

activity coach in TKA following a homebased exercise program

Gepubliceerd: 22-03-2015 Laatste bijgewerkt: 15-05-2024

Hypothesis is that patients following a homebased exercise program after a TKA recover better if they receive an additive activity coach

Ethische beoordeling	Positief advies
Status	Werving nog niet gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON26247

Bron

NTR

Aandoening

TKA
totale knie prothese

Ondersteuning

Primaire sponsor: MST Enschede
Overige ondersteuning: not applicable

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

physical functioning Timed Up and Go (TUG)

Toelichting onderzoek

Achtergrond van het onderzoek

Patients in which the expectancy is that they could rapidly recover after a Total Knee Arthroplasty should not always go to the physical therapist. This group of patients could benefit from a homebased exercise program. The effect of exercise training depends on adherence to the activity instructions. The activity coach is an app on a smartphone. Patients wear the smartphone the whole day with them. The activity coach measures the activity level of the patient and gives feedback on it to the patient. The hypothesis is that if patients receive an activity coach alongside a home based exercise program, they are more active in Activities of Daily Living. This results in better physical functioning and better recovery after a TKA

Doel van het onderzoek

Hypothesis is that patients following a homebased exercise program after a TKA recover better if they receive an additive activity coach

Onderzoeksopzet

preoperative

postoperative start homebased exercise program (3 days after surgery)

postoperative 2 weeks

postoperative 6 weeks

postoperative 3 months

postoperative 1 year

Onderzoeksproduct en/of interventie

Control group: homebased exercise program of 2 weeks (mobility, muscle force) instructed by specialised physical therapists.

Intervention group: homebased exercise program of 2 weeks (mobility, muscle force) instructed by specialised physical therapists and use of the activity coach.

The activity coach is developed by the Roessingh Research & Development (RRD) and is researched on other patient populations, such as COPD and Total Hip Arthroplasty. It gives the patient feedback about his activity level and doing exercises.

de patiënt feedback over zijn activiteitsniveau en het uitvoeren van oefeningen.

Contactpersonen

Publiek

Medisch Spectrum Twente

Poli-orthopedie

Haaksbergerstraat 55

7513 ER

053-4872740

Wetenschappelijk

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Poli-orthopedie

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- receive a TKA
- Preoperative 2 Minutes Walk Test > 120 metre
- BMI<30

- Absence of bad habit, Gang Analyse Lijst Nijmegen the following items 'no'
 - o Too little arm sway
 - o Too little knee extension
 - o Too little knee flexion
- Active coping, measured with the Patiënt Activatie Meting (PAM) >60 points
- signed informed consent
- independent in activities of daily living
- supplementary insurance for physical therapy or declare oneself ready to pay 180 euro for physical therapy

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- Comorbidities (such as heart or lung diseases, orthopaedic problems, cancer, etc) so that the patient could not follow a homebased exercise program and/or could not walk dynamic
- Postoperative complications, open wounds, infections, >3 days staying in the hospital.
- known with severe mental disorders

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	N.v.t. / één studie arm
Blinding:	Enkelblind
Controle:	N.v.t. / onbekend

Deelname

Nederland

Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-05-2015
Aantal proefpersonen:	0
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	22-03-2015
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 41807
Bron: ToetsingOnline
Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL4864
NTR-old	NTR5109
CCMO	NL52370.044.15
OMON	NL-OMON41807

Resultaten