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

Authors:

Elissa Burton (E.Burton@curtin.edu.au)
Gill Lewin (G.Lewin@curtin.edu.au)
Lindy Clemson (lindy.clemson@sydney.edu.au)
Duncan Boldy (D.Boldy@curtin.edu.au)

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Author's response to reviews: see over
16 August 2013

Dr Christopher Morrey
Editor, BMC Central

Dear Dr Morrey,

Thank you for the opportunity to revise and resubmit our article 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 20 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, structured exercise program within an existing restorative home care service operating within a health and community care organisation.

A response to the concerns of the reviewer is shown in the table on the following page, and track changes within the article also show the changes. The submitted article is now presented on the BMC template and conforms to the journal style.

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.

Miss Elissa Burton
Curtin University
GPO Box U1987
Perth Western Australia 6845
Tel: 08 9266 7993
Email: E.Burton@curtin.edu.au

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

Yours sincerely,

Miss Elissa Burton
PhD Candidate
Curtin University
Reviewer changes requested

<table>
<thead>
<tr>
<th>Reviewers Comment</th>
<th>Changes Made</th>
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<tbody>
<tr>
<td>1. Clarify restorative home care services, who they target and what is included in the service</td>
<td>Two paragraphs have been added to page 6, lines 8-22, section “Participants &amp; setting” clarifying the restorative home care services and the components included.</td>
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<td>2. Two of the hypotheses need to be addressed in the measures section</td>
<td>Both of these changes have been made in the “Outcome measures” section on page 10 (lines 4-7, 22-24) and page 11 (lines 1-10).</td>
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<tr>
<td>a. Lifestyle exercise will be undertaken more often</td>
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<td>b. Lifestyle exercise will more likely be continued</td>
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<tr>
<td>3. According to BMC Health Services Research guidelines a list of abbreviations has been added</td>
<td>See page 14.</td>
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