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Functional and work outcomes improve in patients with Rheumatoid Arthritis (RA) who receive targeted comprehensive occupational therapy

Submission date
08/10/2007

Recruitment status
No longer recruiting

Registration date
15/10/2007

Overall study status
Completed

Last Edited
08/06/2011

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
LREC 05\q0707\50

Study information

Scientific Title

Study objectives
Purpose: To examine the impact of comprehensive Occupational Therapy (OT) with employed RA patients at risk of work loss. The primary goal was to determine if targeted comprehensive OT intervention improved overall functional status, assessed by the Canadian Occupational Performance Measure (COPM). The secondary goal was to determine if improvements in physical function enhanced productivity, assessed by a combination of absenteeism and presenteeism measures.

We hypothesized that improvements in functional status would result in improved work outcomes.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Bexley and Greenwich Research Ethics Committee, UK. (ref: LREC 05\q0707\50)

Primary study design
Interventional

Study design
Randomised Controlled Trial

Study type(s)
Not Specified

Health condition(s) or problem(s) studied
Rheumatoid Arthritis (RA)

Interventions
Occupational therapy versus usual care.

Comprehensive occupational therapy alongside usual rheumatology care. Typical OT interventions included the following:
1. Provision of education on RA
2. Medications, compliance and management within the IAC
3. Self-advocacy
4. Work place rights and responsibilities
5. Ergonomic reviews
6. Discussions with employers regarding reasonable accommodations
7. Posture and positioning advice
8. Pacing
9. Activities of daily living
10. Stress management
11. Assertiveness

12. Sleep posture and hygiene
13. Exercises
14. Footwear
15. Splinting
16. Assertive communication

Patients were referred to multidisciplinary team members and community services as required.

Duration of intervention: 6 months

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
The following outcomes were measured at baseline and 6 months:
1. The Canadian Occupational Performance Measure (COPM). The COPM is a well known standardised semi-structured interview tool designed for use by OTs to detect change in a patient's self perception of occupational performance.

2. The Health Assessment Questionnaire Disability Index (HAQ-DI) is a standardised, self-administered, written questionnaire developed to assess the extent of the patient's functional ability.

Key secondary outcome(s)
The following outcomes were measured at baseline and 6 months:
1. The RA-Work Instability Scale (RA-WIS) is a self administered written validated questionnaire used to screen for WD. The questionnaire takes less than 5 minutes to complete by checking 'yes' or 'no' boxes in a series of 23 questions.

2. The Modified Health Economics Questionnaire combined measures of presenteeism and absenteeism. This is a written self-report questionnaire which includes the following:
a. Number of days/hours at work per week
b. Number of days missed from work in the past month due to RA
c. A 100 mm Visual Analogue Scale (VAS) for work performance and work satisfaction affected by RA, in the past week

Completion date
26/06/2007

Eligibility

Key inclusion criteria
Employed RA patients were recruited at the Inflammatory Arthritis Centres (IACs), Guy's and St. Thomas' NHS Foundation Trust, to ensure standardised medical management. Within the IACs the focus of medical treatment is on early, aggressive management with a goal of achievement of remission (the Disease Activity Score 28-joint assessment [DAS28] <2.6). Participants were eligible if they:
1. Had a confirmed diagnosis of RA

2. Were involved in full time/part-time work or were self employed
3. Were fluent in English
4. Lived locally
5. Had medium or high Work Disability (WD) risk on the RA-Work Instability Scale (RA-WIS)

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Key exclusion criteria
1. Participating in another trial
2. Other major co-morbidities (e.g. cancer, fibromyalgia)
3. Pending major surgery/retirement in the next year
4. Had received OT intervention within the past 18 months

Date of first enrolment
01/10/2005

Date of final enrolment
26/06/2007

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Guy's Hospital
London
United Kingdom
SE1 9RT

Sponsor information

Organisation

Guy's and St Thomas' NHS Foundation Trust (UK)

ROR
https://ror.org/00j161312

Funder(s)

Funder type
Charity

Funder Name
Guy's and St Thomas' Charity (UK)

Alternative Name(s)
Guy's and St Thomas' Charity, Guy's and St Thomas' Foundation, GSTTFoundation

Funding Body Type
Private sector organisation

Funding Body Subtype
Trusts, charities, foundations (both public and private)

Location
United Kingdom

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	15/11/2009		Yes	No