

A study into the effectiveness of a postural care education program

Submission date 29/11/2013	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 29/11/2013	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
Last Edited 24/01/2018	Condition category Injury, Occupational Diseases, Poisoning	<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Background and study aims

Good posture is important for children with physical disabilities, improving health and well-being and enabling participation. However, parents and teachers experience difficulty because the equipment is complex and postural care is difficult to understand. In response to these concerns, a training package has been developed. The aim of this training package is to improve knowledge and understanding of postural care and confidence in providing care.

Who can participate?

Parents and school staff who care for a physically disabled child who attends a mainstream primary school

What does the study involve?

Participants are invited to take part in the 2-hour postural care training package, which aims to help them increase their knowledge, confidence and understanding of postural care. At this time they also complete a questionnaire about their prior knowledge and understanding of postural care. During the next 6 weeks participants are contacted by members of the therapy team to provide support to reinforce learning of the skills gained in the workshop. Six weeks after the initial 2-hour postural care training participants are asked to complete a second questionnaire (either in person or online). Also at this final follow-up participants are invited to a focus group to discuss feedback on the whole 6-week postural care intervention.

What are the possible benefits and risks of participating?

It is hoped that through participating in the training package participants' knowledge about postural care will increase. In addition, it is expected that this increase in knowledge and understanding will also result in an increase in confidence when delivering postural care. In terms of risks, participants may find the postural care training package and the questionnaire too long to complete. They may also feel that some of the questions on the questionnaire are personal; however, these are important questions to ask as they will help improve understanding of postural care.

Where is the study run from?

The study recruited participants from West Kent, Sussex and Surrey (UK)

When is the study starting and how long is it expected to run for?
October 2011 to November 2013

Who is funding the study?
National Institute for Health Research (NIHR) (UK)

Who is the main contact?
Dr Sarah Hotham
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Contact information

Type(s)
Scientific

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
12058

Study information

Scientific Title
A study into the effectiveness of a postural care education program for parents and teachers who are responsible for the postural care needs of disabled children at home and school

Study objectives

Does providing a postural care training package to parents and teaching staff significantly improve their understanding, knowledge and confidence when following therapy programmes at home and in mainstream schools?

Ethics approval required

Old ethics approval format

Ethics approval(s)

South East Coast-Kent REC, 27/06/2011, ref:11/LO/0653

Study design

Non-randomised interventional treatment trial

Primary study design

Interventional

Secondary study design

Non randomised study

Study setting(s)

Hospital

Study type(s)

Quality of life

Participant information sheet

Not available in web format, please use the contact details to request a patient information sheet

Health condition(s) or problem(s) studied

Topic: Generic Health Relevance and Cross Cutting Themes; Subtopic: Generic Health Relevance (all Subtopics); Disease: Health Services Research, Paediatrics

Interventions

Educational programme, 2-hour training workshop, followed by one-to-one support and advice from therapists delivered over a 6-week period.

Follow-up was 6 weeks after the postural care training workshop.

Intervention Type

Other

Phase

Not Applicable

Primary outcome measure

Understanding, knowledge and confidence in postural care questionnaire.; Timepoint(s): Time 1 before the intervention, Time 2 following the intervention.

Secondary outcome measures

Not provided at time of registration

Overall study start date

01/10/2011

Completion date

30/11/2013

Eligibility

Key inclusion criteria

Postural care workshop:

Parents and teachers of primary school aged children with a physical disability, who attend a mainstream school and also receive occupational therapy/ physiotherapy.

Focus groups: Adults

All participants from the workshop will be invited to attend the focus groups.

Interviews: Children

Children of these participants will also be offered the opportunity to attend an interview.

Focus groups: Therapists

1. All therapists involved in the workshops will be eligible to participate.

Target Gender: Male & Female; Upper Age Limit 65 years ; Lower Age Limit 6 years

Participant type(s)

Mixed

Age group

Mixed

Sex

Both

Target number of participants

Planned Sample Size: 112; UK Sample Size: 112

Key exclusion criteria

Postural care workshop:

1. Parents and teachers of children with a physical disability under the age of 4 or over the age of 11. Also those attending special schools and those not receiving therapy at the time of the study.

2. Individuals who do not have adequate understanding of English are excluded from the study. This decision was made on the basis that a good working knowledge of the English language would be necessary to fully participate in the intervention (workshop and completing outcome measure) and focus groups.

Focus groups: Adults, therapists and interviews with the children

Those who have not participated or whose parents have not participated in the six-week postural care intervention.

Date of first enrolment

24/05/2012

Date of final enrolment

30/11/2013

Locations

Countries of recruitment

England

United Kingdom

Study participating centre

East Kent Hospitals University NHS Foundation Trust

Canterbury

United Kingdom

CT1 3NG

Sponsor information

Organisation

East Kent Hospitals University NHS Foundation Trust (UK)

Sponsor details

Ethelbert Road

Canterbury

England

United Kingdom

CT1 3NG

Sponsor type

Hospital/treatment centre

Website

<http://www.ekhuft.nhs.uk>

ROR

<https://ror.org/02dqqj223>

Funder(s)

Funder type

Government

Funder Name

Research for Patient Benefit Programme; Grant Codes: PB-PG-0110-21045

Alternative Name(s)

NIHR Research for Patient Benefit Programme, RfPB

Funding Body Type

Government organisation

Funding Body Subtype

National government

Location

United Kingdom

Results and Publications

Publication and dissemination plan

Following the conclusion of the study a series of POSTED (Postural Care in Education) Train the Trainer workshops were delivered at Canterbury Christ Church University to Children's Occupational Therapists and Physiotherapists from across the UK. POSTED is a 'Train the Trainer' intervention. Children's occupational therapists and physiotherapists attend a one day POSTED training workshop that equips them to deliver an evidence based training intervention to parents and teachers who manage the postural care needs of children at home and school. The training package builds the knowledge, confidence and skills of parents and carers in postural care. Funding to support an evaluation of the train the trainer initiative was made available through a Higher Education Innovation Fund award from Canterbury Christ Church University (2016-17). Results of the evaluation will be published in 2018. Options for the further development of the initiative are currently under consideration.

Intention to publish date**Individual participant data (IPD) sharing plan**

The data sharing plans for the current study are unknown and will be made available at a later date.

IPD sharing plan summary

Data sharing statement to be made available at a later date

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/11/2015		Yes	No
Results article	results	01/09/2017		Yes	No

