

# 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

☐ Prospectively registered

☐ Protocol

**Registration date**  
15/10/2007

**Overall study status**  
Completed

☐ Statistical analysis plan

☒ Results

**Last Edited**  
08/06/2011

**Condition category**  
Musculoskeletal Diseases

☐ 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

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)

### Study design

Randomised Controlled Trial

### Primary study design

Interventional

### 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? |
|---------------------------------|---------|--------------|------------|----------------|-----------------|
| <a href="#">Results article</a> | results | 15/11/2009   |            | Yes            | No              |