

Effectiveness of an online self management training for young adults with Juvenile Idiopathic Arthritis

No registrations found.

Ethical review	Positive opinion
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON25968

Source

Nationaal Trial Register

Health condition

Juvenile Idiopathic Arthritis (eng)

Juvenile Idiopathische Artritis (jeudgreuma) (Nederlands)

Sponsors and support

Primary sponsor: Projectleaders:

Prof. Dr. J.W.J. Bijlsma, reumatoloog

i.s.m

Prof. Dr. B.J. Prakken, kinderarts Immunologie

UMC Utrecht

Uitvoerder:

Judy Ammerlaan (RN, MSc)

UMC Utrecht

Source(s) of monetary or material Support: UMC Utrecht, afdeling Reumatologie & Klinische Immunologie

Intervention

Outcome measures

Primary outcome

Self-efficacy

Secondary outcome

self management, quality of life, functionality, disease activity, costs, absent from work or school, adherence with the Ehealth application and content of the Ehealth application.

Study description

Background summary

Like adults, young adults with a rheumatic disease also have to deal with the physical and psychological consequences of having this disease.

The management of the disease is complex; young adolescents with JIA have to develop more tools and actions to incorporate their illness in daily life, in order to avoid complications within shorter and longer time. Not seldom these actions intervene negatively with individual needs of the young adolescents. The appeal on parents and their role in assisting

chronically ill children change over time as the child grows up into adulthood. The young adolescents must be more in charge. He is encouraged to ask questions, to take responsibility, to discuss the implications of the given advices, to be a self manager. For this, the young adolescent is guided at the transition outpatient clinic which is developed in 2002 at the University Medical Hospital in Utrecht and at the transition outpatient clinic of the Erasmus MC of Rotterdam since 2009. Here, the young adolescent is being prepared in taking an active part in his treatment and care process. A team of pediatricians, rheumatologists and a clinical nurse specialist (better known as transition coordinator) focus on the medical treatment and improving adherence.

To improve self-management skills, an online self-management training is developed. The training is lead by expert patients – trainers, young adolescents in the age of 20-30 years, suffering from a rheumatic disease themselves. Two moderators (a coach of a coaching agency, a clinical specialist or a communication advisor of the UMC Utrecht) will assist the trainers. The young adolescent is asked to logg in at least twice a week and to join the weekly chat. The amount of time the young adolescent spend on the training varies. Some exercises are mandatory (reading, practicing, and reflection, approximately 20 minutes per week) some are optional (depending on needs and questions, approximately 10 minutes per week). In this study the effectiveness of the online program is being studied.

Study objective

The objective of this research is to study the effectiveness of the online self-management training ReumaUitgedaagd! by young adults with Juvenile Idiopathic Arthritis (JIA) who are treated at the transition outpatient clinic of the departments Rheumatology and Rheumatology & Clinical Immunology of the University Medical Center Utrecht and the transition outpatient clinic of the departments Rheumatology of the Erasmus MC of Rotterdam.

Study design

Before randomisation (T0, after three months (T1) and six months (T2). The participant will be asked to fill in online assessments (questionnaires) and to answer text messages.

Intervention

The control and intervention group will receive usual care. The intervention group will be asked, in addition to the usual care, to follow the six weeks online selfmanagement training.

Contacts

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Eligibility criteria

Inclusion criteria

Young adults with Juvenile Idiopathic Arthritis, diagnosed by a pediatrician or rheumatologist, age 16-25 years old

Exclusion criteria

- young adults who are not able to read and write in the Dutch language
- young adults who have no access to the internet
- young adults who have not a mobile phone
- young adults who have participated earlier in an online self management training

Study design

Design

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

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-02-2012
Enrollment:	72
Type:	Anticipated

Ethics review

Positive opinion

Date: 08-07-2014

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	NL4536
NTR-old	NTR4679
Other	NL38074.041.11 : METC UMC Utrecht

Study results