Preoperative behavioural intervention to reduce drinking before elective orthopaedic surgery: the PRE-OP BIRDS feasibility RCT

Christopher Snowden,1* Ellen Lynch,2 Leah Avery,3 Catherine Haighton,4 Denise Howel,2 Valentina Mamasoula,2 Eilish Gilvarry,5 Elaine McColl,2 James Prentis,1 Craig Gerrand,6 Alison Steel,7 Nicola Goudie,7 Nicola Howe7 and Eileen Kaner2

1The Newcastle upon Tyne Hospitals NHS Foundation Trust, Freeman Hospital, Newcastle upon Tyne, UK
2Institute of Health & Society, Newcastle University, Newcastle upon Tyne, UK
3School of Health and Social Care, Teesside University, Middlesbrough, UK
4Department of Social Work, Education & Community Wellbeing, Northumbria University, Newcastle upon Tyne, UK
5Newcastle Addictions Service, Northumberland Tyne and Wear NHS Foundation Trust, Newcastle upon Tyne, UK
6Royal National Orthopaedic Hospital, Stanmore, UK
7Newcastle Clinical Trials Unit, Newcastle University, Newcastle upon Tyne, UK

*Corresponding author chris.snowden@nuth.nhs.uk

Declared competing interests of authors: James Prentis has received personal fees from Pharmacosmos A/S (Holbaek, Denmark) outside the submitted work. Elaine McColl was a member of the National Institute for Health Research (NIHR) Journals Library Editorial Group from 2013 to 2016 and was a member of the NIHR Clinical Trials Unit Standing Advisory Committee until 2016. Denise Howel was a member of the NIHR Health Services and Delivery Research Healthcare Delivery Research Commissioning Board from January 2012 until May 2016 and was a member of the NIHR Programme Grants for Applied Research subpanel from February 2017. Eileen Kaner was a panel member of the NIHR Public Health Research Research Funding Board until October 2016.

Disclaimer: This report contains transcripts of interviews conducted in the course of the research and contains language that may offend some readers.

Published March 2020
DOI: 10.3310/hta24120
Plain English summary

The PRE-OP BIRDS feasibility RCT
Health Technology Assessment 2020; Vol. 24: No. 12
DOI: 10.3310/hta24120

NIHR Journals Library www.journalslibrary.nihr.ac.uk
Most patients undergoing knee and hip replacements are over 65 years old. Older patients have an increased risk of complications following surgery.

Heavy alcohol consumption in the weeks before surgery increases the risk of complications after surgery, which can extend recovery times. Advice that helps patients reduce their alcohol consumption before surgery may have benefits for recovery.

The PRE-OP BIRDS study had two parts: a feasibility study followed by a pilot randomised controlled trial with focus groups and an electronic survey used to characterise usual care in the preoperative assessment clinic.

The feasibility study took place at one hospital. It aimed to develop materials that help health-care professionals provide brief advice to patients on how to reduce alcohol consumption before surgery. This brief advice was delivered to eligible patients and the acceptability to staff and patients was assessed in interviews.

The pilot trial took place in three hospitals. Patients who agreed to take part were placed, by equal chance, into either a group that received usual care or a group that received usual care plus brief advice about reducing alcohol use. The aim was to count how many people agreed to take part and how many also agreed to complete a follow-up 6 months later. Interviews were carried out with patients and staff to explore their views on the intervention and the trial as a whole.

All of this information was collected to help decide if a future larger trial was possible. This work found that the tools used were acceptable to both patients and staff. Although the number of people who agreed to take part was smaller than hoped, almost all of those who took part also completed the 6-month follow-up. Therefore, a future larger trial was found to be possible, but some changes could be made to encourage more people to take part.
Criteria for inclusion in the Health Technology Assessment journal

Reports are published in Health Technology Assessment (HTA) if (1) they have resulted from work for the HTA programme, and (2) they are of a sufficiently high scientific quality as assessed by the reviewers and editors.

Reviews in Health Technology Assessment are termed ‘systematic’ when the account of the search appraisal and synthesis methods (to minimise biases and random errors) would, in theory, permit the replication of the review by others.

HTA programme

Health Technology Assessment (HTA) research is undertaken where some evidence already exists to show that a technology can be effective and this needs to be compared to the current standard intervention to see which works best. Research can evaluate any intervention used in the treatment, prevention or diagnosis of disease, provided the study outcomes lead to findings that have the potential to be of direct benefit to NHS patients. Technologies in this context mean any method used to promote health; prevent and treat disease; and improve rehabilitation or long-term care. They are not confined to new drugs and include any intervention used in the treatment, prevention or diagnosis of disease.

