

# