







The effect of targeted exercise on falls and function for people with Parkinson's disease (Group Exercise Trial for Parkinson's disease - GET uP study)

Submission date 08/03/2007	Recruitment status No longer recruiting	 Retrospectively registered
Registration date 31/05/2007	Overall study status Completed	 Protocol not yet added
Last Edited 21/12/2011	Condition category Nervous System Diseases	 SAP not yet added
		 Results added
		 Raw data not yet added
		 Study completed

Plain English Summary

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

Mrs Victoria Goodwin

Contact details

Primary Care Research Group
Peninsula Medical School
Smeall Building
St Luke's Campus
Exeter
United Kingdom
EX1 2LU
+44 (0)1392 262745
victoria.goodwin@pms.ac.uk

Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Protocol/serial number

RDA/02/06/041

Study information

Scientific Title

Acronym

Acronym added as of 28/06/2007: GET uP

Study hypothesis

What is the effectiveness of a targeted exercise programme on reducing falls and improving the physical function of people with Parkinson's disease who have a history of falling?

Ethics approval required

Old ethics approval format

Ethics approval(s)

Devon and Torbay Research Ethics Committee, approved on 5 February 2007. Ref: 07/Q2102/8

Study design

Randomised, single-blind, controlled trial.

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Not specified

Study type(s)

Treatment

Participant information sheet

Condition

Parkinson's disease

Interventions

A group based strength and balance exercise programme, led by a physiotherapist plus additional home exercises versus usual care for 10 weeks.

Intervention Type

Other

Phase

Not Specified

Primary outcome measure

Falls at 10 and 30 weeks post baseline/recruitment.

Secondary outcome measures

1. Balance (Berg Balance scale)
2. Mobility (Timed Up and Go test)
3. Fear of falling (Falls efficacy scale - international)
4. Physical self-perception (physical self-perception profile)
5. Habitual physical activity, assessed using the "Phone - FITT" tool ("FITT" stands for Frequency, Intensity, Time, and Type of activity)
6. Quality of life (EQ-5D)

Overall study start date

12/03/2007

Overall study end date

30/04/2009

Eligibility**Participant inclusion criteria**

People diagnosed with Parkinson's disease who report two or more falls in the past year and who are independently mobile.

Participant type(s)

Patient

Age group

Not Specified

Sex

Both

Target number of participants

248

Participant exclusion criteria

1. Needs supervision or assistance from another person to mobilise indoors
2. Significant comorbidity or symptoms that would affect ability or safety to participate in group exercise
3. Inability to follow written and verbal instructions in English

Recruitment start date

12/03/2007

Recruitment end date

30/04/2009

Locations

Countries of recruitment

England

United Kingdom

Study participating centre

Primary Care Research Group

Exeter

United Kingdom

EX1 2LU

Sponsor information

Organisation

Peninsula Medical School (UK)

Sponsor details

c/o Professor John Campbell

Primary Care Research Group

Smeall Building

St Luke's Campus

Exeter

England

United Kingdom

EX1 2LU

Sponsor type

University/education

Website

<http://www.pms.ac.uk/pms/>

ROR

<https://ror.org/04dtfyh05>

Funder(s)

Funder type

Government

Funder Name

Personal Award Scheme Researcher Development Award from National Institute of Health Research (UK) Ref: RDA/02/06/041

Results and Publications

Publication and dissemination plan

Not provided at time of registration

Intention to publish date

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	01/11/2011		Yes	No