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# The PraxArth-Study: Improving quality of life of osteoarthritis patients by directed training of general practictioners (GPs) and a telephone follow up through practice nurses

**Submission date**
18/05/2005

**Registration date**
24/05/2005

**Last Edited**
06/11/2019

**Recruitment status**
No longer recruiting

**Overall study status**
Completed

**Condition category**
Musculoskeletal Diseases

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

**Plain English summary of protocol**
Not provided at time of registration

## Contact information

**Type(s)**
Scientific

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## Additional identifiers

**Protocol serial number**
01GK0301

## Study information

**Scientific Title**

The PraxArth-Study: Improving quality of life of osteoarthritis patients by directed training of general practictioners (GPs) and a telephone follow up through practice nurses

## Acronym
PraxArth

## Study objectives
A targeted medical education for GPs on arthritis has no effect on the quality of life of patients with degenerative joint diseases and their health care utilization.
Monitoring GPs prescriptions and advices for lifestyle changes by monthly telephone calls of practice assistants is not superior.

## Ethics approval required
Old ethics approval format

## Ethics approval(s)
Not provided at time of registration

## Study design
Randomised controlled trial

## Primary study design
Interventional

## Study type(s)
Quality of life

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

## Interventions
1. Directed training of GPs and a monthly telephone follow up by practice nurses
2. Directed training of GPs only
3. Control: no intervention

## Intervention Type
Other

## Phase
Not Specified

## Primary outcome(s)
Quality of life assessed by the AIMS2-SF questionnaire, an internationally validated instrument for the assessment of quality of life among arthritis patients

## Key secondary outcome(s))
Secondary outcomes include:
1. Health care utilization (referrals to orthopedists, imaging, inpatient care, physiotherapy)
2. Medication (evidence based use of NSAR, application of World Health Organisation [WHO]-recommendations)
3. Physical activity

4. Patient satisfaction (modified EUROPEP-questionnaire)
5. Potential confounders are being controlled (concurrent depression may influence the potential motivational change for more physical activity: PHQ-9)

### Completion date
31/12/2005

## Eligibility

### Key inclusion criteria
1. Adult patients, diagnosed with gonarthritis or coxarthritis according to the American College of Rheumatology (ACR) Citeria (identified by International Statistical Classification of Diseases and Related Health Problems - tenth revision [ICD-10] code in patient's file: M 16.0-16.9, M 17.0-17.5). Participating practices keep an alphabetic record of their patients. Patients from this list are contacted in consecutive order of appearance in the practice and informed about the option to participate in the study.
2. Written informed consent of the patient.

### Participant type(s)
Patient

### Healthy volunteers allowed
No

### Age group
Adult

### Sex
All

### Key exclusion criteria
1. Insufficient German language skills
2. Patients who contacted the practice for emergencies only or as a substitute practice

### Date of first enrolment
01/06/2005

### Date of final enrolment
31/12/2005

## Locations

### Countries of recruitment
Germany

### Study participating centre
**Vosstrasse 2**
Heidelberg

Germany
69115

# Sponsor information

### Organisation
Federal Ministry of Education and Research (Bundesministerium Für Bildung und Forschung) (BMBF) (Germany)

### ROR
https://ror.org/04pz7b180

# Funder(s)

### Funder type
Government

### Funder Name
Federal Ministry of Education and Research (Germany)

### Alternative Name(s)
Federal Ministry of Research, Technology and Space, Bundesministerium für Bildung und Forschung, Federal Ministry of Education and Research, BMBF

### Funding Body Type
Government organisation

### Funding Body Subtype
National government

### Location
Germany

# 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? |
| --- | --- | --- | --- | --- | --- |
| Abstract results | | 19/07/2005 | | No | No |