

RECRUITMENT EMAIL

Older adult volunteers aged 65 and over required for multisensory balance exercise study – A 32-week exercise intervention study.

Circular email for use for recruitment of volunteers for study IRAS Project ID: 197163, approved by the Camden and Kings Cross Research Ethics Committee. This study assessing the effect of a modified FaME vs. multisensory balance programme on falls risk, balance confidence and quality of life in older adults. The aim to determine the effect of a group-based multisensory balance exercise programme, specifically designed to improve the ability to correctly use sensory information for balance during different activities and in different environments (indoor, outdoor) vs. the currently provided falls rehabilitation programme (modified FaME) in older adults who fall or are at risk of falling.

You are under no obligation to reply to this email, however if you choose to, participation in this research is voluntary and you may withdraw at any time.

Older adults who experience multiple falls (>2 in the last year) rely more on vision for balance and may experience unpleasant feelings of motion, blurred vision and/or unsteadiness when moving their head while walking. Exercise programmes that aim to decrease the number of falls a person has, have been developed, but most provide only basic balance and strengthening exercises to help reduce falls.

In patients with inner ear balance disorders, exercises that reduce feelings of motion, blurred vision and unsteadiness while simultaneously standing or walking and moving the head, provide significant improvements in balance function. Studies show that integrating these exercises into a balance exercise programme can have a beneficial effect in older adults who have fallen.

The study itself requires you to attend the research laboratory at the Centre for Human and Applied Physiological Sciences, at Guy's Campus, King's College London. You will be asked to sign a consent form if you decide to participate. You will then be asked to complete a) a set of questionnaires to investigate balance confidence and activity levels; ii) a set of attention and memory tests; iii) two balance and walking tests look at your balance while standing or walking during different conditions, such as simultaneously moving your head or standing on an uneven surface. The whole assessment takes approximately 2.5 hours to complete.

We will ask you to attend King's College London, Guy's Campus, at London Bridge, a further three times to repeat the above tests, at 8, 16 and 32 weeks after you begin the rehabilitation class. These repeat test sessions will be at the same location as your baseline test.

We will also ask you to wear a physical activity monitor on a wristband for one week at the beginning of the study and at 16-weeks. This monitor will record how active you are during each day.

If you are interested in participating and would like further information or to discuss the study, then please contact Yi-Jia Lin (Research PhD student) by email at yi.lin@kcl.ac.uk.