FEASIBILITY OF EARLY ACTIVE MOBILISATION FOLLOWING FLEXOR TENDON REPAIR IN A DEVELOPING COUNTRY CONTEXT:

A RANDOMISED PILOT TRIAL

AMY BUTTLE ~ B SC OT (UCT)
SUSAN DE KLERK ~ B OT (SU), DHT (UP), M OT (SU)
OVERVIEW

- Relevance of research
- Why early active mobilisation
- Research process
  - Aim
  - Methodology
  - Preliminary results
- Conclusions and way forward
WHY RESEARCH FLEXOR TENDON INJURIES

- Violence and injury
  - South Africa: second leading cause of life years lost
  - 2x the global average
- Flexor tendon injuries: challenges, poor outcomes
WHY RESEARCH FLEXOR TENDON INJURIES

• Violence and injury
  • South Africa: second leading cause of life years lost
  • 2x the global average
• Flexor tendon injuries: challenges, poor outcomes
• Rehabilitation: early active mobilization
RATIONALE

• Occupational performance outcomes

Early active mobilisation:
• Reduced costs to: health care
  social service budgets
  the individual
• Earlier return to work
• More optimal intervention
  • *developing country context*
RESEARCH AIM

To provide descriptive information on the feasibility of the:
1. Recruitment of patients
2. Selection criteria (Inclusion and exclusion)
3. Delivery of an early active therapy protocol
4. Retention of patients
Preliminary results of the pilot
METHODOLOGY

- Study design
- Selection criteria
- Recruitment
- Randomisation
- Intervention
METHODOLOGY

• Data collection
• Surgical technique
• Outcome measures
• Feasibility data
• Sample size
PRELIMINARY RESULTS

1. Feasibility of recruitment: patients with flexor tendon injuries
2. Feasibility of selection criteria
3. Feasibility: early active therapy protocol
4. Retention of patients & loss to follow up
PRELIMINARY RESULTS

1. Feasibility of recruitment: patients with flexor tendon injuries
2. Feasibility of selection criteria
3. Feasibility: early active therapy protocol
4. Retention of patients & loss to follow up
5. Contextual challenges faced
CONCLUSIONS

• Poor feasibility - despite “on paper” strengths
• Multi-centre, with registry of individuals with flexor tendon repairs
• Funding
• Potential use of EAM, with selected patients
• Occupation-based outcome measures
REFERENCES


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QUESTIONS?