Author's response to reviews

Title: Effectiveness of a lifestyle exercise program for older people receiving a restorative home care service: study protocol for a pragmatic randomised controlled trial

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Author's response to reviews: see over
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Natalie Pafitis
Executive Editor, BMC Central

Dear Ms Pafitis,

I am enclosing a submission to BMC Health Services Research entitled, “Effectiveness of a lifestyle exercise program for older people receiving a restorative home care service: study protocol for a pragmatic randomised controlled trial.” The manuscript is 17 pages long and includes 1 table and 1 figure.

This manuscript is not under consideration for publication elsewhere and no manuscript of a similar nature has been published elsewhere. We are however currently preparing the results of the RCT with the intention of publishing these in the future. The data in this article will be used as part of my dissertation thesis and I request permission to present this paper as part of my thesis should it be published. To the authors’ knowledge this is the first time a lifestyle exercise program has been compared to a traditional exercise program within an existing restorative home care service operating within a health and community care organisation.

There are no conflicts of interest. No external funding grant was part of this project however I was granted a PhD scholarship which also includes $6,500 per annum towards project costs for my PhD studies. The project received approval from the Curtin University Human Research Ethics Committee and the Silver Chain Human Research Ethics Committee (see attached forms) and was registered with the Australian and New Zealand Clinical Trials Registry. The study protocol follows the CONSORT guidelines.

I will be serving as the corresponding author for this manuscript. All authors have agreed to the order and to submission of the manuscript in this form. I will be keeping the authors informed of our progress through the editorial review process, the content of the reviews and any revisions made.

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Thank you for consideration of our manuscript. I look forward to hearing from you in due course.

Yours sincerely,

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