



# Occupational advice for Patients undergoing Arthroplasty of the Lower limb

## STAFF TRAINING

# What is the OPAL study doing?

- Developing an **occupational advice intervention** for patients undergoing total hip or knee replacement that is delivered in a hospital setting and started prior to surgery
- The intervention is being developed using ‘Intervention Mapping’
- Testing the feasibility of delivering the new **occupational advice intervention** with patients at a total of **3 hospitals**

# Why OPAL?

- Over 200,000 THRs/TKRs performed annually
- 19% are performed in patients under 60 years
- 33% performed in patients aged 60-69 years
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- Projections from 2005 suggest that by 2030, demand will increase by 174% (hips) and 673% (knees)
- Increase in statutory pension age

# Who is OPAL for?

- Patients who have been doing some **work during the six months prior** to surgery. 'Work' includes paid, unpaid, voluntary work
- Patients who **intend to work** following surgery



# What is Intervention Mapping?

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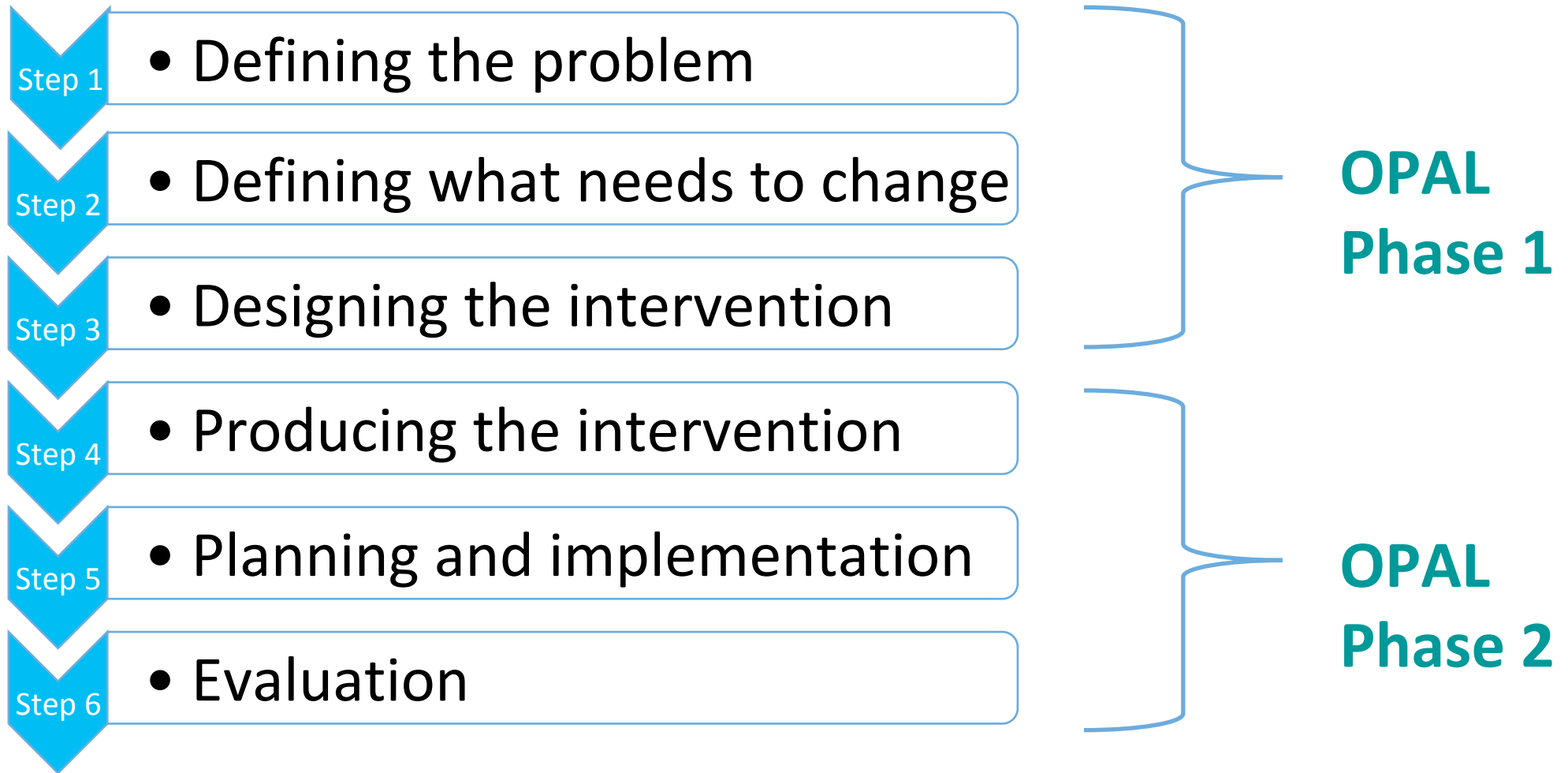
- Protocol for developing theory - and evidence-based interventions
- Widely used in public health
- And now in return to work studies (e.g. following hysterectomy)

# It is used to help answer these questions:

- What needs to change?
- Who needs to change?
- How will we get them to do it?



