



14th SINGAPORE PUBLIC HEALTH & OCCUPATIONAL MEDICINE CONFERENCE

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PREVENTIVE HEALTH IN A CHANGING WORLD

Collaborative Model of Care between Orthopaedics and Allied Healthcare Professionals Trial (CONnACT): Pilot Study

Background & Hypothesis

Osteoarthritis is a leading cause of global disability resulting in significant morbidity and cost to the healthcare system. Current guidelines recommend lifestyle changes such as exercises and weight loss as first line treatment prior to surgical consideration. Our current model of care is inefficient with suboptimal allied health intervention for effective behavior changes. A pilot study was conducted to evaluate the clinical effectiveness of a 12-week community based, individualized, multidisciplinary (Orthopaedics, Physiotherapy, Dietetics, Psychology) new model of care for knee osteoarthritis.

Methods

Effectiveness-Implementation hybrid randomized control trial utilizing a mixed method approach. Inclusion criteria (primary knee osteoarthritis, community ambulators), exclusion criteria (secondary arthritis, previous knee surgery). Primary outcome measure is the Knee Injury and Osteoarthritis Outcome Score (KOOS) at baseline and 12-weeks. Secondary outcomes include quality of life, functional and psychological assessments. Semi-structured interviews were conducted with both the patients and healthcare providers at 12-weeks.

Results

21 patients (3 males, 18 female, mean age 63 years old) were randomized (11 intervention, 10 control). Intervention arm patients reported better improvements in their KOOS and Euro-QOL-5D at 3 months. Psychological and functional outcomes were equivocal. Semi-structured interviews revealed several themes pertaining to feasibility and intervention optimization.

Discussion and Conclusion

The pilot has demonstrated the potential effectiveness of this new model of care. Results were used to modify and improve the intervention content, delivery model and study design for a large effectiveness-implementation hybrid randomized trial that is currently underway. This main trial includes 1-year follow up, economic evaluation and process evaluation using RE-AIM framework to guide large scale implementation.