

A randomised control trial of early rehabilitation and follow up model of care at an Australian major trauma centre

ACTRN12616000257460

Status	RECRUITING
Sponsor	Royal Prince Alfred Hospital
Enrollment	200 participants

Plain Language Summary

This study looks at whether a follow-up clinic appointment after leaving hospital can help people who had a minor injury from an accident return to work and normal activities sooner. Participants will be recruited in the emergency department after a road accident, fall, or work injury. Half will be offered a structured follow-up clinic, and half will receive standard care. Outcomes like time off work and overall health will be compared.

You may be eligible if:

- You are between 16 and 65 years old
- You came to the emergency department after a road accident, fall, or work-related injury

You may NOT be eligible if:

- You have a severe head injury or multiple serious injuries
- You are expected to be critically ill within 48 hours
- Your injury was from assault, self-harm, or a penetrating wound
- You have a pre-existing mental health condition, cognitive impairment, or substance use disorder
- You live in a nursing home or have no fixed address
- You do not have an English-speaking family member at home

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (3)

- Patient population – Patients will be recruited after trauma team activation in ED who satisfy the following:
 - age between 16 and 65 years of age,
 - Presenting with injuries following road trauma (and motorised vehicle, train, pedestrian, cyclist), fall or work-related injury.

Exclusion (1)

- Exclusions - Patients excluded will be expectant death within 48 hours of admission, severe head injury, severe multisystem injury, patient identified after 48 hours of admission, penetrating injury, assault, self-inflicted injury, pre-existing mental health illness or cognitive impairment, pre-existing diagnosis of drug and alcohol use disorders, residence in an aged care facility, no fixed abode or contact details lack of adequate English speaking family member present at home. Exclusions are based on previous work at this institution that demonstrated poor telephone follow up rates.

Locations (1 total)

Royal Prince Alfred Hospital - Camperdown, NSW, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12616000257460>

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