

Education programmes for people with arthritis: a comparative study

Submission date 12/09/2003	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 12/09/2003	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 22/07/2013	Condition category 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 A Hammond

Contact details
Southern Derbyshire Acute Hospitals NHS Trust
Department of Rheumatology
Derbyshire Royal Infirmary
London Road
Derby
United Kingdom
DE1 2QY
+44 (0)1332 347141 ext. 2418
alison.hammond@sdah-tr.trent.nhs.uk

Additional identifiers

Protocol serial number
N0077102835; H0643

Study information

Scientific Title

Study objectives

Null hypothesis: there is no significant difference in adherence with health behaviours or health status between people with arthritis attending a standard arthritis education programme and an education programme incorporating psycho-educational approaches.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Study design

Randomised controlled trial

Primary study design

Intentional

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Rheumatoid, inflammatory and psoriatic arthritis

Interventions

Participants randomly allocated to:

1. Standard Arthritis Education Programme (AEP): 5 x 2 hour weekly programme of education and practical advice delivered by the rheumatology team. Education based on standard practice, e.g., information about rheumatoid arthritis, drugs, exercise, joint protection, relaxation, pain management, benefits, diet.

2. Educational-behavioural programme: two modules of 4 x 2 hour weekly meetings plus a booster meeting:

Module 1: Joint Protection and Fatigue Management Specific training on joint protection (approx. 5 hour practical)

Module 2: Exercise, Pain and Stress Management

Booster meeting (includes drug therapy and test information)

Supported by information pack and patient workbook, goal setting, home programme.

Joint Sponsor Details:

Arthritis Research Campaign (ARC) (UK)

Copeman House

St Mary's Court

St Mary's Gate

Chesterfield, Derbyshire

S41 7TD

United Kingdom

Email: info@arc.org.uk

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

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

1. Measures of adherence with self-management strategies
2. Functional, psychological and health status
3. Demographic and health care utilisation information

Outcomes will be evaluated using a self-report questionnaire mailed out before and at 6 and 12 months after education.

Key secondary outcome(s)

No secondary outcome measures

Completion date

30/07/2004

Eligibility**Key inclusion criteria**

1. People with inflammatory arthritis attending the rheumatology department at DRI (i.e., rheumatoid arthritis, inflammatory arthropathy, psoriatic arthritis, seropositive or seronegative arthritis), diagnosed by a Consultant Rheumatologist
2. Aged over 18 years
3. Able to read English
4. Willing and able to attend an Arthritis Education Programme (AEP)

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

Severe disease/functional problems

Date of first enrolment

01/07/2001

Date of final enrolment

30/07/2004

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Southern Derbyshire Acute Hospitals NHS Trust

Derby

United Kingdom

DE1 2QY

Sponsor information

Organisation

Department of Health (UK)

Funder(s)

Funder type

Hospital/treatment centre

Funder Name

Southern Derbyshire Acute Hospitals NHS Trust (UK)

Funder Name

Arthritis Research Campaign (ARC) (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	01/11/2008		Yes	No