# Integrated care in practice: Is acupuncture a useful adjunct to physiotherapy for older adults with knee pain?

Submission date

Recruitment status

03/01/2003

No longer recruiting

Registration date 03/01/2003

Overall study status

Completed

Last Edited

Condition category

11/01/2018 Musculoskeletal Diseases

[X] Prospectively registered

[X] Protocol

[X] Results

Individual participant data

# Plain English summary of protocol

Not provided at time of registration

# Contact information

# Type(s)

Scientific

#### Contact name

Dr EM Hay

#### Contact details

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# Additional identifiers

Protocol serial number

H0640

# Study information

#### Scientific Title

Integrated care in practice: Is acupuncture a useful adjunct to physiotherapy for older adults with knee pain?

#### **Study objectives**

To investigate whether acupuncture is a useful adjunct to advice and exercise for treating knee pain and gain insight into whether this effect is due to specific needling properties:

- 1. We will determine the additional benefit of true acupuncture when used by physiotherapists alongside advice and exercise for older people presenting to primary care with knee pain
- 2. We will evaluate sham acupuncture in the same way
- 3. We will investigate the treatment preferences and expectations of both the participants and physiotherapists participating in the study, and explore the effect of these on clinical outcome

#### 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)

Treatment

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

Knee pain

#### **Interventions**

Acupuncture plus advice and exercise versus placebo acupuncture plus advice and exercise advice versus exercise alone.

#### Intervention Type

Other

#### Phase

Not Specified

#### Primary outcome(s)

Change in the Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) at six months.

## Key secondary outcome(s))

- 1. Knee-related pain
- 2. Movement and function
- 3. Pain intensity and effect
- 4. Main functional problem

- 5. Illness perceptions
- 6. Self-efficacy
- 7. Treatment preference and expectations
- 8. General health and quality of life

#### Completion date

31/12/2006

# **Eligibility**

#### Key inclusion criteria

- 1. Male and female subjects aged 50 years and above
- 2. Pain with or without stiffness in one or both knees
- 3. Naive to acupuncture treatment (i.e., have never experienced acupuncture before for their present or any past complaints)
- 4. Considered suitable for referral to physiotherapy outpatients department
- 5. Able to read and write English, and to give full informed consent
- 6. Willing to consent to participation
- 7. Available for telephone contact

#### Participant type(s)

Patient

### Healthy volunteers allowed

No

#### Age group

Not Specified

#### Sex

All

#### Key exclusion criteria

- 1. Potentially serious pathology (e.g. inflammatory arthritis, malignancy etc) on the basis of general practice or physiotherapy diagnosis or from past medical history
- 2. Have had a knee or hip replacement on the affected side(s)
- 3. Are already on a surgical waiting list for total knee replacement
- 4. Trial interventions are contraindicated
- 5. Have received an exercise programme, from a physiotherapist, for their knee problem within the last three months (normal recreational involvement in sport or exercise will not be an exclusion)
- 6. Received an intra-articular injection to the knee in the last six months

#### Date of first enrolment

01/11/2003

#### Date of final enrolment

31/12/2006

# Locations

#### Countries of recruitment

**United Kingdom** 

England

Study participating centre
Department of Rheumatology
Stoke-on-Trent
United Kingdom
ST6 7AG

# Sponsor information

#### Organisation

Arthritis Research Campaign (ARC) (UK)

#### **ROR**

https://ror.org/02jkpm469

# Funder(s)

# Funder type

Charity

#### Funder Name

Arthritis Research Campaign (UK)

# **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	01/09/2007		Yes	No
Protocol article	protocol	02/09/2004		Yes	No