



Academy of Orthopaedic Physical Therapy, APTA, Inc. Grant Program Annual Progress Report Form

Date: 08/17/2022

Name of Investigators: Hiral Master, PT, PhD, MPH

Name of the Grant: Telehealth physical activity intervention after lumbar spine surgery: A mixed-methods feasibility trial

Award Period: 07/01/2021 to 07/01/2023

Current Year of Award completed (circle one): **1st** 2nd, no-cost extension year (3rd)

Progress reports are due no later than 1 year plus 10 days after the initial award date. Failure to submit a timely progress report may result in the termination of your award.

1. Summary of accomplishments in the past year:

We completed the pilot proof of concept randomized controlled trial and have started the mixed-methods feasibility trial. Based on the pilot study, we have revised our study materials and outcomes assessment strategy, including more rigorous check for obtaining valid Actigraph data and eliminating the outcomes assessment at 3-month follow-up. The study is also registered on clinical trials.gov (<https://clinicaltrials.gov/ct2/show/NCT04968821>) and has been approved by IRB. We have established a study team (PIs, coordinators, surgeons, statisticians, physical therapist who will deliver the intervention) who meets on weekly basis to review study progress. We have also started screening the patients and enrolling them in the trial.

2. Provide a one-paragraph summary of results or abstract suitable for posting on the Academy website.

The overall objective of this randomized controlled study is to examine the preliminary efficacy of a physical activity intervention that includes wearable technology and remote physical therapist support in patients undergoing lumbar spine surgery. Patients will be randomized to receive 8 sessions of a telehealth physical activity intervention (n=30) or usual postoperative care (n=30). This trial is registered on clinical trials.gov (NCT04968821) and has been approved by the IRB. We are currently recruiting participants for the trial. To date, we have screened 1151 patients, of which, 127 were eligible for the trial based on the study's inclusion and exclusion criteria. Of these eligible patients, 54 were consented to participate in the trial and 35 participants were eligible for randomization. Currently, 25 participants have been randomized to intervention (n=12) and usual care (n=13) and groups. Lastly, 17 participants have reached the 6-month follow-up assessment, with 15 completing, 1 pending and 1 lost to follow-up.

3. Attach a list of your publications published or accepted during the past year, or currently being written. Send reprints when available. List presentations made and abstracts accepted for presentation based on this work. Indicate with an asterisk (*) those publications supported by Academy of Orthopaedic Physical Therapy funding.

We have submitted the manuscript for our pilot trial, which is under review

*Master, H., Coronado, R.A., Whitaker, S., Block, S., Vanston, S.W, Pennings, J.S., Gupta, R., Robinette, P., Stephens, B., Abtahi, A., Schwarz, J., Archer, K.R. 2022. Promoting walking early after lumbar spine surgery: feasibility and acceptability of a brief tele-health physical activity intervention. Pilot and Feasibility Studies. (Under review)

4. Provide a budget, using the original approved budget. Indicate total funds spent to date per major categories. If there was $\geq 25\%$ deviation (greater or less spent) of use of funds for any of the budget category, please BRIEFLY indicate the rationale.

EXPENSE CATEGORY	Budgeted Amount for Year 1	Actual Amount Spent in Year 1	Amount Remaining in Year 1 budget	Budgeted for Year 2	Projected Expenditure in Year 2
Salary and Fringe Benefits	\$3,703	\$670		\$3,814	
Participant Compensation	\$6,550	\$4,450		\$6,950	
Shipping Costs	\$300	\$28		\$420	
Software	\$2,307	\$2,499		\$460	
Mileage reimbursement, Coordinators		\$193			
Lab Supplies	\$2,140	\$4,723		\$3,356	
TOTAL	\$15,000	\$12,563		\$15,000	

5. Objectives for the next year:

We will aim to complete the participant recruitment and kickstart the data analysis and disseminate the findings via peer-reviewed manuscripts and presentation at national conferences.

Hiral Master
Your Signature

08/17/2022
Date

Return to:

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