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Interdisciplinary Innovative model of care for people with Hand OsteoArthritis

Submission date
02/05/2012

Recruitment status
No longer recruiting

Registration date
17/05/2012

Overall study status
Completed

Last Edited
12/11/2018

Condition category
Musculoskeletal Diseases

[X] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

Plain English summary of protocol

Background and study aims
Hand osteoarthritis is one of the most common rheumatic diseases, concerning 60-70% of the population over 65 years. The small finger joints are affected in particular. This causes pain and swelling. In addition, people often have problems using their hands, which makes everyday activities more difficult.
There are drug and non-drug treatments for hand osteoarthritis. Treatments are provided by various health professionals, such as rheumatologists, nurses, occupational therapists and physiotherapists.
The aim of this study is to assess how well an interdisciplinary intervention works (when the various health professionals work together and learn from one another).

Who can participate?
Patients with hand osteoarthritis.

What does the study involve?
Participants will be randomly allocated to one of two groups: standard treatment group or interdisciplinary intervention group.
The interdisciplinary intervention group will have access to: exercise programs, products and tools (called assistive devices) that can make life with hand osteoarthritis easier, splints, weight reduction advice, information about exercise, self-management, when to consider surgery, pain and pain management, and telephone follow-up.

What are the possible benefits and risks of participating?
Participants will have consultations with different health professionals.
There are no risks involved and participants can contact health professionals immediately and directly in case of adverse events.

Where is the study run from?
The study will be done by researchers of the Medical University of Vienna/ Department for Rheumatology (Austria). Participant consultations will take place there.

When is the study starting and how long is it expected to run for?
May 2012 to May 2014.

Who is funding the project?
Physio Austria Professional Association of Physiotherapists (Austria)
Ergo Austria Professional Association of Occupational Therapists (Austria)
FH Campus Wien, University of Applied Sciences (Austria)
Medical University Vienna, Department of Rheumatology (Austria)

Who is the main contact?
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Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
9/2/2012

Study information

Scientific Title
An Interdisciplinary Innovative model of care for people with Hand OsteoArthritis (IIHOA) :a randomised controlled trial

Acronym
IIHOA

Study objectives
An interdisciplinary innovative model of care significantly improves grip strength in people with hand osteoarthritis (OA) compared to routine clinical care.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethics Committee of the Medical University of Vienna, 27 March 2012, ref: EK Nr: 1083/2012

Study design
Randomised controlled trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Hand Osteoarthritis

Interventions
Patients will be randomised into two groups. Each group receives an intervention, either the standard treatment in agreement with the rheumatologist or the interdisciplinary intervention. Patients randomised into the standard treatment group will be given the offer to receive the interdisciplinary intervention after two months if they wish to.

Interdisciplinary intervention includes:
1. Exercise program
2. Information about physical activity
3. Assistive devices for daily living
4. Splints if needed
5. Weight reduction if needed
6. Information for self management to increase self-efficacy
7. Physical methods
8. Information about when to consider surgery
9. Information about pain and pain management
10. Telephone follow-up

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Grip strength measured using a vigorimeter at baseline and two months later

Key secondary outcome(s))
1. Hand function measured by a test (sub-test of the Jebsen-Taylor-Hand-Function-Test) and a self-report questionnaire (AUSCAN)
2. Self-reported assessment of pain and satisfaction of patients with their health care and health status (on a 11-point Likert scale)

Measured at baseline and two months later.

Completion date

31/05/2014

Eligibility

Key inclusion criteria
1. Patients meeting the American College of Rheumatology (ACR) criteria for hand OA
2. In order not to exclude patients with hand osteoarthritis in an early stage, patients will also be eligible to participate in this study if they have bony swelling of at least one interphalangeal (IP) joint of the 2nd to 5th finger and/ or pain or bony swelling of at least one carpometacarpal (CMC) 1 joint
3. To have a potential for improvement (and motivation for adherence to the treatment), eligible patients have to be above or equal to an 11- point Likert scale of hand pain of at least 3 at two time points

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Key exclusion criteria
1. Patients with evidence of rheumatoid arthritis or any rheumatic disease other than OA
2. Furthermore, persons with elevated C-reactive protein levels (>0.5 mg/dl) as a sign of active inflammation at the test visit and/ or with soft tissue swelling of any of the finger joints on either hand
3. Patients who have received steroid injections within the last four weeks
4. Patients who have undergone hand surgery within the last year
5. Patients who plan to receive steroid injections or hand surgery during the study period

Date of first enrolment
31/05/2012

Date of final enrolment
31/05/2014

Locations

Countries of recruitment
Austria

Study participating centre

Währinger Gürtel 18-20
Vienna
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Sponsor information

Organisation
Medical University of Vienna (Austria)

ROR
https://ror.org/05n3x4p02

Funder(s)

Funder type
Industry

Funder Name
Physio Austria (Austria)

Funder Name
Ergo Austria (Austria)

Funder Name
FH Campus Wien, University of Applied Sciences (Austria)

Funder Name
Medical University Vienna, Department of Rheumatology (Austria)

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	09/11/2018		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes