Functional and work outcomes improve in patients with Rheumatoid Arthritis (RA) who receive targeted comprehensive occupational therapy

Submission date	Recruitment status No longer recruiting	Prospectively registered	
08/10/2007		☐ Protocol	
Registration date 15/10/2007	Overall study status Completed	Statistical analysis plan	
		[X] Results	
Last Edited 08/06/2011	Condition category Musculoskeletal Diseases	Individual participant data	
00/00/2011	Musculoskeletal Diseases		

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

Dr Bruce Kirkham

Contact details

Guy's Hospital Rheumatology Department 4th Floor Thomas Guy House St Thomas Street London United Kingdom SE1 9RT +44 207 188 5907 bruce.kirkham@gstt.nhs.uk

Additional identifiers

Protocol serial number

LREC 05\q0707\50

Study information

Scientific Title

Study objectives

Purpose: To examine the impact of comprehensive Occupational Therapy (OT) with employed RA patients at risk of work loss. The primary goal was to determine if targeted comprehensive OT intervention improved overall functional status, assessed by the Canadian Occupational Performance Measure (COPM). The secondary goal was to determine if improvements in physical function enhanced productivity, assessed by a combination of absenteeism and presenteeism measures.

We hypothesized that improvements in functional status would result in improved work outcomes.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Bexley and Greenwich Research Ethics Committee, UK. (ref: LREC 05\q0707\50)

Study design

Randomised Controlled Trial

Primary study design

Interventional

Study type(s)

Not Specified

Health condition(s) or problem(s) studied

Rheumatoid Arthritis (RA)

Interventions

Occupational therapy versus usual care.

Comprehensive occupational therapy alongside usual rheumatology care. Typical OT interventions included the following:

- 1. Provision of education on RA
- 2. Medications, compliance and management within the IAC
- 3. Self-advocacy
- 4. Work place rights and responsibilities
- 5. Ergonomic reviews
- 6. Discussions with employers regarding reasonable accommodations
- 7. Posture and positioning advice
- 8. Pacing
- 9. Activities of daily living
- 10. Stress management
- 11. Assertiveness

- 12. Sleep posture and hygiene
- 13. Exercises
- 14. Footwear
- 15. Splinting
- 16. Assertive communication

Patients were referred to multidisciplinary team members and community services as required.

Duration of intervention: 6 months

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

The following outcomes were measured at baseline and 6 months:

- 1. The Canadian Occupational Performance Measure (COPM). The COPM is a well known standardised semi-structured interview tool designed for use by OTs to detect change in a patient's self perception of occupational performance.
- 2. The Health Assessment Questionnaire Disability Index (HAQ-DI) is a standardised, self-administered, written questionnaire developed to assess the extent of the patient's functional ability.

Key secondary outcome(s))

The following outcomes were measured at baseline and 6 months:

- 1. The RA-Work Instability Scale (RA-WIS) is a self administered written validated questionnaire used to screen for WD. The questionnaire takes less than 5 minutes to complete by checking 'yes' or 'no' boxes in a series of 23 questions.
- 2. The Modified Health Economics Questionnaire combined measures of presenteeism and absenteeism. This is a written self-report questionnaire which includes the following:
- a. Number of days/hours at work per week
- b. Number of days missed from work in the past month due to RA
- c. A 100 mm Visual Analogue Scale (VAS) for work performance and work satisfaction affected by RA, in the past week

Completion date

26/06/2007

Eligibility

Key inclusion criteria

Employed RA patients were recruited at the Inflammatory Arthritis Centres (IACs), Guy's and St. Thomas' NHS Foundation Trust, to ensure standardised medical management. Within the IACs the focus of medical treatment is on early, aggressive management with a goal of achievement of remission (the Disease Activity Score 28-joint assessment [DAS28] <2.6). Participants were eligible if they:

1. Had a confirmed diagnosis of RA

- 2. Were involved in full time/part-time work or were self employed
- 3. Were fluent in English
- 4. Lived locally
- 5. Had medium or high Work Disability (WD) risk on the RA-Work Instability Scale (RA-WIS)

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

- 1. Participating in another trial
- 2. Other major co-morbidities (e.g. cancer, fibromyalgia)
- 3. Pending major surgery/retirement in the next year
- 4. Had received OT intervention within the past 18 months

Date of first enrolment

01/10/2005

Date of final enrolment

26/06/2007

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Guy's Hospital

London United Kingdom SE1 9RT

Sponsor information

Organisation

Guy's and St Thomas' NHS Foundation Trust (UK)

ROR

https://ror.org/00j161312

Funder(s)

Funder type

Charity

Funder Name

Guy's and St Thomas' Charity (UK)

Alternative Name(s)

Guy's and St Thomas' Charity, Guy's and St Thomas' Foundation, GSTTFoundation

Funding Body Type

Private sector organisation

Funding Body Subtype

Trusts, charities, foundations (both public and private)

Location

United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	15/11/2009		Yes	No