

Multicomponent Telerehabilitation to Engage Veterans in Effective Self-Management of Complex Health Conditions

NCT06288438

Status	RECRUITING
Phase	Not Applicable
Sponsor	VA Office of Research and Development
Enrollment	126 participants

Key Eligibility Criteria

Inclusion (3)

- years of age and older
- Multiple chronic conditions (Functional Comorbidity Index \geq 3)
- Impaired physical function (\leq 8 repetitions on 30 second sit to stand test)

Exclusion (4)

- Life expectancy $<$ 12 months
- Acute or progressive neurological disorder (e.g. amyotrophic lateral sclerosis, recent stroke)
- Moderate to severe dementia ($<$ 11 on telephone Montreal Cognitive Assessment(T-MoCA))
- Medical conditions precluding safe participation in high-intensity rehabilitation (e.g. unstable angina)

Locations (1 total)

Rocky Mountain Regional VA Medical Center, Aurora, CO, Aurora, Colorado, United States