Evaluating the effectiveness of an early individualised targeted exercise protocol “STAY FIT in HOSPITAL” in preventing Hospital Associated Deconditioning

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Status RECRUITING
Sponsor Dr Pushpa Suriyaarachchi
Enrollment 50 participants

Plain Language Summary

When older adults are admitted to hospital, even a few days of bed rest can cause rapid and significant loss of muscle strength and physical ability — a condition known as hospital-associated deconditioning (HAD). This functional decline can lead to falls, increased disability, longer hospital stays, and difficulty returning home. Yet standard hospital routines often keep patients in bed for long periods.

This study tests a programme called "Stay Fit in Hospital," which starts an individualised exercise programme within 48 hours of admission, before significant deconditioning sets in. The tailored exercises focus on maintaining the muscle groups needed for daily activities. The study will measure whether the programme prevents functional decline, shortens hospital stays, and helps patients safely return to their usual level of activity in the community.

You may be eligible if you are 65 years or older, live in the community, have been admitted to hospital for an acute medical condition, are able to walk (with or without a walking aid), and can give informed consent and follow instructions. People with new stroke symptoms, unstable heart or lung conditions, very short expected admissions, or acute bone or joint injuries causing severe pain are not eligible.

Key Eligibility Criteria

Inclusion (1)

- The eligible participant for this study will be patients 65 years and older ambulatory community dwellers, admitted to hospital for management of acute medical condition/s and who do not have a cognitive impairment that would stop them providing informed consent and are able to follow instructions.

Locations (1 total)

Hawkesbury District Health Service - Windsor, NSW, Australia