

Overzicht promotie trajecten AGIKO's in Revalidatie Nederland

Beschrijving promotietraject van

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Titel

Exercise therapy and cognitive behavioural therapy in Postpoliomyelitis Syndrome: effects on fatigue, activities and quality of life.

Onderzoeksdesign

A multi-centre, single-blinded, randomized controlled trial.

Onderzoekers

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Begeleiders

AMC - Afdeling Revalidatie:

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Summary

Rationale: Postpoliomyelitis Syndrome (PPS) is a complex of neuromuscular symptoms that appears in many survivors of paralytic polio, usually 15 years or more after the acute illness. Subjects with PPS often complain of severe fatigue and deterioration in functional abilities. The pathogenesis of PPS is probably multifactorial. Since PPS is not considered curable, rehabilitation management is the mainstay of treatment. To preserve functioning at the highest achievable level, two distinctly different therapeutic interventions can be executed: exercise therapy or cognitive behavioural therapy (CBT). However, evidence to support either approach is still insufficient and understanding of the underlying mechanisms of the approaches is unclear. We hypothesize that exercise therapy and CBT are both effective in reducing fatigue, improving activities and quality of life of patients with PPS compared to usual care. There is need for rigorous, appropriately controlled assessment of the efficacy of these interventions for PPS patients.

Objective: (1) To study the efficacy of exercise therapy and CBT for reducing fatigue and improving activities and HRQoL in patients with PPS. (2) To identify generic and disease-specific determinants of effects. (3) To evaluate the cost-effectiveness of each intervention compared to usual care. (4) To obtain insight into patients' expectations of and experiences with both interventions.

Study population: A sample of 81 patients with PPS, aged 18-70 years recruited from 3 different university hospitals and their affiliate rehabilitation centres.

Intervention: The 81 patients will be randomized to one of three groups i.e. (1) exercise therapy + usual care, (2) CBT + usual care, (3) usual care.

Main study parameters: At baseline, completion of the intervention and at 3- and 6-months follow-up, fatigue (Checklist Individual Strength, domain fatigue), limitations

in activities (Sickness Impact Profile, domains: mobility range, mobility control, social behaviour), HRQoL (SF-36), and secondary outcome measures will be assessed.