

Online self-management in hand osteoarthritis

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Objectives: to study the effectiveness of the online self-management intervention in patients with hand OA and to explore the possibilities to implement the intervention in clinical practice after the study period.

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

Samenvatting

ID

NL-OMON27109

Bron

NTR

Aandoening

hand osteoarthritis, rheumatism, online cognitive-behavioral therapy, online CBT, iCBT, self-management, chronic pain, handartrose, online cognitieve gedragstherapie, online CGT, eCGT, ehealth, e-health, zelfmanagement, zelfmanagementinterventie, chronische pijn, reuma

Ondersteuning

Primaire sponsor: Leiden University
Faculty of Social and Behavioural Sciences
Institute of Psychology
Health, Medical and Neuropsychology unit

Overige ondersteuning: Leiden University Medical Center, Leiden, the Netherlands;
Programma Zorgvernieuwing

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The primary endpoint is the difference in change from baseline on VAS pain coping between patients in the intervention and control condition after the intervention and at 6 weeks and 3 months follow-up.

Toelichting onderzoek

Achtergrond van het onderzoek

Hand osteoarthritis has a high clinical burden, as reflected by considerable pain, decreased strength and mobility, physical disability, and an often decreased health-related quality of life (HR-QoL). Self-management factors related to physical and psychosocial adjustment, such as patients' perceptions about their disease and coping, play an important role in HR-QoL and functional ability in patients with chronic diseases, such as OA. Improving capacities of patients in managing a chronic condition is increasingly recognized as important in the treatment of (somatic) conditions and becomes more common in clinical practice and research. In this study, the effect of an online self-management intervention focusing on coping skills related to chronic pain in comparison to care as usual is studied.

Doel van het onderzoek

Objectives: to study the effectiveness of the online self-management intervention in patients with hand OA and to explore the possibilities to implement the intervention in clinical practice after the study period.

Onderzoeksopzet

Primary and secondary outcomes are measured at baseline, after 3 months, after 4,5 months (follow-up) and after 6 months (follow-up).

Onderzoeksproduct en/of interventie

An RCT will be performed, in which 35 participants will be randomized to either care as usual (hand OA care path, including consultation with the rheumatologist and a 1,5 hour consultation with a clinical nurse or occupational therapist) and 35 participants to care as usual plus the online self-management intervention. The intervention is based on cognitive-behavioral methods. It starts off with a face-to-face introduction consultation. Subsequently, the tailored self-management intervention will be offered via an online program. The intervention consists of six modules containing pain education, practical assignments, relaxation training, and registrations. The first and last modules are an introductory and

closure module; in between are four modules aimed at learning how to cope with the consequences of a chronic condition in daily life. The modules focus on (1) activity, (2) mood, (3) thoughts, and (4) the social environment. At least once a week, participants receive feedback on the assignments and motivational support from a psychologist, by means of text messages in a secured mail box in the online program. After finishing the online program, patients will be approached by their treating psychologist for two booster sessions via telephone. In these booster sessions it will be evaluated how the patient further attained his/her pre-set goals for the intervention. Strategies to strengthen the achieved results will be discussed. The booster sessions will take place 1 month and 2,5 months after finishing the online program.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

In order to be eligible to participate in this study, a subject must meet all of the following criteria (these are all to be checked by the doctor/research nurse at the consultation):

- Diagnosed with hand OA, following American College of Rheumatology (ARC) criteria (Altman et al., 1990)
- Referred to the hand OA care path
- Complaints from hand OA including pain, with a minimal duration of 3 months
- Minimum age of 18 years
- Fluent in Dutch language
- Able to give informed consent
- Own a computer with internet access

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

A potential subject who meets any of the following criteria will be excluded from participation in this study (these are all to be checked by the doctor/research nurse at the consultation):

- Difficulties in (written) communication (e.g., due to analphabetism)
- Severe psychiatric comorbidities that interfere with the study protocol
- On-going psychological treatment elsewhere
- Patients with secondary OA due to diseases such as 1) inflammatory rheumatic diseases, as rheumatoid arthritis, psoriatic arthritis, etc, 2) bone diseases, as M. Paget, osteochondritis, 3) metabolic diseases associated with joint disease, as hemochromatosis, acromegaly, 4) severe crystal arthropathies, as tophus polyarticular gout.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd

Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	20-04-2016
Aantal proefpersonen:	70
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	23-01-2017
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 50628
Bron: ToetsingOnline
Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL6127
NTR-old	NTR6266
CCMO	NL55536.058.15
OMON	NL-OMON50628

Resultaten