

# INITIATE: Increased mobility in hospital after hip fracture

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<b>Registration date</b> 22/07/2024	<b>Overall study status</b> Ongoing	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 20/10/2025	<b>Condition category</b> Musculoskeletal Diseases	<input type="checkbox"/> Individual participant data <input checked="" type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Each year there are 70,000 new hip fractures in the UK, with an ongoing annual cost to health and social care services of £3 billion. After this injury, mobility and independence are so badly affected that one in six people never return home. This downward spiral of immobility and dependence contributes to a quarter of people dying within one year of the injury. National mobility targets have been set for hospitals. Firstly patients should be helped out of bed within 48 hours of receiving surgery and secondly, they should receive two hours of rehabilitation per week. Patients whose care exceeds these targets seem to recover more quickly than other patients. Consequently, patients and their carers have asked if increasing ward-based mobilising would allow people to get back home more quickly and to continue living independently. This study wants to find out if more ward-based mobilisation activity after hip fracture surgery allows people to get home quicker and allows them to stay living in their own homes longer.

### Who can participate?

Adults aged  $\geq 60$  years having surgery for a fracture of the hip

### What does the study involve?

Study participants will provide additional data to the research team at baseline (during their hospital stay), and then around 30 days and 120 days after their surgery.

### What are the possible benefits and risks of participating?

There is no specific advantage to taking part in this study. However, the study results will help to improve the care of patients with a broken hip in the future.

### Where is the study run from?

The study is run by the Oxford Trauma and Emergency Care research group, which is part of the Nuffield Department of Orthopaedics, Rheumatology and Musculoskeletal Sciences of the University of Oxford.

### When is the study starting and how long is it expected to run for?

April 2024 to November 2026

Who is funding the study?  
National Institute for Health and Care Research (NIHR) through its Health Technology Assessment (HTA) programme

Who is the main contact?

1. Prof Matt Costa, [matthew.costa@ndorms.ox.ac.uk](mailto:matthew.costa@ndorms.ox.ac.uk)
2. Prof Rebecca Kearney, [becky.kearney@bristol.ac.uk](mailto:becky.kearney@bristol.ac.uk)

## Contact information

### Type(s)

Public, Scientific

### Contact name

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### Contact details

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### Type(s)

Principal investigator

### Contact name

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<https://orcid.org/0000-0003-3644-1388>

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### Contact name

Prof Rebecca Kearney

### ORCID ID

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## Additional identifiers

### Clinical Trials Information System (CTIS)

Nil known

### Integrated Research Application System (IRAS)

336892

### ClinicalTrials.gov (NCT)

Nil known

### Protocol serial number

NIHR150983, CPMS 62672, IRAS 336892

## Study information

### Scientific Title

INITIATE: Increased mobility in hospital after hip fracture

### Acronym

WHiTE 15: INITIATE

### Study objectives

To determine whether a usual care rehabilitation strategy or usual care with an additional mobility-focused intervention is superior for patients aged  $\geq 60$  years, after hip fracture surgery.

### Ethics approval required

Ethics approval required

### Ethics approval(s)

approved 03/07/2024, Yorkshire & The Humber - Leeds East Research Ethics Committee (2 Redman Place, Stratford, London, E20 1JQ, United Kingdom; +44 (0)207 104 8171, (0) 2071048137, (0)207 104 8357; leedseast.rec@hra.nhs.uk), ref: 24/YH/0113

### Study design

Multi-centre two-arm unblinded cluster randomized controlled trial with embedded process and economic evaluations

### Primary study design

Interventional

### Study type(s)

## Treatment

### **Health condition(s) or problem(s) studied**

Mobility in hospital after hip fracture

### **Interventions**

INITIATE is a multi-centre, two-arm, unblinded, cluster randomised controlled trial (RCT) with embedded process and economic evaluations.

The study will recruit 2310 patients (1155 in each of 2 groups) who have received surgery for a fracture of the hip, from approximately 22 NHS hospitals in the UK.

Recruitment centres will be cluster randomised to either Intervention or Control. Recruitment centres will be allocated in a 1:1 ratio using a computer-generated randomisation minimisation sequence.

Intervention: Usual care with additional ward-based mobilisation activities.

Control: Usual care.

Participants will provide data to the research team about their injury and recovery at baseline (during their hospital stay), and then around 30 days and 120 days after their surgery.

Follow-up contacts at 30 and 120 days post-surgery will be completed with the participant or a proxy either via telephone interviews by a member of the central research team, or through electronic means.

A process evaluation will take place to determine to what extent the cluster RCT protocol is operationalised within the orthopaedic trauma units and determine the extent to which the INITIATE intervention has been delivered per protocol (fidelity) and implemented (adherence). The process evaluation will take place in all intervention sites.

### **Intervention Type**

Behavioural

### **Primary outcome(s)**

DAH30 (days alive and at home up to 30 days post-hip fracture surgery) will be measured using participant questionnaires and medical records at 30 days

### **Key secondary outcome(s)**

1. DAH120 (days alive and at home up to 120 days post-hip fracture surgery) will be measured using participant questionnaires and medical records at 120 days
2. Health-related quality of life will be measured using EQ-5D-5L pre-injury, at 30 days, and 120 days
3. Mobility will be measured using mNMS (modified New Mobility Score) pre-injury and at 30 days
4. Basic mobility at discharge will be measured using CAS (Cumulated Ambulation Score) at discharge
5. Residential status, mortality, rate of complications, rate of falls resulting in fracture or head injury, and resource use will be using participant questionnaires and medical records at 30 days and 120 days
6. The extent to which the cluster RCT protocol is operationalised within the orthopaedic trauma units and the extent to which the INITIATE intervention is adopted and embedded will be measured through intervention analysis and intervention adherence, based on a thematic analysis of interviews with participants (and relative/friend/informal carer as required) and interviews and focus groups with recruitment centre staff during the embedded process and economic evaluations part of the study

