

Study protocol

[Open Access](#)**Minimising disability and falls in older people through a post-hospital exercise program: a protocol for a randomised controlled trial and economic evaluation**

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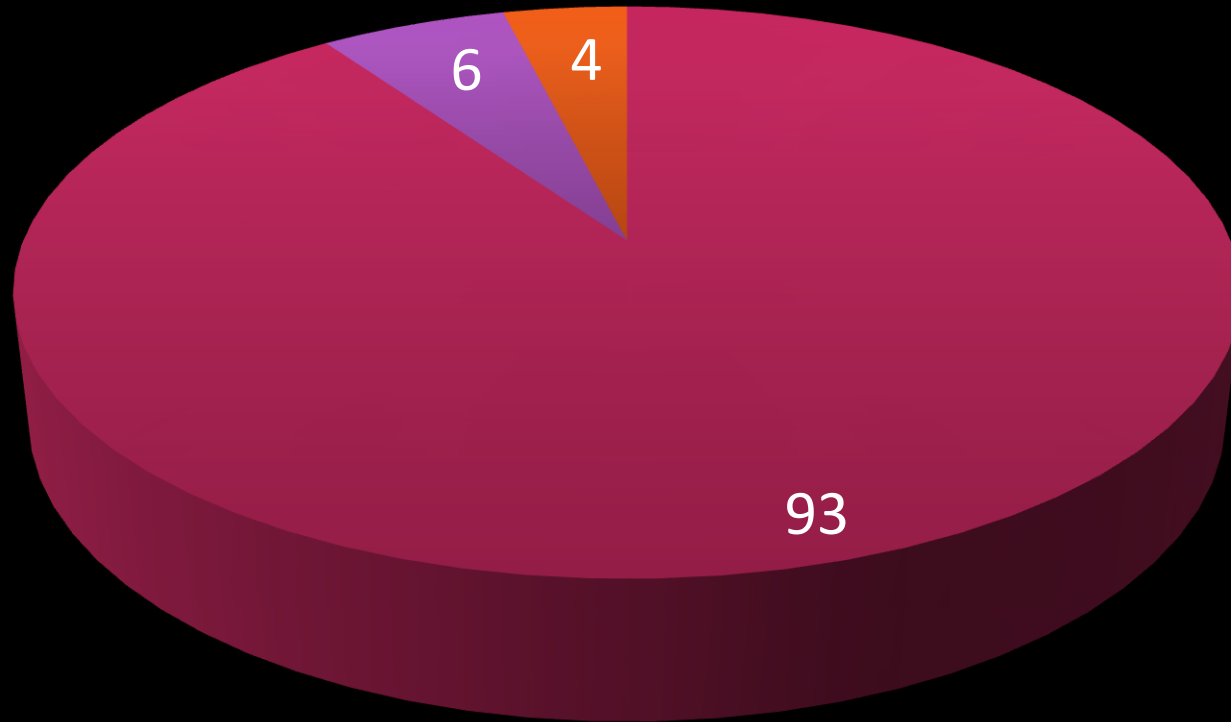
First 103 of 170 intervention participants

