

Falls Risk prevention in older persons with blood cancer (Stepping On Project)

ACTRN12625000164493

Status	RECRUITING
Sponsor	Sydney Local Health District
Enrollment	28 participants

Plain Language Summary

Older people with blood cancer — such as leukaemia, lymphoma, or myeloma — are at a higher risk of falling due to the effects of the disease and its treatments on muscle strength, balance, and coordination. Falls can cause serious injury and significantly affect quality of life during an already challenging time.

This study is adapting a proven falls prevention program called Stepping On — which normally runs over 7 weeks with booster sessions — specifically for older adults with blood cancer. The program involves group sessions focused on exercise, home safety, and reducing fall risk. Researchers want to find out whether the adapted program is practical and acceptable for this population.

You may be eligible if you are 65 or older (or 45 or older if you identify as Aboriginal or Torres Strait Islander), have a blood cancer diagnosis, are currently receiving treatment or have completed treatment in the last 12 months, can walk safely at home without a walking frame, and your haematologist considers you to be at risk of falling. Residents of the community or retirement villages are eligible.

Key Eligibility Criteria

Inclusion (9)

- Diagnosed with any type of hematological cancer
- Currently receiving/or have completed treatment for hematological cancer within the last 12 months
- Aged 65 or older (45 or older for Aboriginal or Torres Strait Islander adults)
- Living independently in the community or retirement village
- Able to walk safely within their home without a walking frame
- ... and 4 more (see full listing online)

Exclusion (2)

- not treated for hematological cancer within last 12-months
- <65 years old

Locations (2 total)

Concord Repatriation Hospital - Concord, NSW, Australia
Royal Prince Alfred Hospital - Camperdown, NSW, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12625000164493>

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