“The SICAM-trial: Spouses’ Involvement through CAse Management. Improving older patients’ post-discharge functional status after total hip replacements in fast-track treatment programmes. A complex intervention study”

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Older patients going through total hip replacement during fast-track treatment programmes often experience pain and low mobility before and after surgery and they have a string need for spouses emotional and practical support. Spouses’ involvement is often associated with improvements in patients’ stress, depression, pain, anxiety and a decrease in length of stay, however no studies were found of the effect spouses can have on patients’ functional status. Case management interventions are complex and comprise several components but an orthopaedic practice that consists mainly of total joint replacements can be the ideal setting for case management, achieving successful patient outcomes through family education. The objectives of the SICAM-trial are to develop, intervene, and evaluate spouses’ involvement through case management in fast-track treatment programmes, to improve the post-discharge functional status of older patients after total hip replacement.

The SICAM-trial consists of three studies:

Study 1: A systematic review of the intervention literature of spouses’ involvement through case management, with regards to procedure of interventions, settings, primary outcomes and effects, will be conducted as evidence base for developing the complex intervention.

Study 2: An intervention involving spouses through case management will be disseminated, to improve older patients’ post-discharge functional status after total hip replacements in fast-track treatment programmes using a two group experimental design with repeated measures.

Study 3: A qualitative post-intervention study will be conducted to explore and describe spouses’ experiences of case management in older patients’ fast-track treatment programmes during total hip replacement. Data will be collected through semi-structured interviews of participating spouses from the intervention group and analysed through manifest and latent content analysis.

The SICAM-trial is expected to provide original knowledge about the importance of involving spouses as a resource for older patients going through total hip replacement in fast-track treatment programmes, by focusing on information. The results are further expected to identify how case management can be used as intervention to include spouses to older patients in their trajectories and to understand how case management is perceived by spouses as recipients.