# Six steps of Intervention Mapping

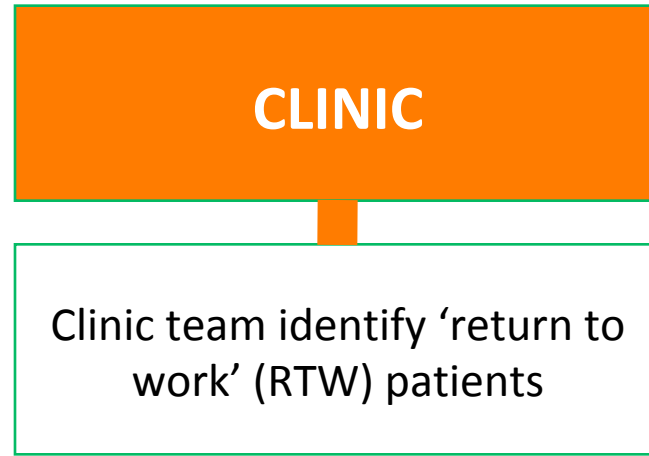


What is happening in Phase 2?

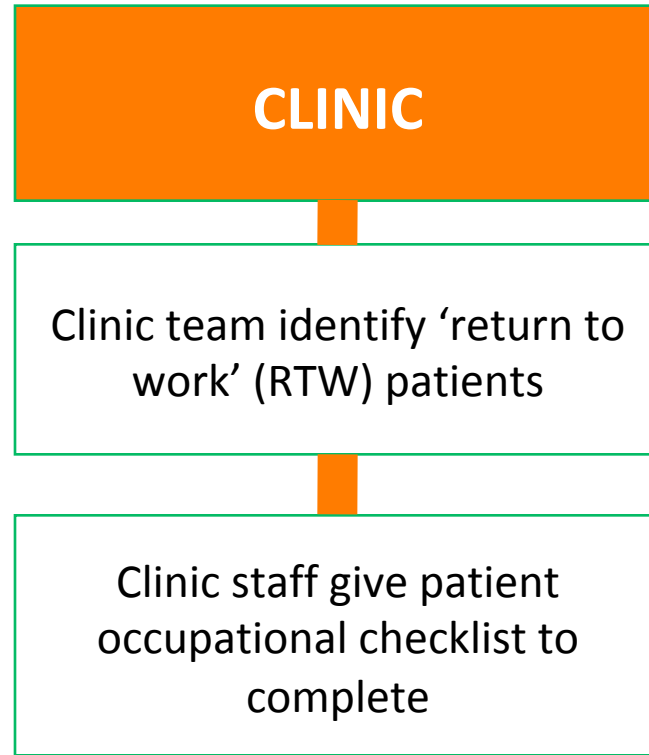
# The Occupational Advice Intervention will be tested....

- At 3 hospitals in a total of 30 patients
- Questionnaires completed by patients when **listed for surgery**, and at **8 weeks** and **16 weeks post surgery**
- Interviews with **patients, staff, employers and GPs** to find out what they thought about the intervention