- dose of exercise
- adherence to agreed dose

# RCT overview

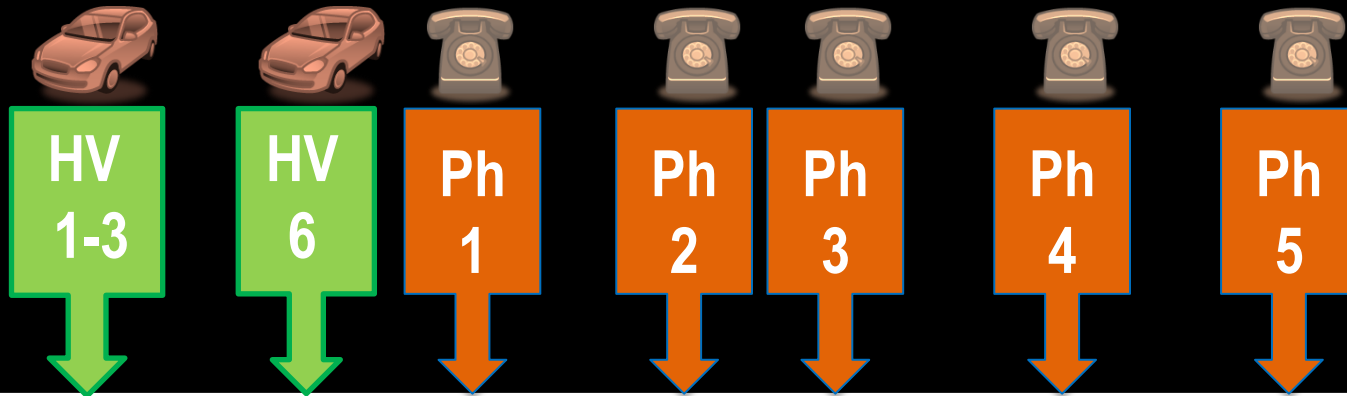
- recruitment from 4 Sydney hospitals
- aged 60+, MMSE  $\geq 24$ , living at home or hostel
- home-based intervention after usual care
- 12-month follow-up for falls and disability

# First 103 participants randomised to intervention

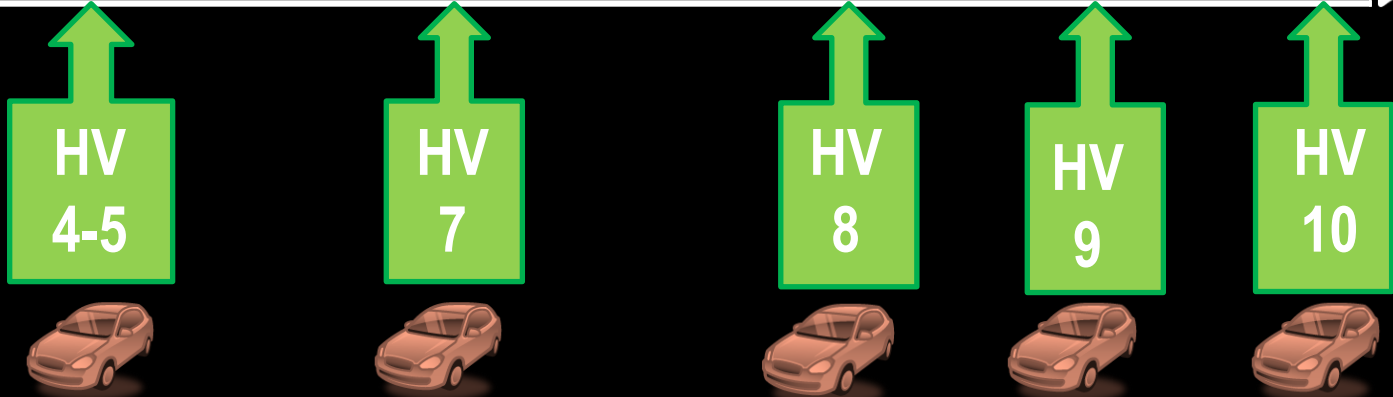
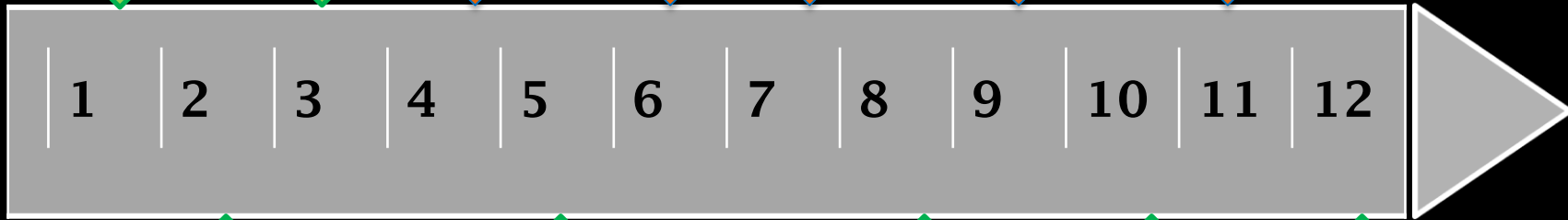


