

# Work Rehabilitation in Inflammatory Arthritis - Effectiveness and cost effectiveness of an occupational therapy (OT) job retention intervention: a pilot randomised controlled trial

<b>Submission date</b> 20/09/2012	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 21/09/2012	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 15/05/2020	<b>Condition category</b> Musculoskeletal Diseases	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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### Contact details

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

## Secondary identifying numbers

10521

# Study information

## Scientific Title

Work Rehabilitation in Inflammatory Arthritis - Effectiveness and cost effectiveness of an occupational therapy (OT) job retention intervention: a pilot randomised controlled trial

## Study objectives

This is a feasibility study for a future randomised controlled trial evaluating the effectiveness of a vocational rehabilitation (VR) intervention provided by occupational therapists for employed people with inflammatory arthropathies (n=100). Patients are being recruited from 6 Rheumatology departments in England.

The study aims to identify the most appropriate primary work outcome measure and feasibility of recruitment procedures, VR provision and questionnaire completion. Participants, employers (following patient consent), therapists and therapy managers will also be interviewed to identify their views of the feasibility of the intervention.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

11/EN/0103

## Study design

Randomised; Interventional; Design type: Treatment

## Primary study design

Interventional

## Secondary study design

Randomised controlled trial

## Study setting(s)

Hospital

## Study type(s)

Treatment

## 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: Musculoskeletal; Subtopic: Musculoskeletal (all Subtopics); Disease: Musculoskeletal

## Interventions

Participants are randomly allocated to receive VR or a stay at work information pack only.

Control group: An information pack including the National Rheumatoid Arthritis Society and Arthritis Care publications about Working with Arthritis

Vocational Rehabilitation: Up to x 1.5 hour appointments with an occupational therapist, trained in deliver:

1. Applying ergonomic, fatigue and stress management approaches to the workplace
2. Recommendations for assistive technology/equipment adaptation, workplace/work station modification, transport advice
3. Practical advice and support to enable participants to disclose their condition and negotiate job modifications with employers
4. Explaining rights under the Equality Act 2010 and the facilities available to

Follow Up Length: 9 month(s)

### **Intervention Type**

Other

### **Phase**

Not Applicable

### **Primary outcome measure**

1. Work status
  - 1.1. Work instability
  - 1.2. Sickness absence

Measured at 0, 6 and 9 months

### **Secondary outcome measures**

1. Health status
  - 1.1. Pain
  - 1.2. Fatigue
  - 1.3. Functional status
2. NHS costs

Measured at 0, 6, 9 months

### **Overall study start date**

01/10/2011

### **Completion date**

31/10/2011

## **Eligibility**

### **Key inclusion criteria**

1. People with inflammatory arthritis (i.e., specifically early inflammatory arthritis [IA], rheumatoid arthritis [RA], psoriatic arthritis [PA])
2. Aged 18 years and over
3. Able to read, write and understand English and in paid work (full or parttime)
4. People who answer "yes" to:"Do you have any concerns about your health affecting your

ability to work over the next few years?"

5. Able to give informed consent

6. Male & Female; Upper Age Limit 65 years ; Lower Age Limit 18 years

### **Participant type(s)**

Patient

### **Age group**

Adult

### **Lower age limit**

18 Years

### **Sex**

Both

### **Target number of participants**

Planned Sample Size: 100; UK Sample Size: 100; Description: People with inflammatory arthritis (i.e. specifically early inflammatory arthritis (IA), rheumatoid arthritis (RA), psoriatic arthritis (PA)

### **Key exclusion criteria**

People who are:

1. On extended sick leave (i.e. > 3 months) or unemployed (including not normally in paid employment or student)
2. Planning to retire or take early retirement (through choice or ill health) within the next 12 months
3. Already receiving or awaiting work rehabilitation services
4. Planning to move out of area or expecting joint replacement surgery in the next 6 months
5. Other conditions affecting work apart from arthritis (e.g. uncontrolled medical/ psychiatric problems)

### **Date of first enrolment**

01/10/2011

### **Date of final enrolment**

31/10/2011

## **Locations**

### **Countries of recruitment**

England

United Kingdom

### **Study participating centre**

**Centre for Rehabilitation and Human Performance Research**

Salford

United Kingdom

M6 6PU

# Sponsor information

## Organisation

University of Salford (UK)

## Sponsor details

Centre for Rehabilitation and Human Performance Research  
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## Sponsor type

University/education

## ROR

<https://ror.org/01tmqtf75>

# Funder(s)

## Funder type

Charity

## Funder Name

Arthritis Research UK (UK)

## Alternative Name(s)

## Funding Body Type

Private sector organisation

## Funding Body Subtype

Other non-profit organizations

## Location

United Kingdom

# 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?
<a href="#">Results article</a>	results	21/07/2017		Yes	No
<a href="#">Results article</a>	qualitative results with participants	01/01/2017	15/05/2020	Yes	No
<a href="#">Results article</a>	qualitative results with therapists	01/08/2015	15/05/2020	Yes	No
<a href="#">Results article</a>	therapist work rehabilitation training results	01/06/2013	15/05/2020	Yes	No