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This is the author's version of a work that was submitted to / accepted for publication.

Citation for final published version:

Button, Kate 2020. Trak Web-based supported self-management for physiotherapy treatment of knee injuries. Presented at: 17th Asian Federation of Sports Medicine Congress, Riyadh, Saudi Arabia, 13-15th December 2019.

Publishers page: <https://www.afsm2019.org//agenda?date=2019-12-14>

Please note:

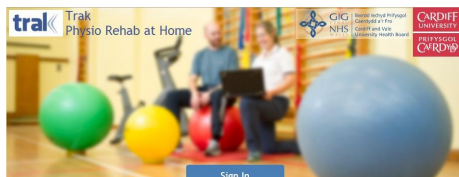
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TRAK web-based supported self-management physiotherapy intervention for knee conditions

DEVELOPMENT – LESSONS – NEXT STEPS

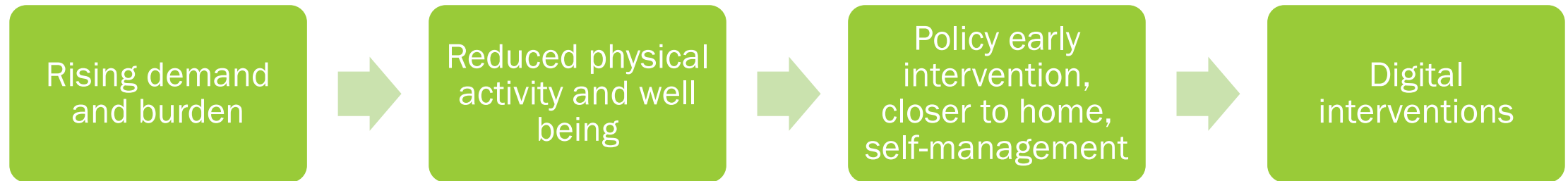


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The need for TRAK

18.8 million people UK
MSK pain

1 in 5 consultations with
General Practitioner



21.3% of years lived in
less than good health

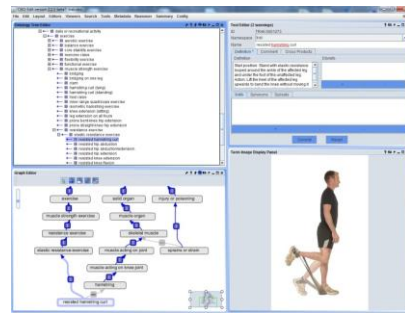
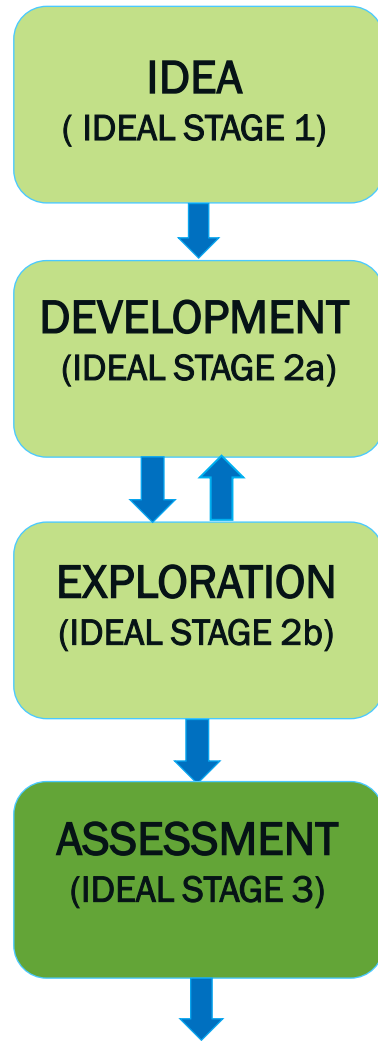
Vos et al. 2012, Versus Arthritis 2018, Gay et al. 2019, WAG 2018, Sliepen et al 2019, Geneen et al. 2017



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TRAK web-based physiotherapy

2009



<http://bioportal.bioontology.org/ontologies/3210>



SYSTEMATIC REVIEWS: EXERCISE
& SELF-CARE INTERVENTIONS

UK WIDE SURVEY

ONTOLOGY DEVELOPMENT

USABILITY & ACCEPTABILITY

FEASIBILITY STUDIES

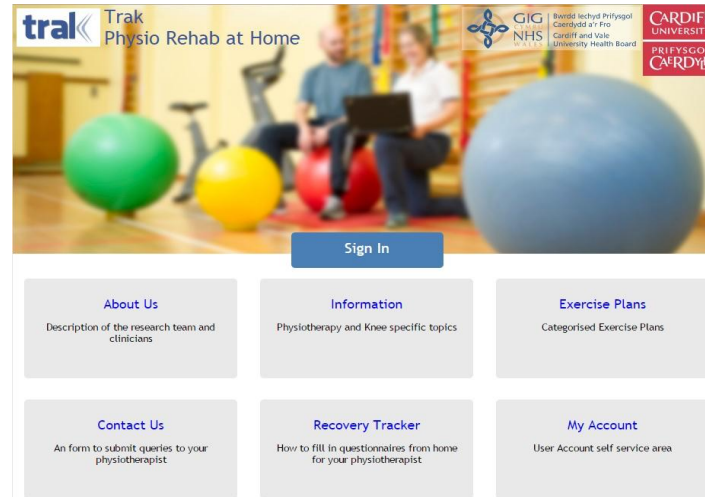
Button et al 2012, 2013, 2015, 2017, Dunphy et al 2017



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TRAK web functionality



Spasic et al
2015, Button et
al 2017

TRAK ACCEPTABILITY

PHYSIOTHERAPISTS

... whether they are good with technology and they want to access technology.

you still need to do your full assessment but then adding this on the end would take time, to explain to the patient and then get the exercise plan setup rather than finishing

I think initially it was more that I wasn't too confident with it,

THEMES

Usability

User requirement

Integration

Change management

Supported self-management

Future TRAK

PATIENTS

I would say if you have the skills required to do online shopping that would be more than sufficient.