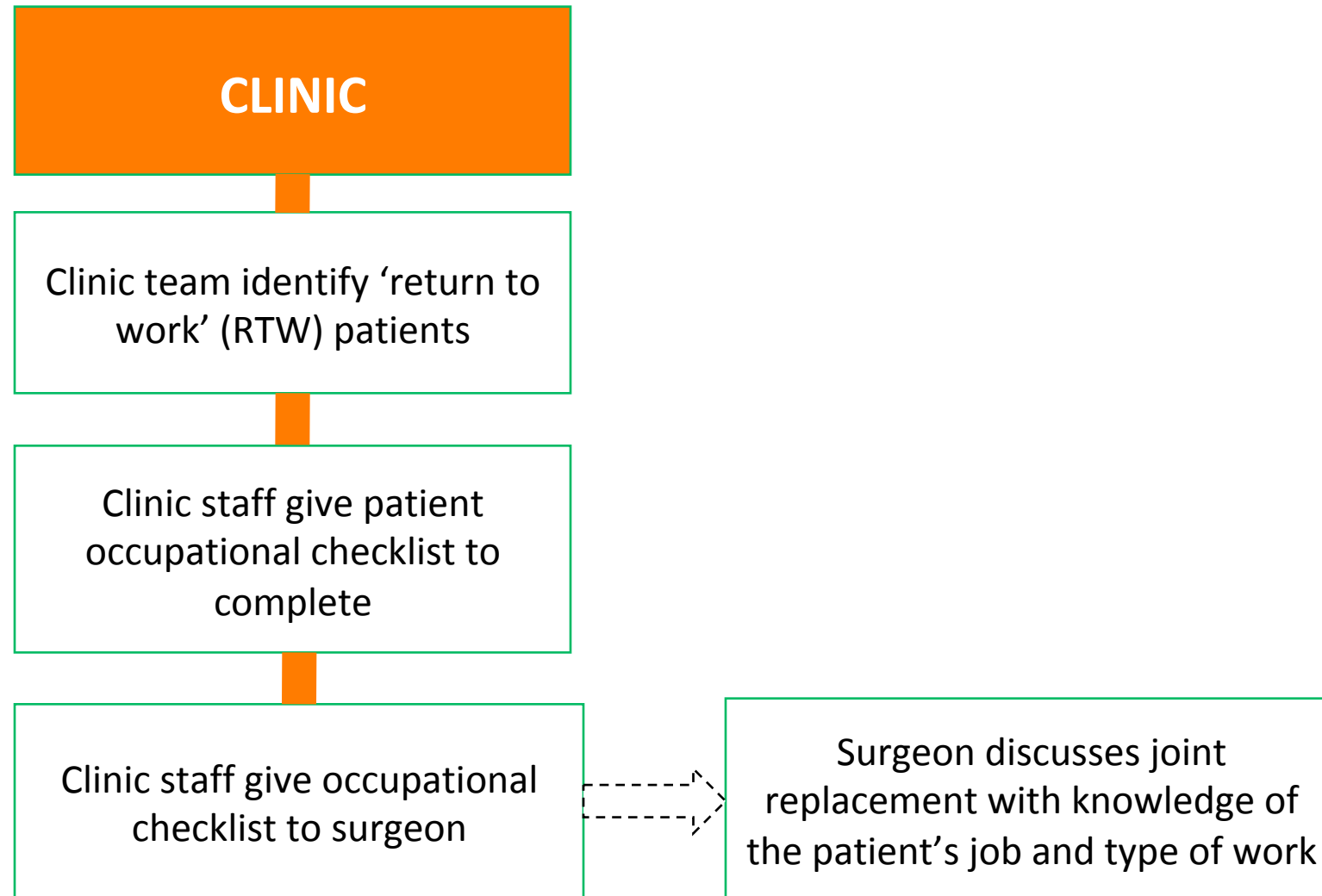
## Key elements of the OPAL programme



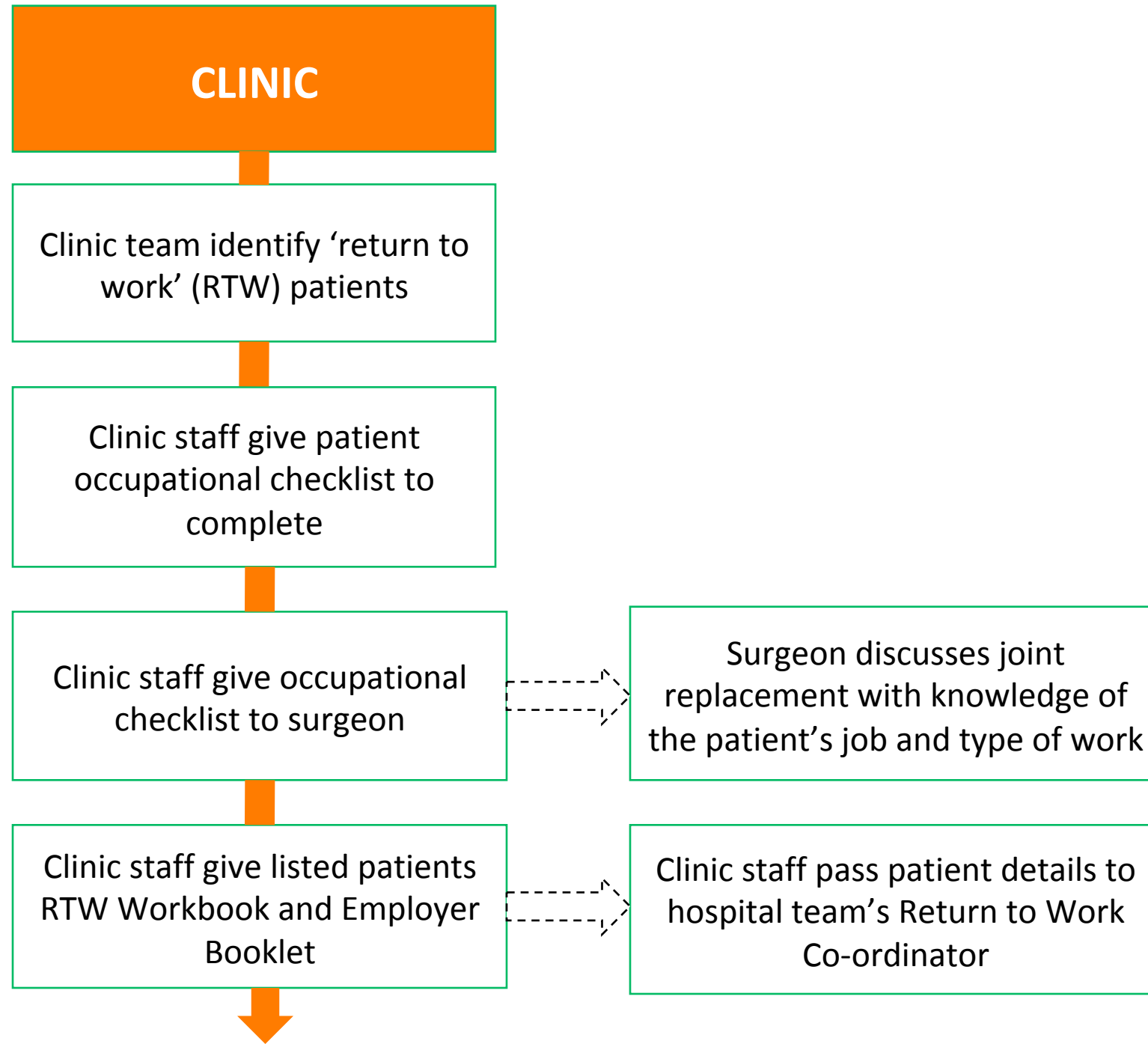