The journal is indexed in NHS Evidence via its abstracts included in MEDLINE and its Technology Assessment Reports inform National Institute for Health and Care Excellence (NICE) guidance. HTA research is also an important source of evidence for National Screening Committee (NSC) policy decisions.

This report

The research reported in this issue of the journal was funded by the HTA programme as project number 14/42/01. The contractual start date was in February 2016. The draft report began editorial review in February 2019 and was accepted for publication in May 2019. The authors have been wholly responsible for all data collection, analysis and interpretation, and for writing up their work. The HTA editors and publisher have tried to ensure the accuracy of the authors’ report and would like to thank the reviewers for their constructive comments on the draft document. However, they do not accept liability for damages or losses arising from material published in this report.

This report presents independent research funded by the National Institute for Health Research (NIHR). The views and opinions expressed by authors in this publication are those of the authors and do not necessarily reflect those of the NHS, the NIHR, NETSCC, the HTA programme or the Department of Health and Social Care. If there are verbatim quotations included in this publication the views and opinions expressed by the interviewees are those of the interviewees and do not necessarily reflect those of the authors, those of the NHS, the NIHR, NETSCC, the HTA programme or the Department of Health and Social Care.

© Queen’s Printer and Controller of HMSO 2020. This work was produced by Snowden et al. under the terms of a commissioning contract issued by the Secretary of State for Health and Social Care. This issue may be freely reproduced for the purposes of private research and study and extracts (or indeed, the full report) may be included in professional journals provided that suitable acknowledgement is made and the reproduction is not associated with any form of advertising. Applications for commercial reproduction should be addressed to: NIHR Journals Library, National Institute for Health Research, Evaluation, Trials and Studies Coordinating Centre, Alpha House, University of Southampton Science Park, Southampton SO16 7NS, UK.

Published by the NIHR Journals Library (www.journalslibrary.nihr.ac.uk), produced by Prepress Projects Ltd, Perth, Scotland (www.prepress-projects.co.uk).
NIHR Journals Library Editor-in-Chief

Professor Ken Stein  Professor of Public Health, University of Exeter Medical School, UK

NIHR Journals Library Editors

Professor John Powell  Chair of HTA and EME Editorial Board and Editor-in-Chief of HTA and EME journals. Consultant Clinical Adviser, National Institute for Health and Care Excellence (NICE), UK, and Senior Clinical Researcher, Nuffield Department of Primary Care Health Sciences, University of Oxford, UK

Professor Andrée Le May  Chair of NIHR Journals Library Editorial Group (HS&DR, PGfAR, PHR journals) and Editor-in-Chief of HS&DR, PGfAR, PHR journals

Professor Matthias Beck  Professor of Management, Cork University Business School, Department of Management and Marketing, University College Cork, Ireland

Dr Tessa Crilly  Director, Crystal Blue Consulting Ltd, UK

Dr Eugenia Cronin  Senior Scientific Advisor, Wessex Institute, UK

Dr Peter Davidson  Consultant Advisor, Wessex Institute, University of Southampton, UK

Ms Tara Lamont  Director, NIHR Dissemination Centre, UK

Dr Catriona McDaid  Senior Research Fellow, York Trials Unit, Department of Health Sciences, University of York, UK

Professor William McGuire  Professor of Child Health, Hull York Medical School, University of York, UK

Professor Geoffrey Meads  Professor of Wellbeing Research, University of Winchester, UK

Professor John Norrie  Chair in Medical Statistics, University of Edinburgh, UK

Professor James Raftery  Professor of Health Technology Assessment, Wessex Institute, Faculty of Medicine, University of Southampton, UK

Dr Rob Riemsma  Reviews Manager, Kleijnen Systematic Reviews Ltd, UK

Professor Helen Roberts  Professor of Child Health Research, UCL Great Ormond Street Institute of Child Health, UK

Professor Jonathan Ross  Professor of Sexual Health and HIV, University Hospital Birmingham, UK

Professor Helen Snooks  Professor of Health Services Research, Institute of Life Science, College of Medicine, Swansea University, UK

Professor Ken Stein  Professor of Public Health, University of Exeter Medical School, UK

Professor Jim Thornton  Professor of Obstetrics and Gynaecology, Faculty of Medicine and Health Sciences, University of Nottingham, UK

Professor Martin Underwood  Warwick Clinical Trials Unit, Warwick Medical School, University of Warwick, UK

Please visit the website for a list of editors: www.journalslibrary.nihr.ac.uk/about/editors

Editorial contact: journals.library@nihr.ac.uk