

The Effect of Tele Rehabilitation Training on Complications of Hip Osteoarthritis: A Quasi-Experimental Study

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Abstract : Introduction: Rehabilitation training after hip joint surgery is one of the priorities of nursing, which can be helpful in today's world with the advancement of technology. This study was conducted with the aim of the effect of Tele rehabilitation Education on outcomes of hip osteoarthritis. Methods: The present study was a semi-experimental study that was conducted on patients after hip replacement in the first half of 2023. To perform the work, 70 patients who were available were included in the study and were divided into two intervention and control groups by a nonrandom method. Inclusion criteria included: a maximum of 6 months had passed since the hip joint replacement, age between 30-70 years, the ability to follow instructions by the subject, the absence of accompanying orthopedic lesions such as fractures, and having access to the Internet, a smartphone, and the Skype program. Exclusion criteria were severe speech disorder and non-participation in a training session. The research tool included a demographic profile form and Hip disability and osteoarthritis outcome score (HOOS), which were completed by the patients before and after the training. Training for people in the intervention group in 4 sessions, including introduction of the disease, risk factors, symptoms, management of disease symptoms, medication, diet, appropriate exercises and pain relief methods, one session per week for 30 to 45 minutes in the groups 4 to 6 people were offered through Skype software. SPSS version 22 statistical software was used to analyze the data. Results: The average score of osteoarthritis outcomes in the patients before the intervention was 112.74 ± 29.64 in the test group and 110.41 ± 16.34 in the control group, which had no significant difference ($P=0.682$). After the intervention, it reached 85.25 ± 21.43 and 109.94 ± 15.74 , respectively, and this difference was significant ($P<0.001$). The comparison of the average scores of osteoarthritis results in the test group indicated a significant difference from the pre-test to the post-test time ($p<0.001$). But in the control group, this difference was not significant ($p=0.130$). Conclusion: The results showed that Tele rehabilitation Education has a positive effect on reducing the outcomes of hip osteoarthritis, so it is recommended that nurses use Tele rehabilitation Education in their training in order to empower patients.

Keywords : training, rehabilitation, hip osteoarthritis, patient, complications

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