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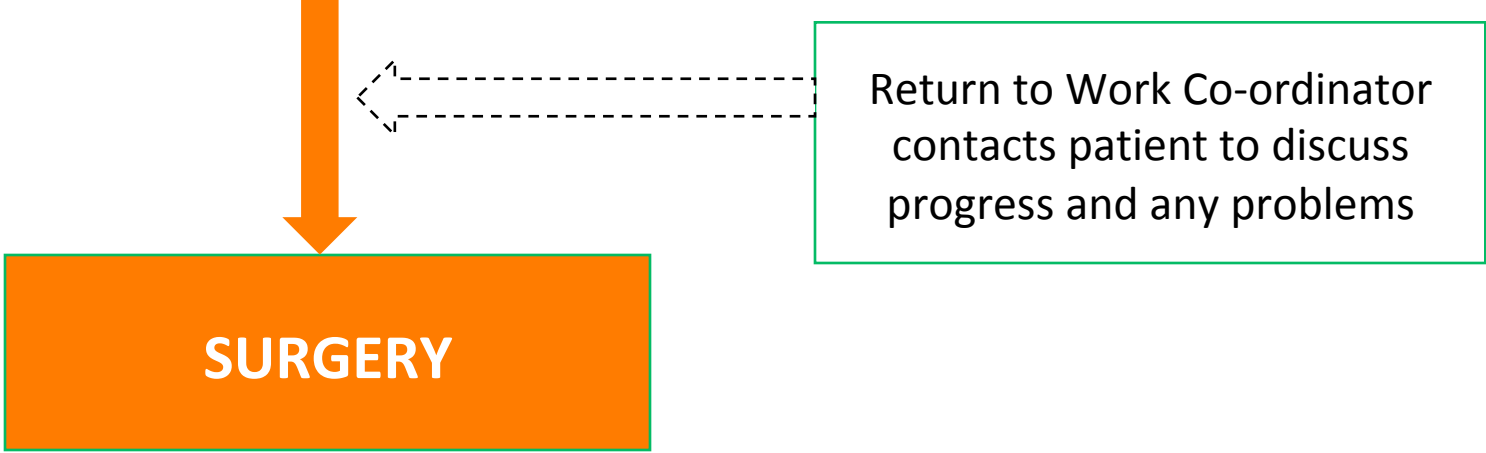