### **Completion date**

30/11/2026

## Eligibility

### Key inclusion criteria

1. Aged 60 years and over
2. With and without capacity
3. Presenting to a WHITE recruitment centre for treatment of a hip fracture or who has received surgery for a hip fracture in the past 48 hours

### Participant type(s)

Patient

### Healthy volunteers allowed

No

### Age group

Mixed

### Lower age limit

60 years

### Sex

All

### Key exclusion criteria

A patient will not be eligible for the study if ANY of the following apply:

1. A fracture caused by an area of abnormal bone (e.g., a tumour)
2. A pre-existing contraindication to mobilising after surgery
3. A patient who had severely limited mobility prior to injury (i.e confined to bed, transfer from bed to chair only)
4. Previous participation in INITIATE or actively engaged in other hip fracture research with contralateral hip fracture

### Date of first enrolment

01/08/2024

### Date of final enrolment

31/12/2025

## Locations

### Countries of recruitment

United Kingdom

England

Wales

**Study participating centre**

**John Radcliffe Hospital**

Headley Way  
Headington  
Oxford  
United Kingdom  
OX3 9DU

**Study participating centre**

**Southmead Hospital**

Southmead Road  
Westbury-on-trym  
Bristol  
United Kingdom  
BS10 5NB

**Study participating centre**

**Stepping Hill Hospital**

Stockport NHS Foundation Trust  
Poplar Grove  
Hazel Grove  
Stockport  
United Kingdom  
SK2 7JE

**Study participating centre**

**Leicester Royal Infirmary**

Infirmary Square  
Leicester  
United Kingdom  
LE1 5WW

**Study participating centre**

**Royal Berkshire Hospital**

London Road  
Reading  
United Kingdom  
RG1 5AN

**Study participating centre**

**University Hospital Coventry & Warwickshire**  
Clifford Bridge Road  
Walsgrave  
Coventry  
United Kingdom  
CV2 2DX

**Study participating centre**  
**Musgrove Park Hospital (taunton)**  
Musgrove Park Hospital  
Taunton  
United Kingdom  
TA1 5DA

**Study participating centre**  
**Hull Royal Infirmary**  
Anlaby Road  
Hull  
United Kingdom  
HU3 2JZ

**Study participating centre**  
**St George's Hospital**  
Blackshaw Road  
Tooting  
London  
United Kingdom  
SW17 0QT

**Study participating centre**  
**Airedale General Hospital**  
Skipton Road  
Steeton  
Keighley  
United Kingdom  
BD20 6TD

**Study participating centre**  
**The Royal Victoria Infirmary**  
Queen Victoria Road  
Newcastle upon Tyne

United Kingdom  
TS1 4LP

**Study participating centre**

**Cumberland Infirmary**

Newtown Road  
Carlisle  
United Kingdom  
CA2 7HY

**Study participating centre**

**University Hospital of North Durham**

University Hospital of Durham  
Dryburn Hospital  
North Road  
Durham  
United Kingdom  
DH1 5TW

**Study participating centre**

**Heartlands Hospital**

Bordesley Green East  
Bordesley Green  
Birmingham  
United Kingdom  
B9 5ST

**Study participating centre**

**Queens Medical Centre, Nottingham University Hospital**

Derby Road  
Nottingham  
United Kingdom  
NG7 2UH

**Study participating centre**

**Darent Valley Hospital**

Darenth Wood Road  
Dartford  
United Kingdom  
DA2 8DA

**Study participating centre**

**Royal Preston Hospital**

Sharoe Green Lane North  
Fulwood  
Preston  
United Kingdom  
PR2 9HT

**Study participating centre**

**George Eliot Hospital**

Lewes House  
College Street  
Nuneaton  
United Kingdom  
CV10 7DJ

**Study participating centre**

**Countess of Chester Hospital**

Countess of Chester Health Park  
Liverpool Road  
Chester  
United Kingdom  
CH2 1UL

**Study participating centre**

**Gwynedd Hospital (ga)**

Ysbyty Gwynedd  
Penrhosgarnedd  
Bangor  
United Kingdom  
LL57 2PW

**Study participating centre**

**Wrexham Maelor Hospital**

Croesnewydd Road  
Wrexham Technology Park  
Wrexham  
United Kingdom  
LL13 7TD

# Sponsor information

## Organisation

University of Oxford

## ROR

<https://ror.org/052gg0110>

# Funder(s)

## Funder type

Government

## Funder Name

Health Technology Assessment Programme

## Alternative Name(s)

NIHR Health Technology Assessment Programme, Health Technology Assessment (HTA), HTA

## Funding Body Type

Government organisation

## Funding Body Subtype

National government

## Location

United Kingdom

# Results and Publications

## Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are/will be available upon request. Any requests for data sharing will be submitted to Prof Matt Costa ([matthew.costa@ndorms.ox.ac.uk](mailto:matthew.costa@ndorms.ox.ac.uk)) and Prof Becky Kearney ([becky.kearney@bristol.ac.uk](mailto:becky.kearney@bristol.ac.uk)) and decided on a case-by-case basis. No data will be released for sharing until after the trial has closed to recruitment and been analysed.

## IPD sharing plan summary

Available on request

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes

[Study website](#)

Study website

11/11/2025 11/11/2025 No

Yes