■ Included   ■ Deceased   ■ Did not start due to health issues

# 12 month intervention schedule



Month



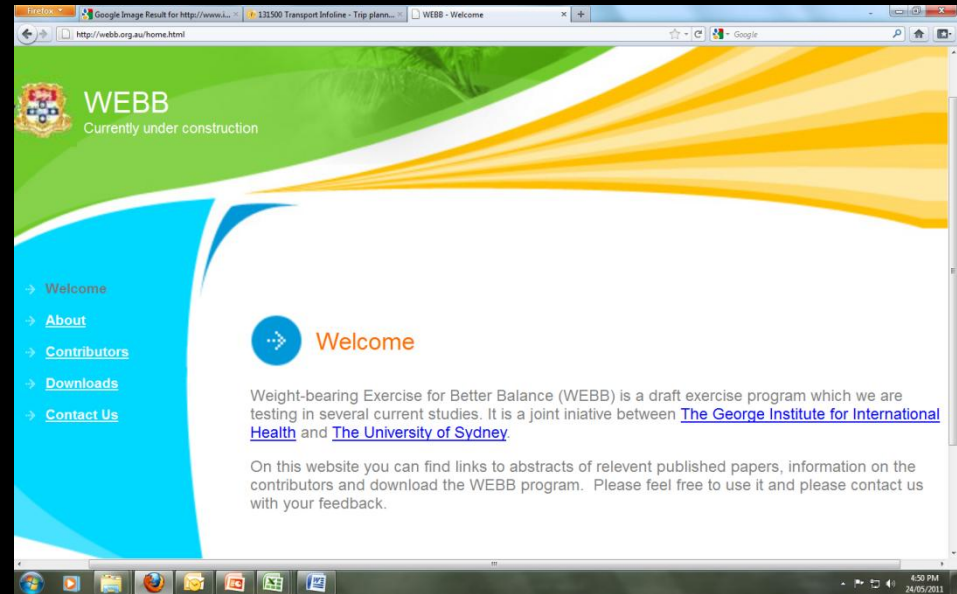
# WEBB program

# Weight bearing

# Exercise for

# Better

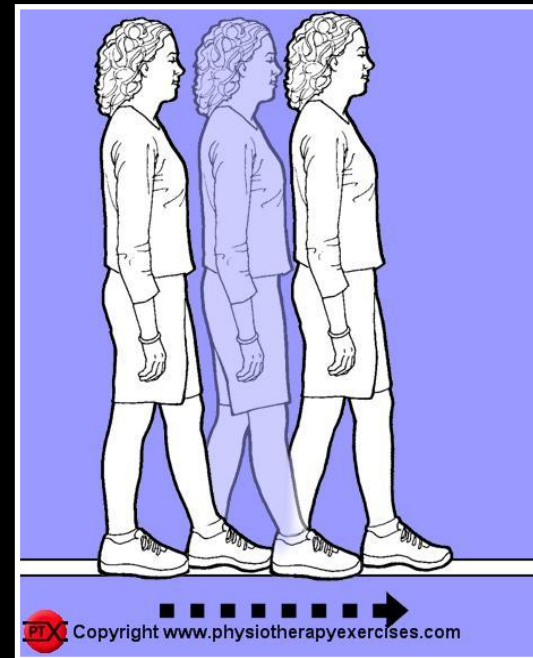
# Balance



# www.webb.org.au

# Balance Exercises

- reducing base of support in standing & walking
- side stepping, stepping over obstacles, heel toe walking etc



