# Development of a home-based exercise program delivered by means of a tablet-PC for patients after a Total Hip operation.

No registrations found.

| | |
|---|---|
| **Ethical review** | Positive opinion |
| **Status** | Other |
| **Health condition type** | - |
| **Study type** | Interventional |

## Summary

### ID

NL-OMON24746

**Source**
NTR

**Health condition**

Total Hip Arthoplasty, rehabilitation, home based exercise program

### Sponsors and support

**Primary sponsor:** UMC Groningen
**Source(s) of monetary or material Support:** AnnaFonds & SPRINT

### Intervention

### Outcome measures

**Primary outcome**

The primary outcome measure is feasibility determined by an evaluation questionnaire and adherence to the program

### Secondary outcome

The secondary outcome measure is clinical effectiveness measured by the HOOS, SF-36, EQ5D, Timed Up & Go Test and the Five Times Sit-to Stand Test.

## Study description

### Background summary

Background

Due to the projected growth of the older population and obesity epidemic, the number of Total Hip Arhtroplasties (THA) is expected to increase dramatically in the coming decades. In the Netherlands an increasing number of THA patients are undergoing fast track surgery, after which people leave the hospital within a few days. This quick transfer leads to suboptimal rehabilitation. In addition postoperative physiotherapy is not regularly covered by the health insurance. To avoid suboptimal rehabilitation a home based telemonitored rehabilitation program is recommended.
Objectives

The first aim is to determine the feasibility of a home based rehabilitation program delivered by means of a tablet-pc for patients after THA. Second aim is to get a first impression of the clinical effectiveness of the rehabilitation program.
Methods

The home based exercise program consists of strengthening, balance and walking exercises. Participants have to perform the exercises 5 times a week for 12 weeks. They will have weekly telephone contact with a coach. The exercise program is delivered by means of a tablet-pc. During the intervention and measurements participants wear a motion sensor.
Measurements

Measurements will be done preoperative (T0), postoperative at 4 weeks (T1), 12 weeks (T2) and 26 weeks (T3). Primary outcome measure is feasibility determined by an evaluation questionnaire and adherence to the program. Secondary outcome measure is effectiveness measured by the HOOS, SF-36, EQ5D, Timed Up & Go Test and the Five Times Sit-to Stand Test.

### Study objective

To determine the feasibility of a home based rehabilitation program delivered by means of a tablet-pc for patients after THA
To get a first impression of the clinical effectiveness of the rehabilitation program

### Study design

Measurements will be done one week before the operation and 4 and 12 weeks postoperative. A follow up will be done 24 weeks postoperative.

### Intervention

The home based exercise program consists of strengthening, balance and walking exercises. Participants have to perform the exercises 5 times a week for 12 weeks. They will have weekly telephone contact with a coach. The exercise program will be delivered by means of a tablet-pc. During the intervention patients wear a motion sensor.

## Contacts

**Public**
Fivelstraat 33a
Jildou Hoogland
Groningen 9715BE
The Netherlands
06 1118 8186
**Scientific**
Fivelstraat 33a
Jildou Hoogland
Groningen 9715BE
The Netherlands
06 1118 8186

## Eligibility criteria

### Inclusion criteria

Patients between 18 and 70 years, who live independently and are on a waiting list for a Total Hip Arhtroplasty

### Exclusion criteria

Patients with a revision surgery, cognitive problems, severe comorbidity and/or patients who do not master the Dutch language.

# Study design

## Design

| | |
|---|---|
| Study type: | Interventional |
| Intervention model: | Parallel |
| Allocation: | Non controlled trial |
| Masking: | Open (masking not used) |
| Control: | Active |

## Recruitment

NL

| | |
|---|---|
| Recruitment status: | Other |
| Start date (anticipated): | 01-06-2015 |
| Enrollment: | 30 |
| Type: | Unknown |

# Ethics review

Positive opinion

| | |
|---|---|
| Date: | 15-04-2015 |
| Application type: | First submission |

# Study registrations

## Followed up by the following (possibly more current) registration

No registrations found.

## Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

| Register | ID |
|---|---|
| NTR-new | NL4879 |
| NTR-old | NTR5150 |
| Other | ABR: NL50372.042.14 : METc 2014/399 |

# Study results