

# Home-based extended rehabilitation for older people (HERO): a multi-centre, individually randomised controlled trial with internal pilot

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## BACKGROUND

- Following discharge home from hospital older people often receive short term rehabilitation (< 6 weeks).
- Any benefits gained are often lost once rehabilitation ends.
- We were funded to undertake an RCT of extended rehabilitation for older people living with frailty (ISRCTN 13927531)

## AIM

- To undertake an internal pilot trial to assess recruitment, intervention provision and acceptability to inform continuation of the RCT

## METHODS

- Older people with frailty recruited having completed bed/home based rehabilitation after discharge from hospital
- Randomised to:
  - HOPE Programme
  - Usual care
- Descriptive analysis

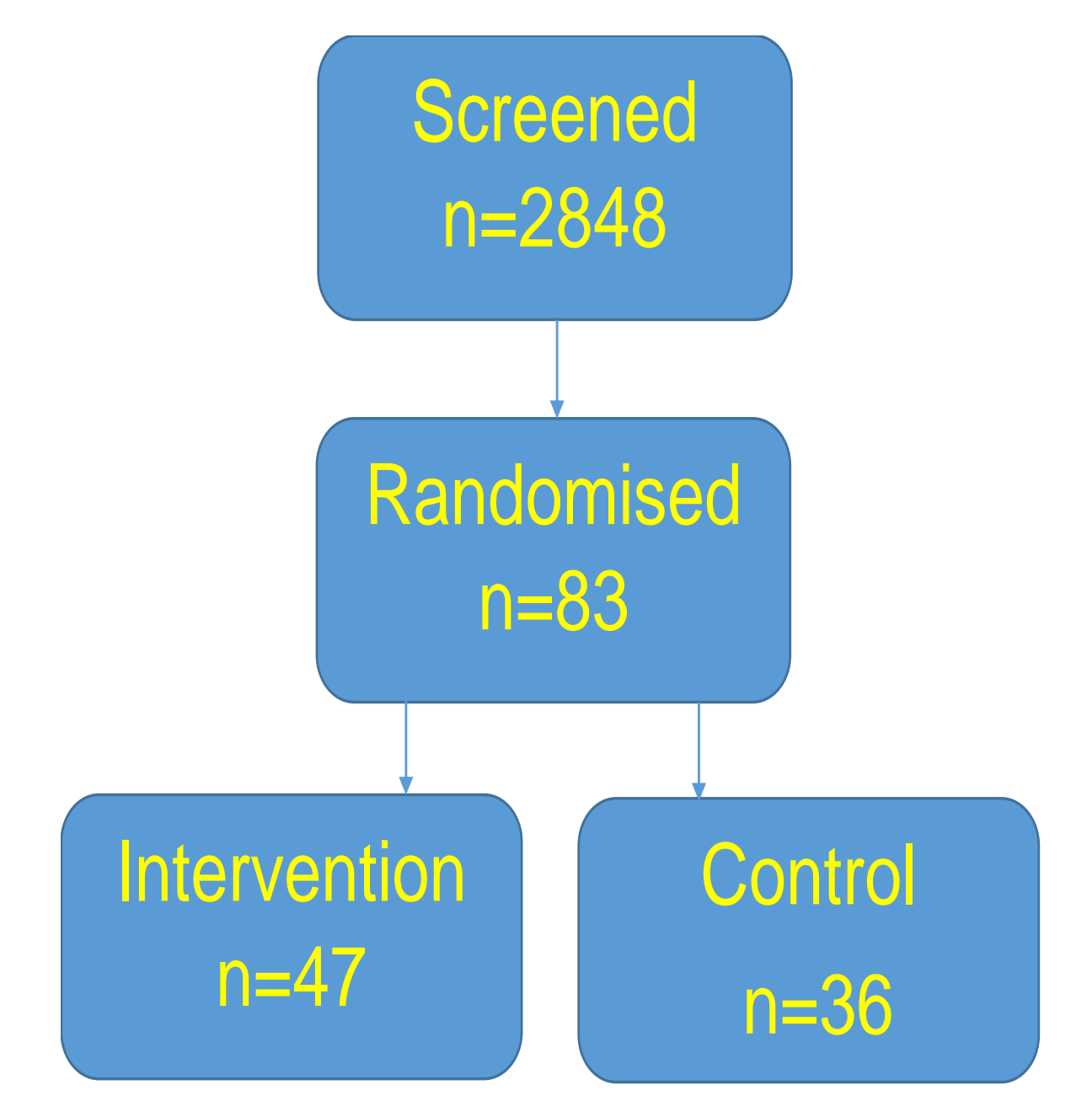
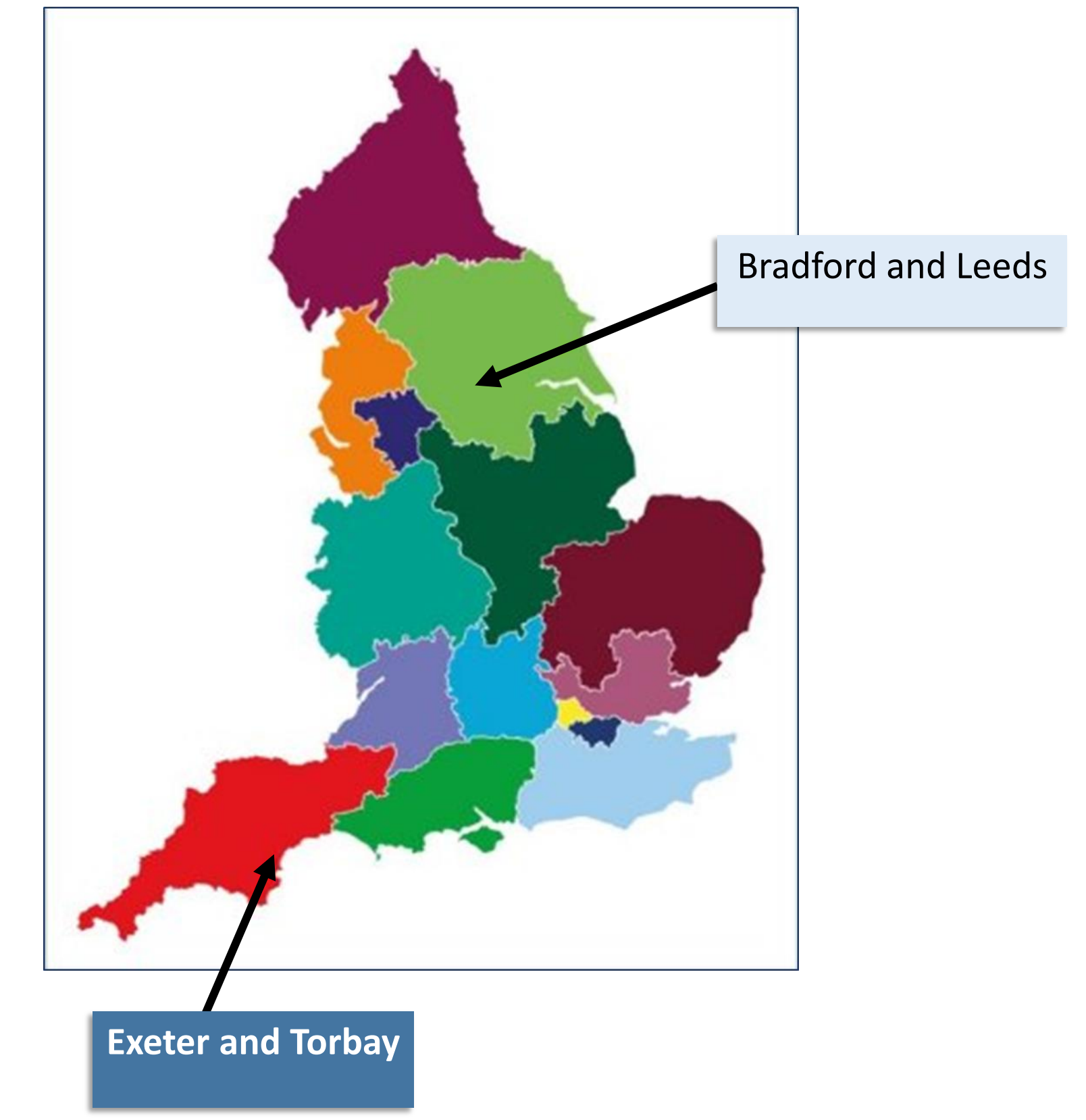
## RESULTS

- 83 people randomized across 4 sites.
- 25/47 (53%) intervention participants were seen within 3 weeks.
- 20 people completed the 5 face-to-face visits

## DISCUSSION

- Recruitment target was achieved
- Strategies have been implemented to improve intervention delivery in the main RCT

# Conducting an internal pilot RCT helps identify and overcome challenges with trial processes and intervention delivery.



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