

DH (Deventer Hospital) on the move

Published: 24-10-2016

Last updated: 14-04-2024

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|------------------------------|----------------------------|
| Ethical review | Approved WMO |
| Status | Recruitment stopped |
| Health condition type | Other condition |
| Study type | Observational non invasive |

Summary

ID

NL-OMON42961

Source

ToetsingOnline

Brief title

DH (Deventer Hospital) on the move

Condition

- Other condition

Synonym

level of (daily) functioning, physical functioning

Health condition

houdings- en bewegingsapparaat

Research involving

Human

Sponsors and support

Primary sponsor: Deventer Ziekenhuis

Source(s) of monetary or material Support: financiering door Deventer Ziekenhuis

Intervention

Keyword: "better out", hospital, moving

Outcome measures

Primary outcome

- Level of physical functioning measured with tools commonly used during physiotherapeutic treatments (see protocol for more specific information).
- Description of the physical behavior measured using an activity tracker and observations.

Secondary outcome

Not applicable.

I'd like to refer you for more information on the study parameters to the document added to my application, titled 'C1 - Onderzoeksprotocol'.

Study description

Background summary

It's important to move - A frequently heard comment, but how does this compare to the hospital population?

Physical inactivity can lead to undesirable changes in multiple systems, such as the musculoskeletal, cardiovascular, respiratory and cognitive system. Research shows that healthy elderly who spend 10 days in bed have already lost 10-15% of their muscle mass, which may lead to loss of function.

Despite this knowledge, hospitalization often leads to the development of physical inactivity. On average, patients in the hospital move 4-7 minutes per day. More than 90% of the day they are sitting in a chair, or lying in bed. This means that the average hospital patient is not only physically inactive, but also exhibits sedentary behavior.

In order to minimize the time spent in bed, it is important to not only provide exercise facilities. The behavior of the patients can be changed by involving them more in the daily care around the bed. Changing patients' behavior and stimulating physical activity can be done in several ways. The project can be broadly implemented, when a specialism-specific program is provided.

Study objective

The research is conducted to gain insight in the level of physical activity of patients. This is an observational study to assess the time spent on physical activities during regular hospital admissions and to investigate which interventions are suitable to stimulate the physical activity of patients in a positive way.

Research questions focus on descriptive analysis: a description of the exercise patterns of the various patient groups, the relationship between physical fitness at the day of admission and the level of physical activity during hospitalization, and which exercise applications can be implemented to stimulate physical activity during hospitalizations.

Study design

Observational study.

Study burden and risks

Burden

Data is collected during hospital admission. The research will not prolong admission. Patients do not need follow-up appointments for this research.

Collection of data will take approximately 35 minutes (15 minutes for the survey and 20 minutes for the physical tests - if the patient is capable of full completion).

Risks

Not applicable.

Contacts

Public

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adults (18-64 years)

Elderly (65 years and older)

Inclusion criteria

All patients 18 years or older, that are admitted to the hospital during the inclusion period.

Exclusion criteria

Insufficient knowledge of the Dutch and/or English language, mental retardation

Study design

Design

Study type: Observational non invasive

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Prevention

Recruitment

| | |
|---------------------------|---------------------|
| NL | |
| Recruitment status: | Recruitment stopped |
| Start date (anticipated): | 26-10-2016 |
| Enrollment: | 1200 |
| Type: | Actual |

Ethics review

| | |
|--------------------|-------------------------------|
| Approved WMO | |
| Date: | 24-10-2016 |
| Application type: | First submission |
| Review commission: | METC Isala Klinieken (Zwolle) |
| Approved WMO | |
| Date: | 09-11-2017 |
| Application type: | Amendment |
| Review commission: | METC Isala Klinieken (Zwolle) |

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

| Register | ID |
|----------|----------------|
| CCMO | NL58643.075.16 |