

Effect of a digital intervention on pain and reliance on opioids after total knee replacement surgery

ACTRN12624001060538

Status RECRUITING
Sponsor Austin Health
Enrollment 130 participants

Plain Language Summary

Total knee replacement surgery is effective but recovery can be painful, and many patients rely on opioid pain medication afterwards. This study is testing whether a simple digital intervention — a short educational video before surgery and daily SMS messages for three weeks after — can help patients manage their pain better and reduce their need for opioids.

Participants scheduled for knee replacement surgery are randomly assigned to receive either the full digital program (video plus SMS messages) or the video only, with both groups continuing usual care. Pain intensity, opioid use, distress, and isolation are tracked at multiple time points up to six months after surgery.

You may be eligible if you are scheduled for total knee replacement surgery, own a mobile phone with internet access, and are able to watch a video, read text messages, and complete brief online surveys independently. This research is helping Australian hospitals understand whether digital tools can reduce pain and opioid use after major surgery.

Key Eligibility Criteria

Inclusion (5)

- patients who are scheduled for Total Knee Replacement (TKR) surgery
- own a mobile phone with access to the internet
- capable of watching a 10-minute video with audio and subtitles, receiving, reading, and understanding short SMS text messages
- capable in completing brief online surveys
- able to provide independent consent to participate

Exclusion (2)

- cognitive impairment, visual impairment, or a mental health condition affecting their ability to provide independent consent or affecting their ability to understand and complete survey measures
- difficulty reading or understanding English

Locations (1 total)

Austin Health - Austin Hospital - Heidelberg, VIC, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12624001060538>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at anzctr.org.au. Generated by ClinicalTrialsFinder.org.