Author's response to reviews

Title: Nutritional intervention and physical training in malnourished frail community-dwelling elderly persons carried out by trained lay "buddies": study protocol of a randomized controlled trial

Authors:

Thomas E Dorner (thomas.dorner@meduniwien.ac.at)
Christian Lackinger (c.lackinger@sportunion.at)
Sandra Haider (s.haider@sportunion.at)
Eva Luger (eva.luger@meduniwien.ac.at)
Ali Kapan (hassan.kapan@meduniwien.ac.at)
Maria Luger (maria.luger@meduniwien.ac.at)
Karin E Schindler (karin.schindler@meduniwien.ac.at)

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Dear Proel Hennessy Vargas,

enclosed, please, find our manuscript entitled „Nutritional intervention and physical training in malnourished frail community-dwelling elderly persons carried out by trained lay “buddies”: a study protocol of a randomized controlled trial“ which we would like to submit as an original paper to BMC Public Health. The study was accepted by the Ethic Committee of Medical University of Vienna. The ethical approval and funding approval were sent by email to BMCSeriesEditorial@biomedcentral.com.

The project has been funded by grants from the WWTF (LS12-039) and was peer-reviewed by the funding body. The comments of the peer-reviewers are also sent to BMCSeriesEditorial@biomedcentral.com. The authors do not have any commercial interest in the subject of the study. There were no potential financial or ethical conflicts of interest regarding the contents of the submission by any of the authors.

To your knowledge this trial is the first of its kind to provide nutritional and physical activity interventions to malnourished frail community-dwelling persons by trained lay buddies, in which an improvement of the health status of both parties is expected. The main objectives of this intervention are the evaluation of the applicability of this program and especially the sustainability that older people may live independently at home as long as possible. The “buddy-system” may offer a new perspective for the management of frailty and malnutrition.

We believe that our manuscript brings new results in its field and we think it would fit very well in the scopes of BMC Public Health. We are going to start the trial in January 2014.

Up to now, there is no publication containing the results of this study. Moreover, I
state that the work is original and that the manuscript has not been published
previously nor is under consideration by another journal.

We are looking very much forward to your reply.

Yours sincerely

Sandra Haider