

Effectiveness of a Self-management Program After Traumatic Injury

NCT06305819

Status	RECRUITING
Phase	Not Applicable
Sponsor	Oslo University Hospital
Enrollment	220 participants

Key Eligibility Criteria

Inclusion (5)

- Adults residing in the southeast region of Norway who are aged between 18 and 72 years.
- Admitted to OUH directly or after transfer from local hospitals within 72 hours of injury.
- At least a two-day hospital stay.
- Traumatic injury corresponding to a New Injury Severity Scale score (NISS) ≥ 9 .
- Patients reporting injury-related symptoms, functional impairments, and/or difficulties with daily activities at the discharge from OUH.

Exclusion (5)

- Cognitive function corresponding to a Mini Mental Status score (MMS) < 20 points.
- Psychiatric diseases that require treatment.
- Drug/alcohol dependence that require treatment.
- Complete spinal cord injury and isolated thoracic or abdominal injury
- Insufficient command of Norwegian

Locations (1 total)

Oslo University Hospital, Oslo, Norway