

REACT Partners

BANES City Council
West Bank Charity (Exeter)
Age UK Birmingham
St John's Hospital (Bath)

St Monica Trust (Bristol)
University of Maryland (USA)
Wake-Forest University (USA)

Contact information

If you are interested in this study or would like more information please contact Trial Manager Janet Withall at the University of Bath on:

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REtirement in ACTion

Improving functional mobility in older adults



Study Aim

To assess the effectiveness and cost-effectiveness of a community-based physical activity intervention compared with a minimal intervention control condition, for reducing the progression of functional limitations in older people who are at high risk of mobility related disability.

Study Design

Design:

A multi-centre pragmatic two-arm parallel group randomised controlled trial with an internal pilot phase, and a 24 month follow-up, comparing REACT with a minimal intervention control condition.

Participants:

768 sedentary men and women aged 65+ who are at risk of major mobility limitations but who are still ambulatory will be randomised in a 1:1 ratio to either intervention or control group.

Timing:

REACT is a 54 month study. Recruitment into the internal pilot began in February 2016. The main trial will begin in autumn 2016.

fMRI imaging study:

Researchers from Oxford University will test the hypothesis in a sub-sample of participants that a physical exercise intervention slows the rate of brain atrophy and decline in cognitive function.

Setting

To ensure we reach people from a range of economic and ethnic communities, REACT will operate in the following areas:

Delivery of REACT physical activity and health education sessions will be through REACT partners in local community centres.



What do I need to do

The CRN should contact you to invite you to participate in the study, although if you are willing to take part and have yet to hear please contact the research team using the details below. We will ask your practice to identify participants based on our inclusion criteria and provide you with pre-prepared study information packs for you to send to potential patients.

Practices will be reimbursed for their time spent searching and recruiting patients appropriate for the REACT study.