusion. Selected balance and strengths tests indicating fall risks.
2. Fear of falling questionnaire (FES-I), quality of life questionnaire
3. Use of selected primary care services in a nine month period after inclusion (emergency calls, district healthcare, delivery of food, etc.,)
4. Hospital contacts in a nine month period after inclusion

**Completion date**

01/04/2009

# Eligibility

## Key inclusion criteria

1. Community-dwelling people aged 65+ years, either sex
2. Fall episodes registered/known by trial partners at Hospital Units and Community Units
3. Speaking Danish or English, no interpreter needed

## Participant type(s)

Patient

## Healthy volunteers allowed

No

## Age group

Senior

## Sex

All

## Key exclusion criteria

1. Participation in other clinical trials on falls prevention
2. Hospital admission due to the most recent fall accident (prior to inclusion)

## Date of first enrolment

01/05/2007

## Date of final enrolment

01/04/2009

# Locations

## Countries of recruitment

Denmark

## Study participating centre

Department of Integrated Health Care

Copenhagen NV

Denmark

2400

# Sponsor information

## Organisation

Danish Ministry of Health and Prevention (Ministeriet for Sundhed og Forebyggelse) (Denmark)

**ROR**

<https://ror.org/05kxbax75>

## Funder(s)

**Funder type**

Government

**Funder Name**

Danish Ministry of Health and Prevention (Ministeriet for Sundhed og Forebyggelse) (Denmark)

## 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="#">Study website</a> | Study website | 11/11/2025   | 11/11/2025 | No             | Yes             |