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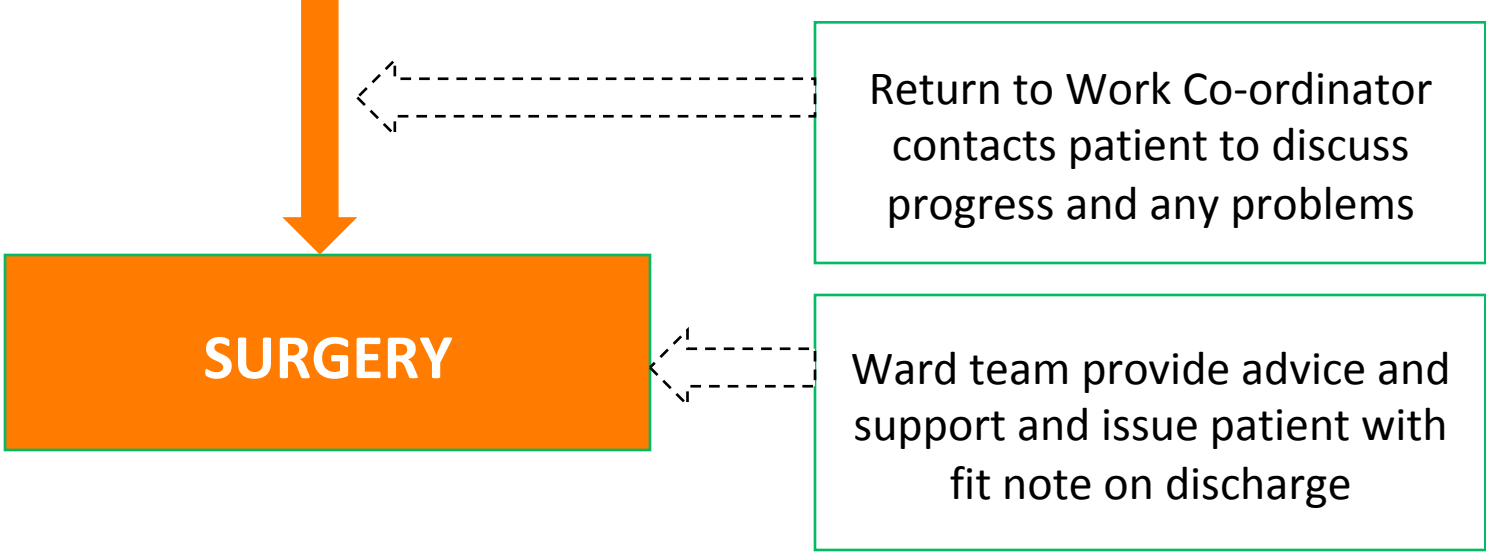


