



# An eHealth Self-Management Program for Patients With Total Hip Replacement: Construction, Implementation, and Longitudinal Effects

Jung-Hua Shao, \* Su-Hui Chen, Yi-Chun Kao

RN, PhD, Assistant Professor, Chang Gung University, Taiwan

RN, PhD, Professor, Chang Gung University of Science and Technology, Taiwan

RN, MSc, Lecturer, Tzu Chi University of Science and Technology, Taiwan

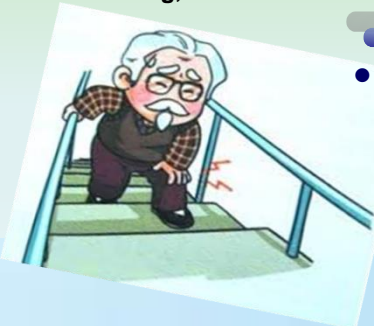
Correspondence: Su-Hui Chen, E-mail: sophee@gw.cgust.edu.tw

## BACKGROUND

- Total Hip Replacement (THR) is among the most frequent surgical interventions in older adults.
- Patient need to learn how to manage their chronic condition using self-management approaches.
- It seemed appropriate to develop an eHealth self-management to manage day-to-day health behaviors, using program management, real-time monitoring, and disease health knowledge.

## AIMS

- The aim of the randomized controlled trial is to develop and evaluate the efficacy of an eHealth self-management program to promote self-management in patients with THR over a 12-month follow up.



## METHODS

- An eHealth self-management intervention, conduct a pilot study, and do psychometric testing of the instruments will be developed.
- In this 12-month randomized controlled trial, 220 hospitalized patients with THR will be recruited from a hospital.
- The “symptom management” strategy will focus on pain and early signs of complications from THR.
- We will record seven health-related outcomes: hip function, self-efficacy, depressive symptom, quality of life, self-management behaviors, hip performance and health services use.
- Outcome measures were taken at baseline and at 1, 3, 6 and 12 months after commencement of the intervention.

## CONCLUSIONS

- The development of an effective eHealth self-management intervention should help THR patients improve their self-management ability and quality of life by removing the gap between patients and healthcare providers.

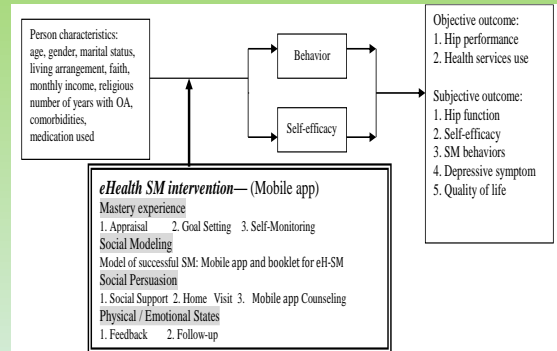


Figure 1. Conceptual framework for eHealth self-management program