

# Long term and clinical impact of the Lifestyle Management for Arthritis Programme (LMAP) for people with inflammatory arthritis

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<b>Registration date</b> 31/03/2010	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 26/07/2016	<b>Condition category</b> Musculoskeletal Diseases	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## 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

4572

## Study information

### Scientific Title

Long term and clinical impact of the Lifestyle Management for Arthritis Programme (LMAP) for people with inflammatory arthritis

## Acronym

Impact of the LMAP

## Study objectives

There have been few long-term evaluations of health profession-led arthritis education programmes' (AEPs) impact on the health status of people with inflammatory arthritis. A randomised controlled trial (n = 167) of a modular group programme (the Lifestyle Management for Arthritis Programme [LMAP]) versus an information-based group AEP similar to typical UK practice identified, at 12-month follow-up, that the LMAP was significantly more effective in reducing pain and improving self-efficacy. The LMAP continues to run as part of our service delivery. We aim to investigate, using postal questionnaires:

1. The longer-term (6 year) effects of the LMAP and typical AEP on health status by following up trial participants
2. Investigate LMAP effectiveness in an uncontrolled setting in a 6 and 12 month observational study (n = 126)
3. Investigate participants' views of the LMAP using individual semi-structured interviews

Results will be analysed to evaluate effects on adherence with health behaviours, pain, self-efficacy and functional, physical, psychological and disease status.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

First MREC approval date 01/02/2008, ref: 08/H0402/4

## Study design

Interventional and observational single-centre treatment cohort study

## Primary study design

Observational

## Study type(s)

Treatment

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

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

## Interventions

Study 1: a long-term (6y) follow up of a previous clinical trial. Patients were randomised to receive the LMAP education programme or a standard arthritis education programme. The LMAP consists of 9 x 2.5 h group meetings: a first module of 4 meetings, a second module of 4 meetings approx. 3 months later and a final review or "booster meeting" 2 - 3 months later. Module 1 "Looking After Your Joints" consists of: information about arthritis and potential consequences, ergonomic approaches.

Follow Up Length: 12 month(s)

Study Entry: Registration only

## Intervention Type

Behavioural

**Primary outcome(s)**

Pain using a 10 cm visual analogue scale (0 = no pain; 10 = pain as bad as it can be). Study 1: 6 years

**Key secondary outcome(s)**

Study 1: All measurements at 6 year follow-up

Study 2: all measurements at 0, 6 and 12 months

**Completion date**

28/02/2011

## Eligibility

**Key inclusion criteria**

Study 1:

Past participants of RCT evaluating the LMAP.

Study 2:

1. Patients aged over 18 years

2. Diagnosis of either rheumatoid arthritis, inflammatory arthritis or psoriatic arthritis, confirmed by a consultant rheumatologist

3. Referred by a member of the rheumatology multi-disciplinary team as suitable for the education programme

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**Key exclusion criteria**

Study 1:

Past participants considered no longer well enough to participate by their Consultant.

Study 2:

Does not meet inclusion criteria

**Date of first enrolment**

17/03/2008

**Date of final enrolment**

28/02/2011

## Locations

### Countries of recruitment

United Kingdom

England

### Study participating centre

Centre for Rehabilitation and Human Performance Research

Salford

United Kingdom

M6 6PU

## Sponsor information

### Organisation

Royal Derby Hospital (UK)

### ROR

<https://ror.org/005r9p256>

## Funder(s)

### Funder type

Charity

### 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