

The use of CoCo in a conservative treatment of patients with hip and knee osteoarthritis.

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The aim of the CoCo project is the implementation of Coco service in first line physiotherapy treatment of patients with knee or hip osteoarthritis.

Ethical review	Approved WMO
Status	Will not start
Health condition type	Joint disorders
Study type	Interventional

Summary

ID

NL-OMON37638

Source

ToetsingOnline

Brief title

CoCo conservative treatment hip / knee

Condition

- Joint disorders

Synonym

osteoarthritis, painfull joints

Research involving

Human

Sponsors and support

Primary sponsor: Revalidatiecentrum Het Roessingh

Source(s) of monetary or material Support: zorginnovatieplatform

Intervention

Keyword: conservative treatment, knee / hip osteoarthritis, telemedicine

Outcome measures

Primary outcome

The primary objective of this study is to evaluate the clinical changes.

Secondary outcome

The secondary aim of this study is to evaluate the CoCo service, focusing on use of the service, satisfaction of the service, satisfaction with care and quality of care and gaining insight into the potential efficiencies for patients with knee or hip osteoarthritis using the CoCo service.

Study description

Background summary

Osteoarthritis is the most common joint disease of the musculoskeletal system. Osteoarthritis of at least one joint is in Western Europe, encountered in approximately 50% of the population. Treatment options for osteoarthritis of the hip and knee can be divided into conservative and surgical interventions. Within this research protocol, we focus on the conservative treatment of osteoarthritis of the knee or hip through physiotherapy. Physiotherapy in patients with osteoarthritis focuses primarily on the effects of osteoarthritis symptoms, but also to develop an active lifestyle and self-management skills to enhance the patient. By trying to connect to the current trend of patients* empowerment and to improve the quality of care the CoCo service will be embedded as a module in physiotherapy treatment of osteoarthritis patients.

Study objective

The aim of the CoCo project is the implementation of Coco service in first line physiotherapy treatment of patients with knee or hip osteoarthritis.

Study design

A randomized controlled trial is the study design for this study. Patients

meeting the inclusion criteria after completing baseline questionnaires are randomized in the CoCo group (physiotherapy and the CoCo service) or the control group (physiotherapy).

Intervention

The CoCo group receives physical therapy for 12 weeks and uses the CoCo service. The control group receives only physical therapy for 12 weeks.

Study burden and risks

The risks associated with participation in this study are minimal. Participants receive regular treatment and may also use the CoCo modules. These modules consist of an activity registration, informational text and video recordings of exercises. There are no medications and physical procedures provided are not part of the protocol. Outcome measures consist solely of questionnaires, regular physical test and data logged by the system.

Contacts

Public

Revalidatiecentrum Het Roessingh

Roessinghsbleekweg 33b
7522 AH Enschede
NL

Scientific

Revalidatiecentrum Het Roessingh

Roessinghsbleekweg 33b
7522 AH Enschede
NL

Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adults (18-64 years)

Elderly (65 years and older)

Inclusion criteria

- knee or hip osteoarthritis
- unilateral complaints
- Age between 45 and 75 years
- Living in Hengelo
- In possession of a computer with Internet access
- Sufficient knowledge of Dutch language
- Insurance for physiotherapy

Exclusion criteria

- Undergoing surgery last year affected leg
- Other disorders of the lower extremities
- Systematic disorders that limited capacity of the lower extremities
- a BMI > 40 (Category: extremely obese)

Study design

Design

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

Recruitment

NL

Recruitment status: Will not start

Start date (anticipated):	01-03-2012
Enrollment:	40
Type:	Anticipated

Ethics review

Approved WMO	
Date:	03-04-2012
Application type:	First submission
Review commission:	METC Twente (Enschede)

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
CCMO	NL39687.044.12