

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

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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

Ethische beoordeling	Positief advies
Status	Anders
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON24746

Bron

NTR

Aandoening

Total Hip Arthroplasty, rehabilitation, home based exercise program

Ondersteuning

Primaire sponsor: UMC Groningen

Overige ondersteuning: AnnaFonds & SPRINT

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The primary outcome measure is feasibility determined by an evaluation questionnaire and

adherence to the program

Toelichting onderzoek

Achtergrond van het onderzoek

Background

Due to the projected growth of the older population and obesity epidemic, the number of Total Hip Arthroplasties (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.

Doel van het onderzoek

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

Onderzoeksopzet

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

Onderzoeksproduct en/of interventie

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.

Contactpersonen

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

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

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

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

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	N.v.t. / één studie arm
Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Anders
(Verwachte) startdatum:	01-06-2015
Aantal proefpersonen:	30
Type:	Onbekend

Ethische beoordeling

Positief advies	
Datum:	15-04-2015
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

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

Resultaten