ISRCTN88676585 https://doi.org/10.1186/ISRCTN88676585

Cost-effectiveness of multidisciplinary treatment in sick-listed patients with upper extremity musculoskeletal disorders: a randomized, controlled trial with one-year follow-up

Submission date
12/09/2005

Recruitment status
No longer recruiting

Registration date
12/09/2005

Overall study status
Completed

Last Edited
20/10/2008

Condition category
Musculoskeletal Diseases

[_] 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
ZonMw number: 3140.0006; NTR76

Study information

Scientific Title

Study objectives
To determine the effectiveness and cost-effectiveness of a return-to-work outpatient multidisciplinary treatment programme for sick-listed workers with non-specific upper extremity musculoskeletal complaints.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Received from the local medical ethics committee

Study design
Randomised, active controlled, parallel group trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Chronic non-specific musculoskeletal complaints in the upper extremity

Interventions
1. Multidisciplinary treatment program of 13 full-time days, carried out by a commercial rehabilitation centre: each day's schedule consisted of four (1.5 hour) sessions: one session was dedicated to personal effectiveness (psychologist), one to return-to-work (reintegration expert) and two sessions enclosed physical training (physical therapist), including activities outside the building and individual counselling sessions. Patients were treated in groups of about eight individuals.
2. Usual care; supervision by occupational health services: usual care was coordinated by the occupational physician at the occupational health services. Usual care could include treatment at the workplace and in the regular health care system, initiated by a general practitioner, or medical specialist.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
Return to regular work and costs.

Key secondary outcome(s))

1. Pain
2. Other complaints such as paraesthesia, stiffness, coldness
3. Process evaluation:
3.1. Grip strength
3.2. Disability
3.3. Physical functioning
3.4. Kinesiophobia

Completion date
01/01/2005

Eligibility

Key inclusion criteria
1. Bank employees in the Netherlands or workers at one of the two universities in Amsterdam
2. With non-specific upper extremity musculoskeletal disorders
3. Employment on a contract of at least 50% of full-time working hours
4. Sick leave for over 50% of the contractual hours during a period between four and 20 weeks
5. Aged between 18 and 65 years
6. Required to comprehend and have communication skills in Dutch

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Sex
All

Key exclusion criteria
Does not comply with the above inclusion criteria

Date of first enrolment
01/11/2001

Date of final enrolment
01/01/2005

Locations

Countries of recruitment
Netherlands

Study participating centre
Academic Medical Centre
Amsterdam
Netherlands
1100 DE

Sponsor information

Organisation
Academic Medical Centre (AMC) (The Netherlands)

ROR
https://ror.org/03t4gr691

Funder(s)

Funder type
Research organisation

Funder Name
The Netherlands Organisation for Health Research and Development (ZonMw) (The Netherlands)

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	01/09/2006		Yes	No