

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

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<b>Registration date</b> 03/01/2003	<b>Overall study status</b> Completed	<input checked="" type="checkbox"/> Protocol
<b>Last Edited</b> 11/01/2018	<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**  
Dr EM Hay

**Contact details**  
Department of Rheumatology  
Haywood Hospital  
High Lane  
Burslem  
Stoke-on-Trent  
United Kingdom  
ST6 7AG  
+44 (0)1782 715444  
e.m.hay@cphc.keele.ac.uk

## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

## Secondary identifying numbers

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

## Secondary study design

Randomised controlled trial

## Study setting(s)

Not specified

## Study type(s)

Treatment

## Participant information sheet

## 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 measure**

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

**Secondary outcome measures**

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

**Overall study start date**

01/11/2003

**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

**Age group**

Not Specified

**Sex**

Both

**Target number of participants**

350

**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**

England

United Kingdom

**Study participating centre****Department of Rheumatology**

Stoke-on-Trent

United Kingdom

ST6 7AG

## **Sponsor information**

**Organisation**

Arthritis Research Campaign (ARC) (UK)

**Sponsor details**

Copeman House

St Mary's Court

St Mary's Gate

Chesterfield

Derbyshire

United Kingdom

S41 7TD

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info@arc.org.uk

**Sponsor type**

Charity

**Website**

<http://www.arc.org.uk>

**ROR**

<https://ror.org/02jkpm469>

## Funder(s)

**Funder type**

Charity

**Funder Name**

Arthritis Research Campaign (UK)

## 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="#">Protocol article</a>	protocol	02/09/2004		Yes	No
<a href="#">Results article</a>	results	01/09/2007		Yes	No