

Prove

Physiotherapy Rehabilitation for Osteoporotic Vertebral Fracture

Issue 5
01-02-2016

RECRUITMENT TARGET 600 BY AUG 2016

2015 has been a good year for PROVE. We recruited a total of 268 participants in 2015. THANK YOU to all our teams for working hard at recruitment.

So we keep goingto reach our target of 600.

PROVE aims to assess the effects of exercise and manual therapy physiotherapy treatments upon quality of life, function and pain, for people who have had one or more spinal fractures due to osteoporosis.

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We welcome our final four sites to the PROVE team.

Addenbrookes Hospital, Cambridge

PIs - Charlotte Heywood

East Sussex Healthcare NHS Trust

PI - Carol McCrum

Sheffield Teaching Hospitals

PI - Jessica Shipley

ABM University Health Board, Swansea

PI - Dave Graham-Woollard

Our 2015 stars



CRF

- * Sheeba and Mary from Ipswich for flawless & timely completion.
- * Kay at Surrey for motivating and recruiting maximum number of GP practices.
- * Stephen at Southend for his tireless efforts towards recruitment.
- * Lucy at Haywood for keeping on top of every thing at Haywood, including screening 200 participants a day!
- * Sarah at Exeter for perfect adherence to assessment protocol.
- * Heather at Chester for exploring different avenues for recruitment.
- * Tamsin at Oxford for being our highest recruiter!

RESEARCH DAY

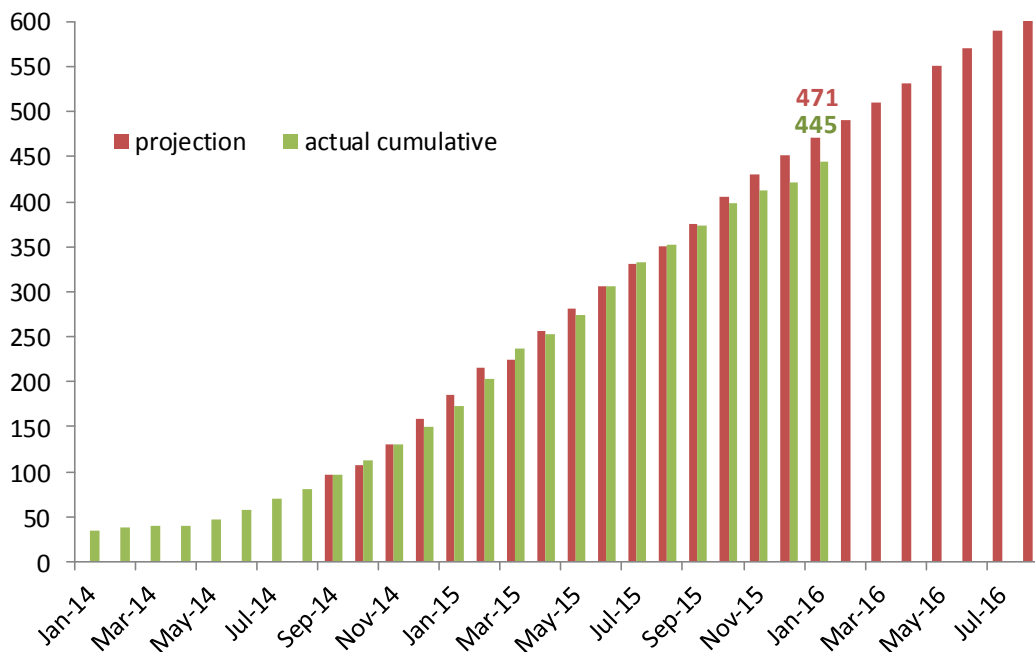
A very successful study day was held on the 26th of Nov. 2015. 25 research clinicians from across all sites attended the event. Useful tips drawn from the presentations included,

- ◆ Maintaining clinical equipoise and presenting a balanced view of the treatments arms
- ◆ Maximizing patient satisfaction in the Usual care (control group) by reassuring self-management
- ◆ Pragmatic trials like PROVE assess effectiveness of interventions in routine clinical settings



TRIAL PROGRESS

Recruitment till 31st January 2016



Recruitment target per site = 1- 2 participants

Overall monthly target = 25 participants

THERAPISTS' CORNER

Quick tips on day-to-day running of PROVE

- ◆ Adverse event forms are to be filled out even if the event occurs at home and may not be related e.g. sprained ankle.
- ◆ Serious adverse event forms need to be signed by a medical doctor and should be sent to the trial manager at Oxford.
- ◆ Please encourage participants to complete their dairies and bring them back. Dairies will be used for health economics assessment. So they are important.
- ◆ Participants who seek additional physiotherapy treatment should be encouraged to adhere to the protocol.
- ◆ Please encourage participants to come for their assessment visits. Getting good data is key to getting good results.

- ◆ What to do at 16 week and 12 month assessments?

Complete CRF and questionnaires (PASE, QUALEFFO 41, Eq5D)

Collect Dairy 1(at16 wk) Dairy 2(at12 mth)

Give out Dairy 2 (at 16 wk)

Mail copies of CRF and questionnaires to Oxford

Note from your participant

16th January 2016
 With my very grateful
 thanks for your Christmas card,
 and especially for all the work
 the Team are doing to help people
 with spinal fractures caused by
 osteoporosis.

Contact

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