

# Arthroplasty Pain Experience (APEX) Study

<b>Submission date</b> 29/04/2010	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 29/04/2010	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 04/01/2016	<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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## Additional identifiers

### Protocol serial number

7664

## Study information

### Scientific Title

A randomised controlled trial to determine if local wound infiltration reduces chronic pain after lower limb arthroplasty

### Acronym

APEX study

## **Study objectives**

Joint replacement is one of the most common elective surgical procedures performed in the NHS. However, previous research indicates that between 10 - 30% of patients experience chronic pain after hip and knee replacement. Therefore, more research is required to explore methods of minimising chronic pain after joint replacement. The aim of this study is to determine whether an injection of local anaesthetic into the hip or knee during joint replacement surgery, in addition to standard anaesthetic, reduces long-term pain.

To do this, 300 patients listed for knee replacement and 300 patients listed for hip replacement at the Avon Orthopaedic Centre will be recruited into a randomised controlled trial. Participants will complete questionnaires to assess their joint pain and function, psychological status, and use of healthcare resources. Participants will complete questionnaires before their operation, and then at regular intervals after their operation, while they are an in-patient.

Following discharge from hospital, participants will be asked to complete postal questionnaires at 3-months and 6-months after surgery. At 12-months after surgery, participants will be asked to complete a final questionnaire and undergo a joint assessment with a research nurse. Also a small number of participants and health care professionals will be interviewed about their participation in the study, in order to find out how participation in the trial affects them.

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

Southampton and South West Hampshire REC (B), 27/08/2009, ref: 09/H0504/94

## **Study design**

Randomised interventional treatment trial

## **Primary study design**

Interventional

## **Study type(s)**

Treatment

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

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

## **Interventions**

Participants randomised to the interventional arm of the trial will receive a local wound infiltration, in addition to the standard anaesthetic regimen during surgery. The local anaesthetic mixture will consist of 60 ml of 0.25% bupivacaine with 1 in 200,000 adrenaline.

## **Intervention Type**

Other

## **Phase**

Not Applicable

## **Primary outcome(s)**

The WOMAC Pain score at 12-months post-operative.

**Key secondary outcome(s))**

1. Length of hospital stay
2. Daily 100mm Visual Analogue Scale (VAS) ratings while an in-patient (starting the day after surgery until discharge or day 5 after surgery)
3. Western Ontario and McMaster Universities Arthritis Index (WOMAC) Function and Stiffness Scale
4. Intermittent and Constant Osteoarthritis Pain (ICOAP) pain measure
5. Pressure pain thresholds of the volar forearm will be measured using pressure algometry pre-operatively, at discharge from hospital and 12-month and post-operative
6. Resource use: Health service resource use including staff time and other resources used in the intervention, inpatient stays, outpatient visits and general practitioner visits, will be collected using hospital records and participant self-completed questionnaires (including the EQ-5D). These questionnaires will be administered at 3, 6 and 12 months post-operatively and will also be used to measure the time and travel of the patient and the carer if applicable.

**Completion date**

01/09/2010

## **Eligibility**

**Key inclusion criteria**

1. Patients undergoing primary total hip replacement or primary total knee replacement for osteoarthritis at the Avon Orthopaedic Centre
2. Are willing and able to provide fully informed consent and complete the study questionnaires
3. Male and female, lower age limit of 18 years

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**Key exclusion criteria**

1. Patients undergoing revision joint replacement
2. Patients undergoing joint replacement for a diagnosis other than osteoarthritis
3. Patients under the age of 18 years
4. Patients with any medical comorbidity that precludes spinal anaesthetic, regional blocks or the use of strong analgesics postoperatively
5. Diagnosis of severe dementia or psychiatric illness such that they are unable to complete the

questionnaires or provide informed consent

6. Patients undergoing simultaneous bilateral joint replacement

7. Patients who have been in the trial for a previous joint replacement

8. Patients who are unable to understand English will be excluded because not all the validated questionnaires have been translated into languages other than English

**Date of first enrolment**

25/11/2009

**Date of final enrolment**

01/09/2010

## **Locations**

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

**Southmead Hospital**

Bristol

United Kingdom

BS10 5NB

## **Sponsor information**

**Organisation**

Southmead Hospital (UK)

**ROR**

<https://ror.org/05d576879>

## **Funder(s)**

**Funder type**

Government

**Funder Name**

National Institute for Health Research (NIHR) (UK) - Central Commissioning Facility (CCF)

# 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?
<a href="#">Results article</a>	results	26/02/2011		Yes	No
<a href="#">Results article</a>	results	26/06/2015		Yes	No
<a href="#">HRA research summary</a>			28/06/2023	No	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes