

# Rehabilitation after THA using a tailored web application: A pilot study

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To evaluate tailoring components in a web application for THA patients and to refine guidelines for tailored web applications for patients. Secondary objectives:- To assess how and how often THA patients use a prototype of the tailored web...

<b>Ethical review</b>	Approved WMO
<b>Status</b>	Completed
<b>Health condition type</b>	Joint disorders
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON48132

### Source

ToetsingOnline

### Brief title

THA rehabilitation with tailored web app

### Condition

- Joint disorders

### Synonym

hip osteoarthritis, hip wear

### Research involving

Human

### Sponsors and support

**Primary sponsor:** Reinier de Graaf Groep

**Source(s) of monetary or material Support:** NWO

## Intervention

**Keyword:** Design, ICT, Patient experience

## Outcome measures

### Primary outcome

Endpoints: Use and evaluation of the application by patients and care providers. After each consultation, patients will be interviewed about their experiences with the prototype. Participating care providers will also be interviewed at least once about their general experience with the prototype during consultations. In addition, web metrics will be recorded for each patient to assess usage over time. Parameter: The patient subgroups are used as parameter.

### Secondary outcome

As a secondary endpoint, experiences of participating patients will be qualitatively compared to those of a control sample (data from earlier qualitative studies.)

## Study description

### Background summary

After a Total Hip Arthroplasty (THA), post-discharge contact moments with care providers may be scarce. Online resources may offer support, but these are based on the average patient and to optimize their supportive value they need to be tailored to patients\* varying post-surgery information needs and capacities. In previous research, three subgroups were identified that are similar in these characteristics. It is hypothesized that these subgroups can be used to tailor online information resources for THA patients.

### Study objective

To evaluate tailoring components in a web application for THA patients and to refine guidelines for tailored web applications for patients.

Secondary objectives:

- To assess how and how often THA patients use a prototype of the tailored web application (use)
- To assess the experiences of patients and care professionals with the prototype, and their experienced impact on THA rehabilitation until week 6 post-surgery (evaluation)
- To assess what differences exist in the abovementioned aspects, between patients from three different subgroups (that are similar in their communication preferences, experienced health, and coping).
- To make a preliminary assessment of the impact of the prototype on patient experience.

## **Study design**

Qualitative observational study: Evaluation of a tailored web application for THA patients.

## **Intervention**

A tailored web application for THA patients. The web application informs THA patients about recommended activity levels in the first months after surgery using individualized thresholds based on daily step counts. The feedback given by the application is designed in three variants that match characteristics from three different THA patient subgroups defined in previous research.

## **Study burden and risks**

Participating patients receive a wrist-worn step counter, and are given the option to monitor their step counts from three weeks before surgery until six week post-surgery. Participants can also use the web application, which includes completing a questionnaire and filling in daily step counts. Both tasks are not compulsory. Patients also partake in short interviews adjacent to post-surgery hospital visits; no additional site visits are required and patients are free to decline answering questions. The website may indicate that the patient can do more than what feels safe to him or her; in this unlikely event, patients are repeatedly instructed only to follow their own feeling. As such, this risk is assessed as low. Patients may benefit from the information from the application, and have additional opportunities to share their experiences. The study can only be done with THA patients because they go through the process of recovery after THA.

## Contacts

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### Scientific

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## Trial sites

### Listed location countries

Netherlands

## Eligibility criteria

### Age

Adults (18-64 years)

Elderly (65 years and older)

### Inclusion criteria

Planned THA within three to eight weeks

Age  $\geq 18$

Signed informed consent

Regular use of internet and e-mail.

### Exclusion criteria

Insufficient knowledge of the Dutch language

Mental disability

## Study design

### Design

Study type:	Interventional
Intervention model:	Other
Allocation:	Non-randomized controlled trial
Masking:	Open (masking not used)

**Primary purpose:** Health services research

### Recruitment

NL	
Recruitment status:	Completed
Start date (anticipated):	21-05-2019
Enrollment:	20
Type:	Actual

### Medical products/devices used

Generic name:	Tailored Web application 'My Hip Recovery'
Registration:	No

## Ethics review

Approved WMO	
Date:	09-04-2019
Application type:	First submission
Review commission:	METC Leiden-Den Haag-Delft (Leiden)
	metc-ldd@lumc.nl

Approved WMO	
Date:	30-12-2019
Application type:	Amendment
Review commission:	METC Leiden-Den Haag-Delft (Leiden)
	metc-ldd@lumc.nl

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

### In other registers

Register	ID
CCMO	NL69079.098.19

## Study results

Date completed:	02-01-2020
Results posted:	19-04-2020
Actual enrolment:	20

**First publication**  
19-04-2020