

# Pilot Feasibility Study of a Fall Prevention Exercise Programme for Community-dwelling Older Adults in Nanchang, China

NCT07341802

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Malaya
Enrollment	36 participants

## Key Eligibility Criteria

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### Inclusion (5)

- age 60 years or older;
- Mandarin-speaking;
- independent in activities of daily living;
- able to walk 10 m without the use of a walking aid;
- willingness to provide informed consent and comply with the study protocol.

### Exclusion (5)

- an acute psychiatric condition with psychosis;
- an unstable medical condition that would preclude safe participation;
- a progressive neurological condition (such as Parkinson's disease, multiple sclerosis, Meniere's disease);
- cognitive impairment defined as a Pfeiffer Short Portable Mental Status Questionnaire (SPMSQ) score  $\leq 8$  ;
- residing in residential aged care, currently participating in a fall prevention trial.

## Locations (1 total)

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QingShanHu University for the Elderly, Nanchang, Jiangxi, China