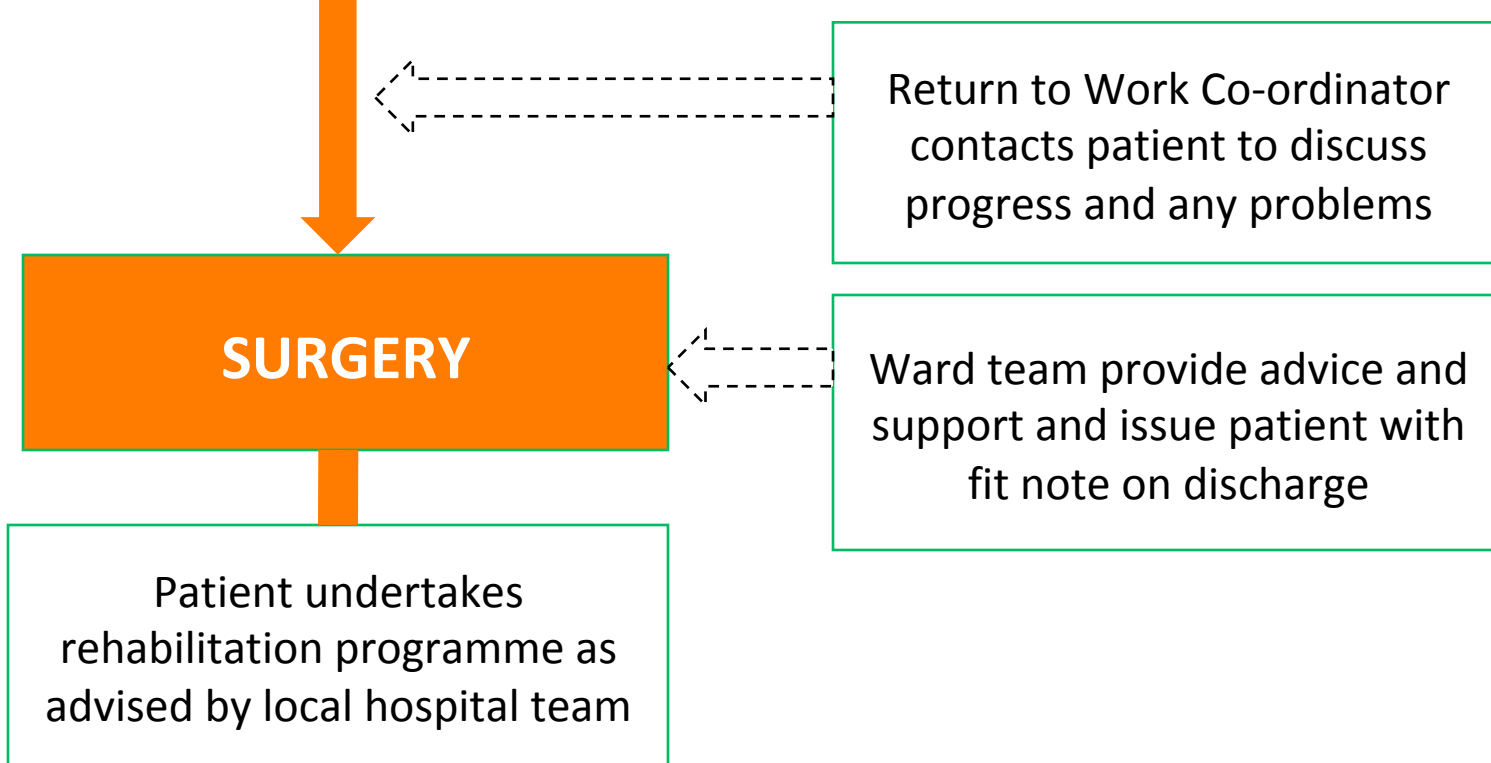
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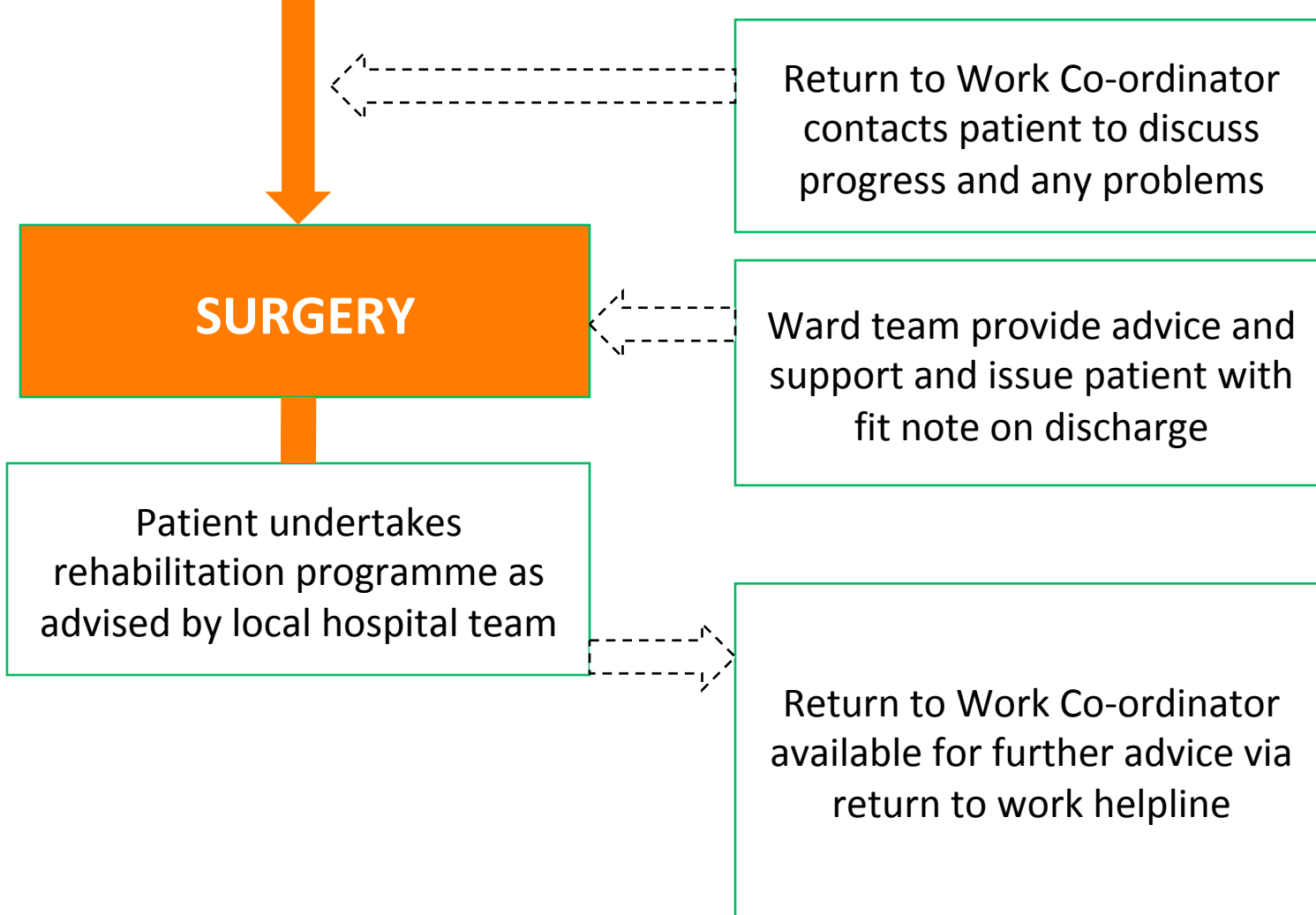


