***Evaluation of Physical Activity Levels in Patients Receiving Inpatient Rehabilitation***

**PROTOCOL**

|  |  |
| --- | --- |
| **Title** | *Evaluation of Physical Activity Levels in Patients Receiving Inpatient Rehabilitation* |
| **Aim** | The aim of this research project is to evaluate the amount of physical activity patients perform on a general rehabilitation ward |
| **Primary objective** | 1. Step count |
| **Secondary objective** | 1. Change in motor Functional Independence Measure 2. Length of stay 3. Time spent in stepping activities 4. Time spent in stand activities 5. Time spent in sedentary activities 6. Transitions (sit to stands) 7. Cadence |
| **Study design** | The study design is a prospective, pre-post study |
| **Population** | People admitted to a general rehabilitation ward. |
| **Number of sites** | 1 |
| **Number of subjects** | **322** |
| **Subject selection criteria** | 1. **inclusion criteria**   Patients will be eligible for inclusion if they are admitted to John Beasley Ward at Balmain Hospital   1. **exclusion criteria**   Patients will be excluded if they;  a) are admitted directly from a residential aged care facility or from the community  b) have been transferred from an inpatient rehabilitation facility |
| **Subject participation Duration** | Subjects will be involved during their inpatient admission on John Beasley Ward |
| **Estimated Time to complete enrolment** | Recruitment of patients will occur at Balmain Hospital.  In 2016, there were 387 patients admitted to John Beasley Ward for rehabilitation. As part of a quality improvement project, none of the 100 patients admitted to John Beasley ward declined to participate in the collection of physical activity data utilising the *Activ*PAL®. Assuming 90% of patients agreeing to participate in the study, it is feasible to enroll 322 participants in two years. |
| **Data analysis** | Data will be analysed using the statistics software package SPSS. For outcomes with normally distributed data, we will perform an ANOVA with adjustment for baseline values and any other strongly associated variables as covariates. If the data are not normally distributed we will use a non-parametric equivalent. |

**Study Design Schematic**

**Admission to John Beasley Ward for rehabilitation (n=322)**

Admission Functional Independence Measure

**POST**

**PRE**

Removal of *Activ*PAL® weekly

Data uploaded

*Activ*PAL® recharged and reapplied the following morning

Discharge Functional Independence Measure

Removal of *Activ*PAL®

Removal of *Activ*PAL® weekly

Data uploaded

*Activ*PAL® recharged and reapplied the following morning

Discharge Functional Independence Measure

Removal of *Activ*PAL®

**Implementation of changes in**

**ward practices and culture**

Application of *Activ*PAL®

**Recruited to interventional group (n=161)**

Application of *Activ*PAL®

**Recruited to control group (n=161)**