Need to go through TRAK with physiotherapy first for guidance and direction, to gain confidence and understanding.

It just enabled me to feel like I was in control and give me that confidence. And I also think it encourages you to do more, to do your exercises

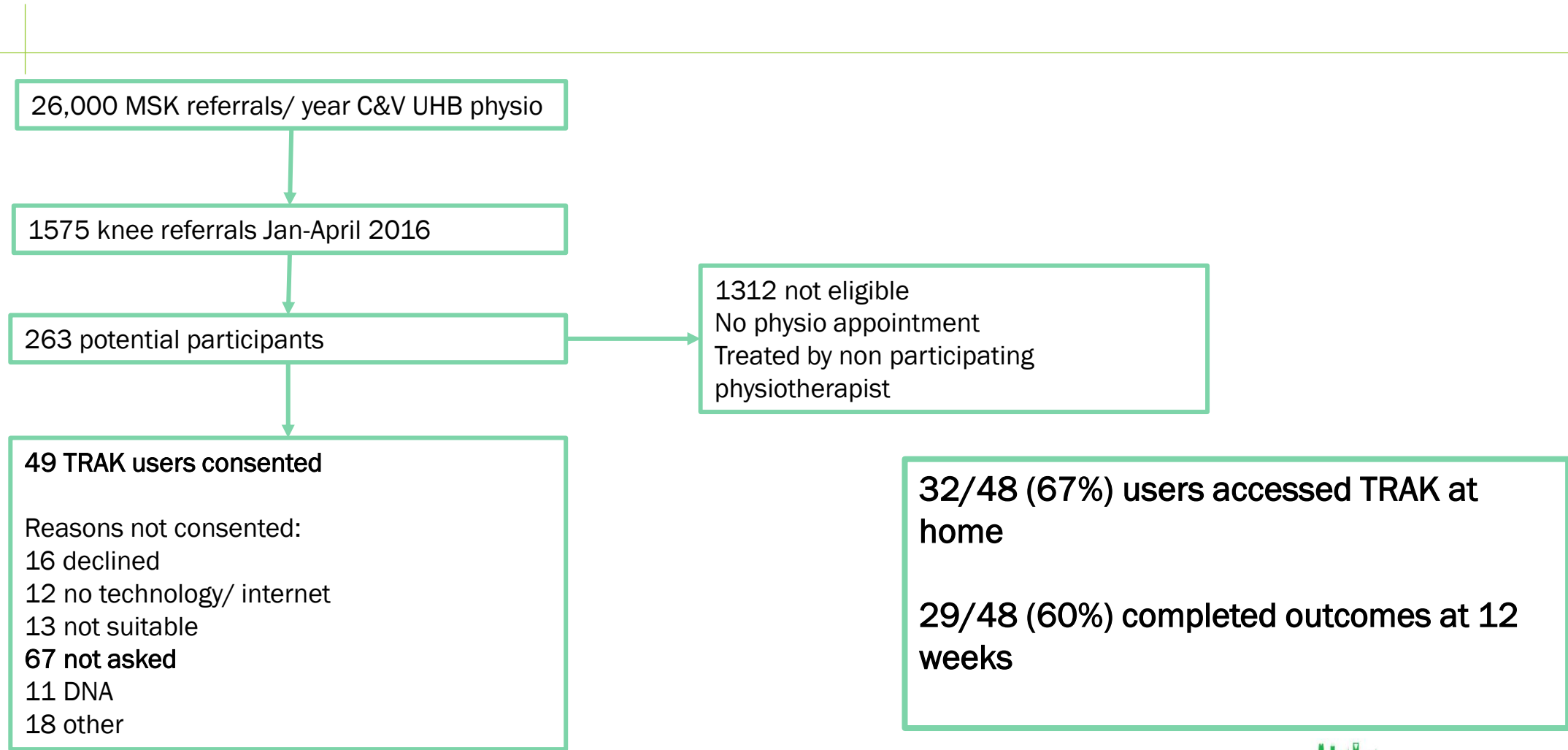
part of me would always want to know that that was always there



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TRAK FEASIBILITY



Main Findings and lessons



Stable and defined intervention: Randomised control trial IDEAL stage 3

Next steps



Scaling up for all musculoskeletal conditions

TRAK continues to be used: spread to other services

Transfer to different contexts: PhD Feasibility study
Saudi Arabia

Modifiable platform



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THANK YOU

Acknowledgements

Prof Irena Spasic, School of Computer Science, Cardiff University

Prof Monica Busse, Clinical Trials Unit, Cardiff University

Ms Emma Dunphy, University College London

Mr Kevin Nicholas, Cardiff and Vale University Health Board



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