

CZH/4/1100 – Vitamin K Supplementation to reduce falls in older people – a multicentre trial.

Vitamin K is involved in a wide range of biological processes, including vascular, bone, neurological and muscle function. Studies in osteoporosis suggest beneficial effects on bone mineral density, and pilot data suggests that vitamin K supplementation may be able to reduce postural sway in older people – a key risk factor for falls.

This pilot randomised controlled trial will test the optimum dose (200mcg and 400mcg vs placebo) of vitamin K given for 1 year to improve postural sway in a group of 81 older people at high risk of falls, will test recruitment rates for a large, community-based falls trial, and will collect preliminary data on falls rates to inform the sample size calculation for a full-scale trial. Recruitment will take place across three sample centres to test the generalizability of the recruitment strategy.