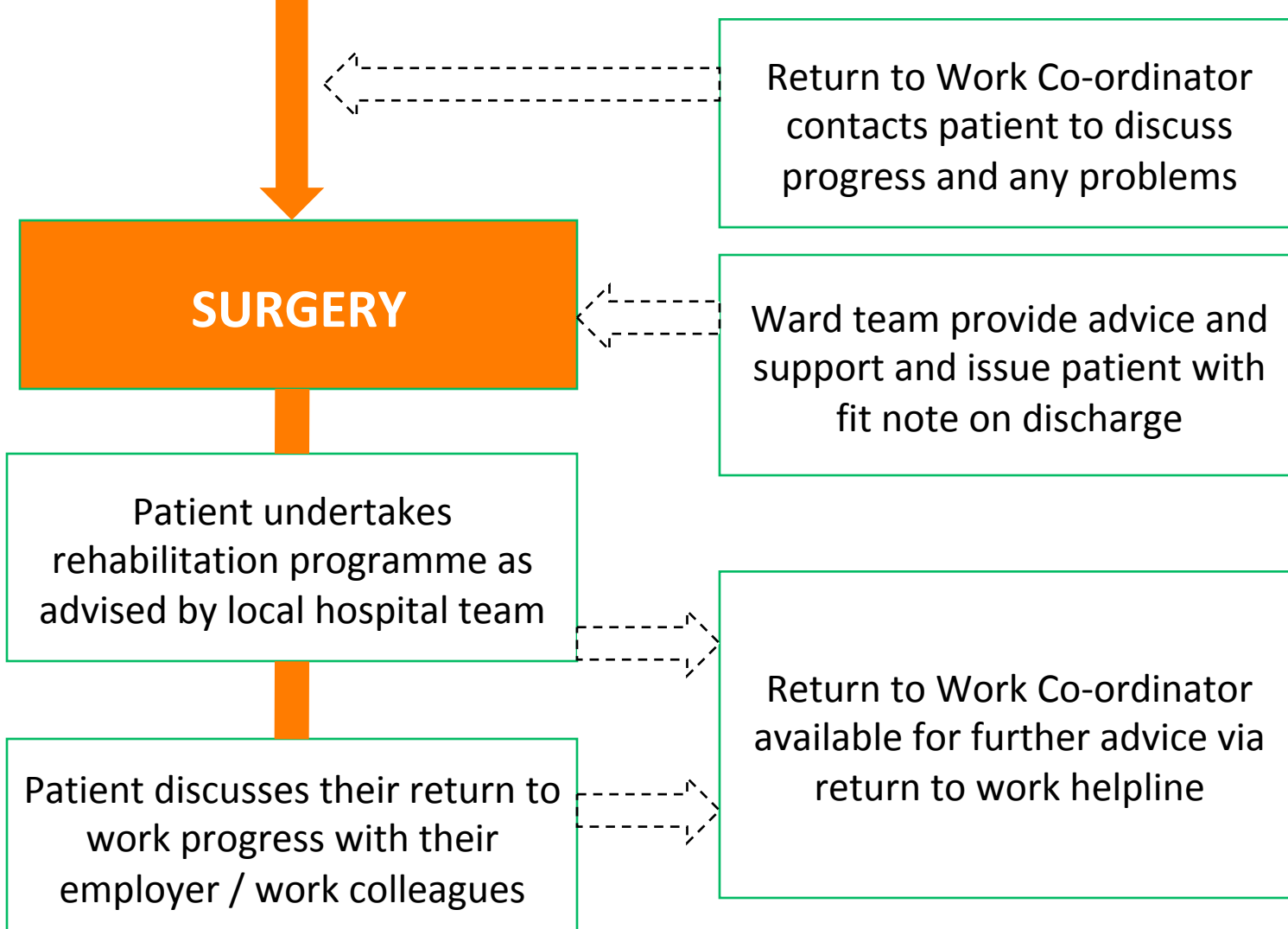


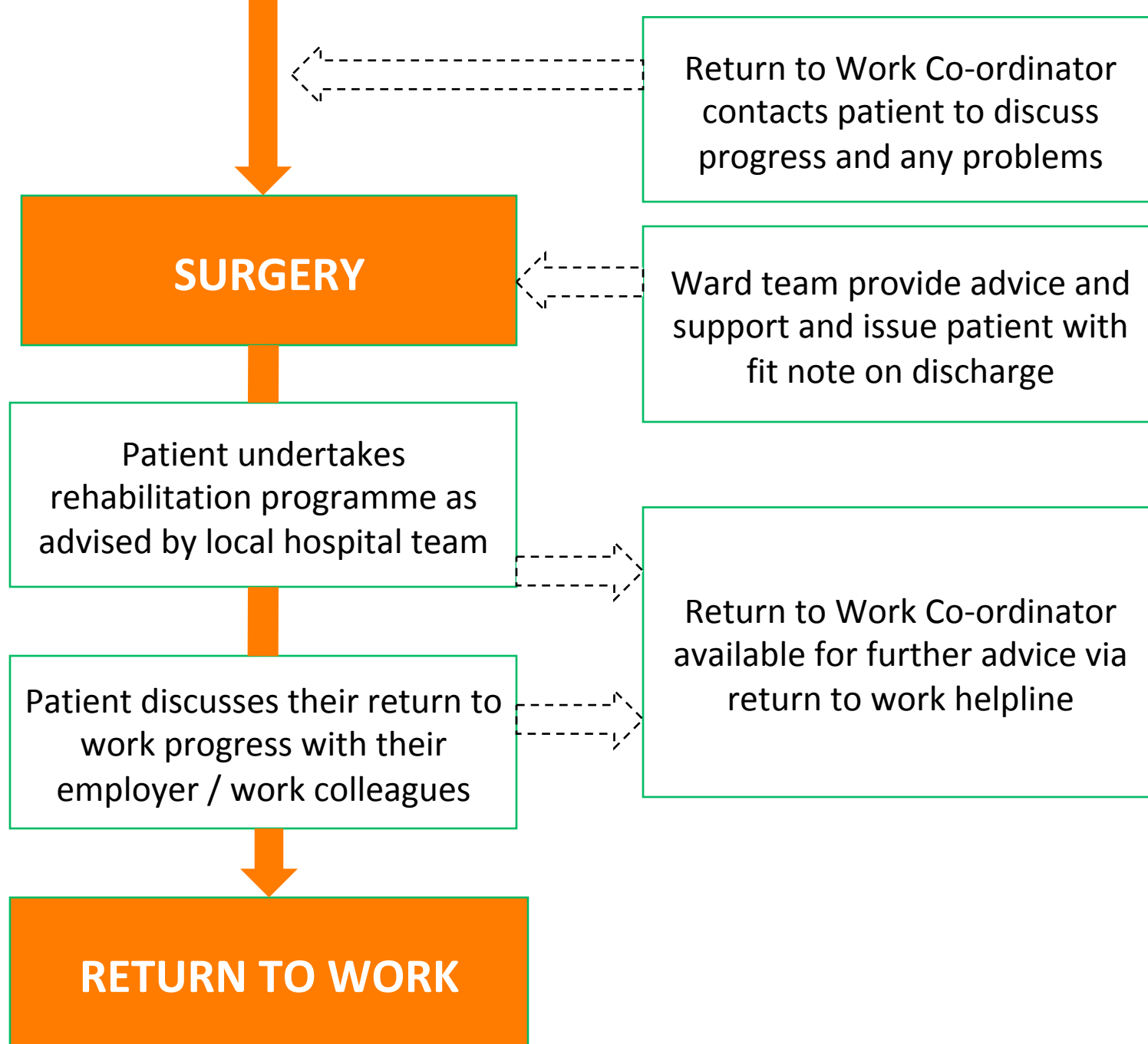












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- Complete Job Demands section in workbook and set approximate RTW date

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- Meet with their employer to discuss their RTW plan

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- Adhere to postoperative rehabilitation plan and advice