

DECIDE study - Evaluating information provided for people with knee osteoarthritis considering surgery: a randomised controlled trial

ACTRN12622000204741

Status	RECRUITING
Sponsor	Monash University
Enrollment	592 participants

Plain Language Summary

Knee arthroscopy — keyhole surgery on the knee — has historically been offered to many people with knee osteoarthritis or meniscal tears. However, recent high-quality research has shown that for degenerative knee conditions, arthroscopy offers little to no benefit over non-surgical management such as physiotherapy, exercise, and weight management. Despite this, many patients are still referred for surgery without fully understanding all their options.

The DECIDE study is testing whether providing clear, evidence-based information about osteoarthritis and its management helps people make more informed decisions about whether to have surgery. Participants will be randomly assigned to receive either standard information or a specially designed decision support resource. The study will assess whether this leads to better-informed decision-making and potentially less unnecessary surgery.

You may be eligible if you are aged 45 or older, have been diagnosed by a doctor with degenerative knee disease (osteoarthritis, meniscal tears, or loose bodies causing mechanical symptoms), and have discussed or considered knee arthroscopy with a health professional. People with inflammatory arthritis, previous knee arthroscopy, bilateral total knee replacements, or who are not comfortable reading and answering questions in English are not eligible. Empowering patients with good information is a cost-effective way to improve care — and this study could help reduce thousands of unnecessary procedures each year.

Key Eligibility Criteria

Inclusion (4)

- Participants will be eligible if they:
- are aged 45 years or older;
- have doctor-diagnosed degenerative knee disease (osteoarthritis, meniscal tears and/or loose bodies causing mechanical symptoms); and
- have considered or talked to a health professional about knee arthroscopy.

Exclusion (5)

- Participants will be excluded if they:
- have a diagnosis of inflammatory arthritis (e.g. rheumatoid arthritis, psoriatic arthritis);
- have undergone previous arthroscopy surgery of either knee;
- have bilateral total knee replacements;
- are not comfortable reading and answering questions in English.

Locations (1 total)

ACT,NSW,NT,QLD,SA,TAS,WA,VIC, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12622000204741>

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