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Effectiveness of in-home telerehabilitation service following knee arthroplasty

Submission date	Recruitment status	[_] Prospectively registered
09/09/2009	No longer recruiting	[_] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
18/09/2009	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
07/04/2015	Surgery	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
MCT-91011

Study information

Scientific Title
Effectiveness of in-home telerehabilitaiton service following knee arthroplasty: a multicentric clinical trial

Acronym
TelAge

Study objectives
The principle objective of this non-inferiority clinical trial is to check if an in-home telerehabilitation approach is as effective as the standard approach of face-to-face rehabilitation and education at home in participants after a knee arthroplasty.

Ethics approval required
Old ethics approval format

Ethics approval(s)
1. Local medical ethics committee (Comité d'éthique de la recherche clinique du CHUQ-HDQ) approved on the 19th March 2009 (ref: MP-CHUQ-HD-08-010; 5.6.08.12)
2. Final approval by the REC principal, amended on July 28 2009, for the following establishments:
2.1. Hôtel-Dieu de Québec
2.2. IRDPQ (CIRRIS)
2.3. CHUS
2.4. Hôpital Jean-Talon de Montréal
2.5. Institut universitaire de gériatrie de Sherbrooke
2.6. Hôpital Saint-François-d'Assise
2.7. Hôpital Ste-Marys de Montréal
2.8. CHA, hôpital de l'Enfant-Jésus
2.9. Institut de réadaptation Gingras-Lindsay-de-Montréal (CRIR)

As of 10/09/2009, only one approval is still pending: Hôtel-Dieu Arthabaska-Érable

Study design
Multicentre randomised controlled clinical trial

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Other

Study type(s)
Quality of life

Participant information sheet

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

Health condition(s) or problem(s) studied
Total knee arthroplasty

Interventions
The same rehabilitation intervention is given in both study groups: the one receiving the in-home telerehabilitation approach and the other, the face-to-face home visit approach. Only the delivery approach differs between groups. The rehabilitation intervention combined 16 supervised home-based treatments (mean duration of 45 minutes per treatment) with individualised home exercises performed on the days without supervised treatments. These treatments are based on a intensive functional approach to reducing impairment and improving function in daily activities. It starts the first week following hospital discharge and it is supervised by a physiotherapist over a period of 8 weeks. The type and intensity of the exercises are regularly adapted to the individuals' needs and tolerance to ensure optimal intensity of the intervention all along the treatment period.

Intervention Type
Procedure/Surgery

Phase
Not Applicable

Primary outcome measure
Western Ontario and McMaster Universities Osteoarthritis (OA) Index (WOMAC) (post-operative versus pre-operative score) at four months following the exit of the hospital

Secondary outcome measures
1. Knee Injury and Osteoarthritis Outcome Score (KOOS) questionnaire
2. Six-minute walk test
3. Timed Stair Test
4. Range of motion and muscle strength after knee surgery
5. Knee function during walking and rising from a chair
6. Participants' satisfaction with the intervention

Overall study start date
01/09/2009

Completion date
31/08/2011

Eligibility

Key inclusion criteria
1. Being an adult (more than 18 years) man or woman
2. Being operated for a primary total knee arthroplasty after a diagnosis of osteoarthritis
3. Returning at home after hospital discharge

4. Having access to Internet high speed connexion
5. Living in a 60-minute driving area
6. Being ambulatory with or without a walking aid

Participant type(s)
Patient

Age group
Adult

Lower age limit
18 Years

Sex
Both

Target number of participants
204 participants

Key exclusion criteria
1. Having health conditions that could interfere with tests or rehabilitation program
2. Planning a second surgery of lower limbs within 4 months
3. Having cognitive or collaboration problems
4. Having post-operative major complications
5. Having a rest prescription for a period longer than 2 weeks
6. Having had previous surgery of the lower limbs affecting the gait pattern during the past year

Date of first enrolment
01/09/2009

Date of final enrolment
31/08/2011

Locations

Countries of recruitment
Canada

Study participating centre
Université Laval
Québec
Canada
G1K 7P4

Sponsor information

Organisation
Laval University (Canada)

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Sponsor type
University/education

Website
http://www.ulaval.ca/

ROR
https://ror.org/04sjchr03

Funder(s)

Funder type
Research organisation

Funder Name
Canadian Institutes of Health Research

Alternative Name(s)
Instituts de Recherche en Santé du Canada, Canadian Institutes of Health Research (CIHR), CIHR_IRSC, Canadian Institutes of Health Research | Ottawa ON, CIHR, IRSC

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
Canada

Results and Publications

Publication and dissemination plan
Not provided at time of registration

Intention to publish date

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	31/03/2015		Yes	No