# Strength Exercises

- Sit to stand, step ups, heel raises etc using weight belts/vests as able



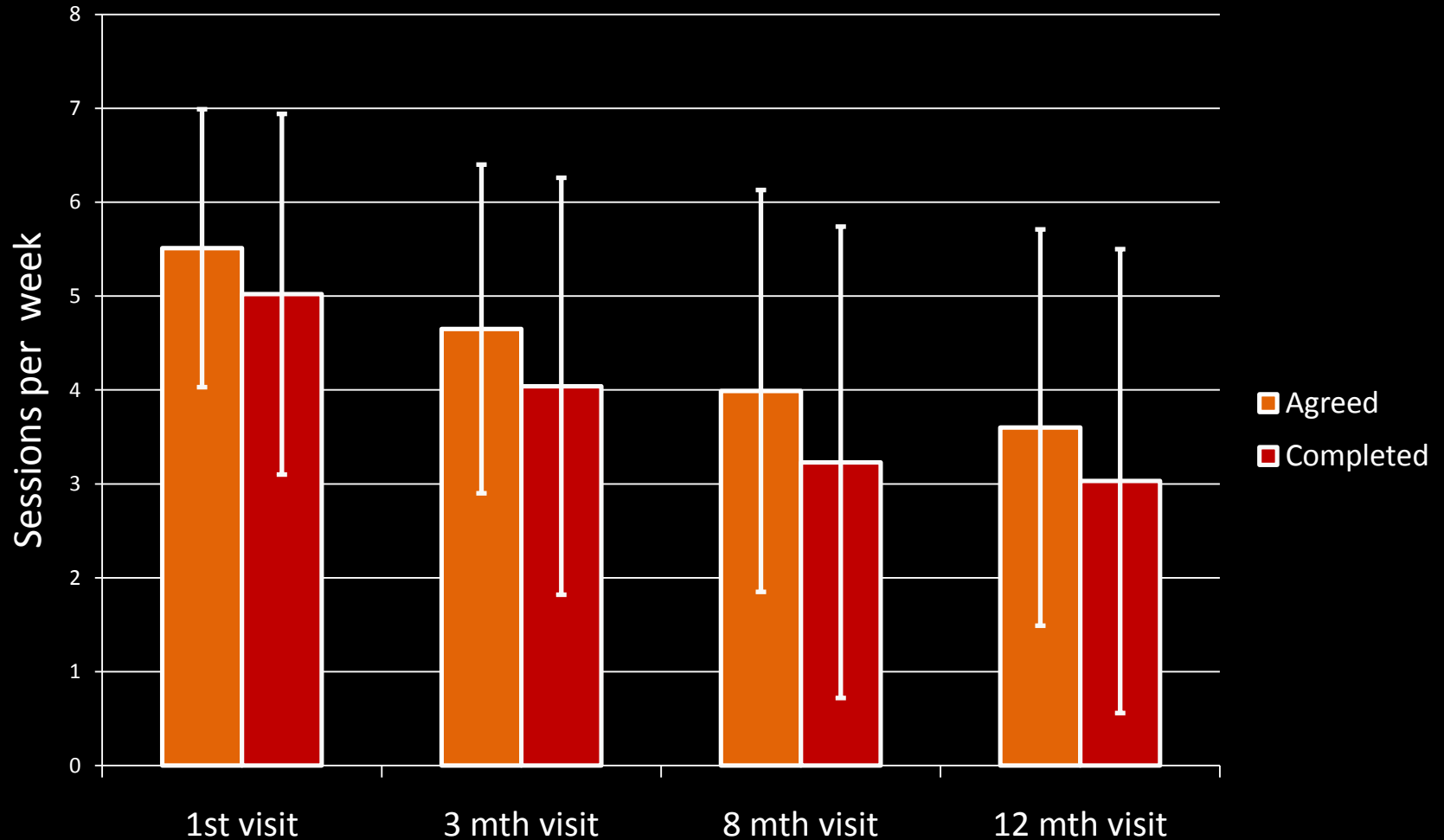
# Strategies used to improve adherence

- negotiating - program tailored to suit physical ability and willingness to participate
- visual cue – exercise folder as reminder
- completion of exercise diary
- exercise time in daily routine
- newsletter
- ongoing encouragement

# Agreed dose of intervention

- Average number of exercises per session = 4.8  
SD = 2.2
- Average repetitions per session = 74.5  
SD = 56.8

