

Trial Description

Title

Improving the quality of life of people with dementia through hikes.

Trial Acronym

Wan-Dem

URL of the trial

[---]*

Brief Summary in Lay Language

In Switzerland, around 110,000 people suffer from dementia. Half of them live at home and are cared by relatives. The relatives take responsibility and more and more the supervision of the affected person. Often popular activities are no longer possible. This is due to the restricted mobility of people suffering dementia or disease-related integration into a group of "non-demented persons" is not possible anymore and the fact that the informal caregiver cannot provide or guarantee himself the safety of demented people on a trip. The aim of research is the positive influence of the quality of life for people living at home with dementia by promoting and maintaining mobility and relieve of family members. 60 people with dementia and their relatives are included in the study. The hikes are offered at three locations. The support of people with dementia during these hikes will be guaranteed by the project team and voluntary helpers. The hikes will be offered for six months and the collection of data will take place before the first hike and also at the end of the study. The study should enhance quality of life, the mobility and the independence of people living at home with dementia. This project offers the possibility for relatives to get some free time for themselves or gives them the opportunity to interact with other relatives during the hike.

Brief Summary in Scientific Language

In Switzerland, around 110,000 people suffer from dementia. Half of them live at home and are mainly taken care of by relatives. The relatives take the responsibility and more and more the supervision of the affected person. Often popular activities are no longer possible. This is due to the restricted mobility of people suffering dementia or disease-related integration into a group of "non-demented persons" is not possible anymore and the fact that the informal caregiver cannot provide or guarantee himself the safety of demented people on a trip.

The aim of research is the positive influence of the quality of life for people living at home with dementia by promoting and maintaining mobility and relieve of family members.

For the study a quasi-experimental design was chosen, 60 people with dementia and their relatives were included in the intervention group. The hikes are offered at three locations in the canton of St. Gallen. The support of people with dementia during these hike are ensured by the project team and the support of voluntary helpers and students of the University of Applied Sciences St. Gallen. The hikes are offered during six months, data collection takes place before the first hike and



**at the end of the study. The data analysis is performed by descriptive statistics, comparison of means and significance tests.
The study should enhance quality of life, mobility and thus the independence of people living at home with dementia. This project offers the possibility for relatives to get some free time for themselves.**

Organizational Data

- DRKS-ID: **DRKS00007974**
- Date of Registration in DRKS: **2015/04/20**
- Date of Registration in Partner Registry or other Primary Registry: [---]*
- Investigator Sponsored/Initiated Trial (IST/IIT): **yes**
- Ethics Approval/Approval of the Ethics Committee: **Approved**
- (leading) Ethics Committee Nr.: **EKSG 14/150 , Ethikkommission des Kantons St.Gallen**

Secondary IDs

Health condition or Problem studied

- ICD10: **F03 - Unspecified dementia**

Interventions/Observational Groups

- Arm 1: **Interventiongroup: Hikes for people suffering dementia during six months (ca. 2-3 per month) in 3 seasons**

Characteristics

- Study Type: **Interventional**
- Study Type Non-Interventional: [---]*
- Allocation: **Single arm study**
- Blinding: [---]*
- Who is blinded: [---]*
- Control: **Uncontrolled/Single arm**
- Purpose: **Other**
- Assignment: **Single (group)**
- Phase: **N/A**



Study Type: **Interventional**

Study Type Non-Interventional: [---]*

Allocation: **Single arm study**

Blinding: [---]*

Who is blinded: [---]*

Control: **Uncontrolled/Single arm**

Purpose: **Other**

Assignment: **Single (group)**

Phase: **N/A**

- Off-label use (Zulassungsüberschreitende Anwendung eines Arzneimittels): **N/A**

Primary Outcome

Outcome: Quality of life Measuring instrument: The Short Form (36) Health Survey (SF 36), Measuring time: after 6 months

Secondary Outcome

**Outcome: Independence and Mobility
Measuring instrument: World Health Organization Disability Assessment Schedule 2.0**

**Outcome: Activities of Daily Living
Measuring instrument: Instrumental Activities of Daily Living (IADL) Scale**

**Outcome: Challenging behaviour
Measuring instrument: Self-developed Screening**

**Outcome: Burden on the caregivers
Measuring instrument: German Version of the Zarit Burden Interviews**

Measuring time: After 6 months

Countries of recruitment

- CH **Switzerland**

Locations of Recruitment



- other **Ambulantes Setting, St.Gallen**

Recruitment

- Planned/Actual: **Actual**
- (Anticipated or Actual) Date of First Enrollment: **2015/06/08**
- Target Sample Size: **60**
- Monocenter/Multicenter trial: **Monocenter trial**
- National/International: **National**

Inclusion Criteria

- Gender: **Both, male and female**
- Minimum Age: **18 Years**
- Maximum Age: **no maximum age**

Additional Inclusion Criteria

- Person suffering dementia
- Person who are cared for by relatives

Exclusion criteria

- Person with a high tendency to run away
- Immobile persons

Addresses

■ Primary Sponsor

Fachhochschule St.Gallen / Institut für Angewandte Pflegewissenschaft
Ms. Prof. Dr. Susi Saxer
Rosenbergstrasse 59
9001 St.Gallen
Switzerland

Telephone: **+41 71 226 15 20**

Fax: [---]*

E-mail: **susi.saxer at fhsg.ch**

URL: **www.fhsg.ch**

■ Contact for Scientific Queries

Fachhochschule St.Gallen / Institut für Angewandte Pflegewissenschaft
Ms. Prof. Dr. Susi Saxer
Rosenbergstrasse 59

Contact for Scientific Queries

Fachhochschule St.Gallen / Institut für Angewandte Pflegewissenschaft

Ms. Prof. Dr. Susi Saxer

Rosenbergstrasse 59

9001 St.Gallen

Switzerland

Telephone: **+41 71 226 15 20**

Fax: [---]*

E-mail: **susi.saxer at fhsg.ch**

URL: **www.fhsg.ch**

■ **Contact for Public Queries**

Fachhochschule St.Gallen / Institut für Angewandte Pflegewissenschaft

Ms. Prof. Dr. Susi Saxer

Rosenbergstrasse 59

9001 St.Gallen

Switzerland

Telephone: **+41 71 226 15 20**

Fax: [---]*

E-mail: **susi.saxer at fhsg.ch**

URL: **www.fhsg.ch**

■ **Collaborator, Other Address**

Ethikkommission Kantonsspital St.Gallen /Flurhof 7

Rorschacherstrasse 95

CH-9007 St.Gallen

Switzerland

Telephone: [---]*

Fax: [---]*

E-mail: [---]*

URL: **<http://www.sg.ch/home/gesundheit/ethikkommission.html>**

Sources of Monetary or Material Support

■ **Private sponsorship (foundations, study societies, etc.)**

Dietschweiler Stiftung

9000 St.Gallen

Switzerland

Telephone: [---]*

Fax: [---]*

DRKS-ID: **DRKS00007974**

Date of Registration in DRKS: **2015/04/20**

Date of Registration in Partner Registry or other Primary Registry: [---]*

Private sponsorship (foundations, study societies, etc.)

Dietschweiler Stiftung

9000 St.Gallen

Switzerland

Telephone: [---]*

Fax: [---]*

E-mail: [---]*

URL: [---]*

Status

- Recruitment Status: **Recruiting complete, follow-up continuing**
- Study Closing (LPLV): [---]*

Trial Publications, Results and other documents

* This entry means the parameter is not applicable or has not been set.

*** This entry means that data is not displayed due to insufficient data privacy clearing.