



Trial Description

Title

TEAMSenior in practice

Trial Acronym

TEAMSenior

URL of the trial

http://www.iknd.ovgu.de/Team/Ärtze+_+Wissenschaftliche+Mitarbeiter+der+AG+Düzel/Autonomie+im+Alter.html

Brief Summary in Lay Language

People with mild Alzheimer's dementia train 24 weeks on a special bicycle ergometer, which offers a combination of memory- and endurance training. The subjects are accompanied by volunteer seniors. The aim is to improve the autonomy of people with dementia and reduce the relatives burden with the help of volunteer seniors.

Brief Summary in Scientific Language

The aim is to provide the intervention "team senior in practice" for a high risk of rapid cognitive decline as beginning and mild Alzheimer's disease with a deficiency of exercise as a metabolic risk factor. The system should be easy to use for people with neurodegenerative diseases and allow monitoring of physical and mental functions.

Organizational Data

- DRKS-ID: **DRKS00017745**
- Date of Registration in DRKS: **2019/09/03**
- 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.: **102/19 , Ethikkommission der Medizinischen Fakultät der Otto-von-Guericke-Universität Magdeburg**

Secondary IDs

Health condition or Problem studied

- ICD10: **G30 - Alzheimer disease**

Interventions/Observational Groups

- Arm 1: **Intervention group 1
Control group without intervention**
- Arm 2: **Intervention Group 2
Subject trains on the ergometer without TEAM partner**
- Arm 3: **Intervention group 3
subject trains on the ergometer and gets a TEAM partner**

Characteristics

- Study Type: **Interventional**
- Study Type Non-Interventional: [---]*
- Allocation: **Randomized controlled trial**
- Blinding: [---]*
- Who is blinded: [---]*
- Control: **Other**
- Purpose: **Treatment**
- Assignment: **Parallel**
- Phase: **N/A**
- Off-label use (Zulassungsüberschreitende Anwendung eines Arzneimittels): **N/A**

Primary Outcome

Mini-Mental Status-Test, ADAS-Cog, Geriatric Depression Scale

Secondary Outcome

B-ADL, QOL-AD, fitness, neural correlates

Countries of recruitment

- **DE Germany**

Locations of Recruitment

- University Medical Center **Institut für Kognitive Neurologie und Demenzforschung, Magdeburg**

Recruitment

- Planned/Actual: **Planned**
- (Anticipated or Actual) Date of First Enrollment: **2020/01/01**
- Target Sample Size: **90**
- Monocenter/Multicenter trial: **Monocenter trial**
- National/International: **National**

Inclusion Criteria

- Gender: **Both, male and female**
- Minimum Age: **60 Years**
- Maximum Age: **80 Years**

Additional Inclusion Criteria

Age: 60 to 80
Suspected or diagnosed mild cognitive impairment (MCI) or mild Alzheimer's dementia
Physical inactivity according to WHO recommendations: <150 minutes of moderate physical activity per week

Exclusion criteria

Contraindications to a long-term ergometer training (severe cardiovascular disease, severe insulin-dependent diabetes, arterial disease, severe hypertension, severe medical illness)

current major depressive disorder and / or severe neuropsychological disorder

current severe neurological disease of the central nervous system

current dependence (e.g., alcohol, psychological pharmaceuticals, cocaine, heroin)

taking benzodiazepines

Severe visual and hearing impairments (uncorrected)

Subjects who are not evaluated as suitable for sports in the context of the primary care check-up

Addresses

- **Primary Sponsor**

Primary Sponsor

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■ **Contact for Scientific Queries**

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Sources of Monetary or Material Support

- **Public funding institutions financed by tax money/Government funding body (German Research Foundation (DFG), Federal Ministry of Education and Research (BMBF), etc.)**

**Investitionsbank Sachsen-Anhalt
39104 Magdeburg
Germany**

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Telephone: [---]*

Fax: [---]*

E-mail: [---]*

URL: [---]*

Status

- Recruitment Status: **Recruiting planned**
- 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.