# Agreed and completed sessions per week



# Categories of potential exercisers

Always



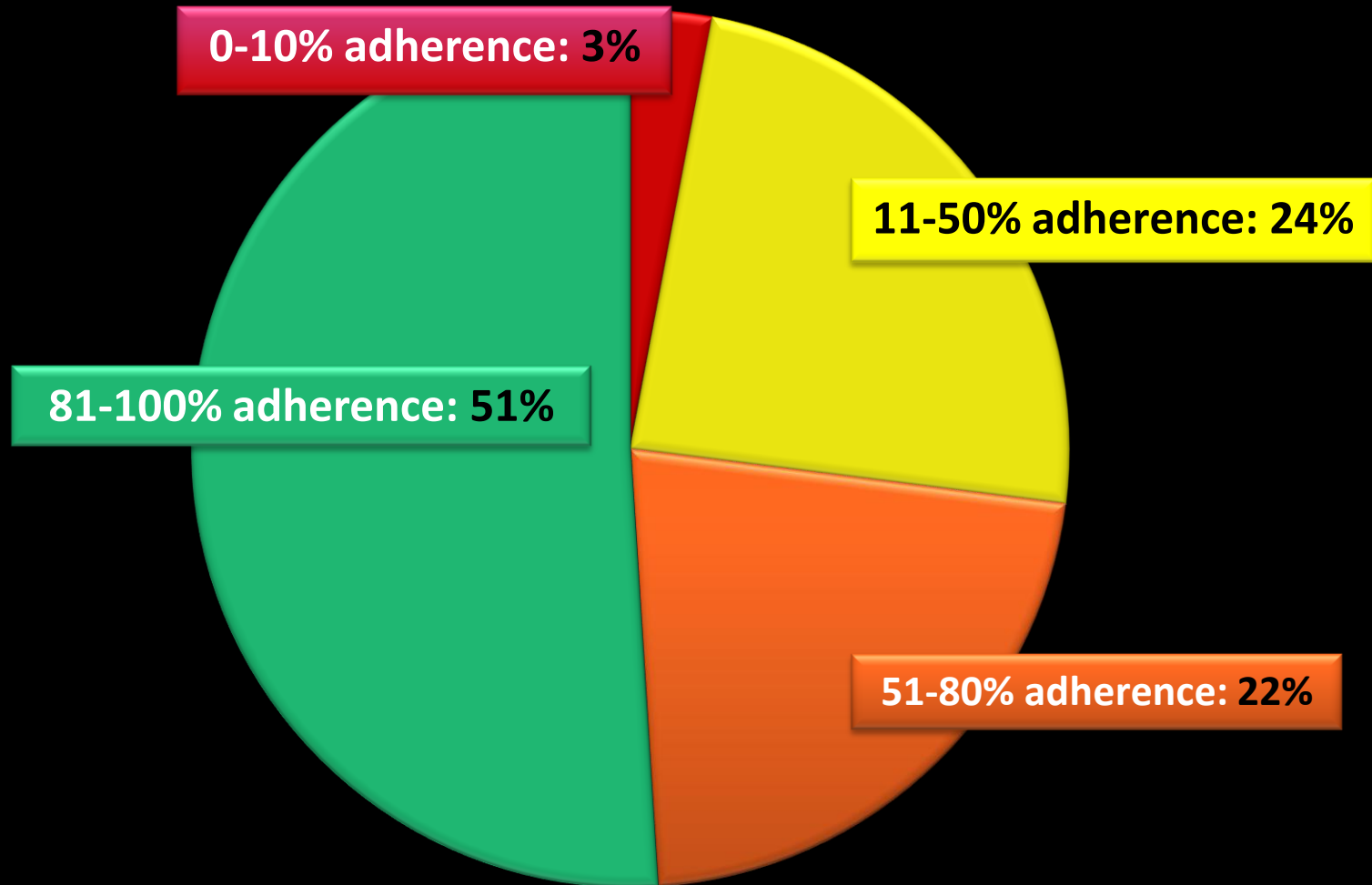
Maybes



Nevers



# Rate of adherence across participants



# Conclusion

- Most participants continued to exercise despite the challenges of health issues and major life changes.
- This home program was longer than those currently available in most health areas.
- Results of this RCT will indicate the effectiveness & cost effectiveness of this program and provide recommendations for health service planning.

# Acknowledgements

- All study participants
- National Health and Medical Research Council
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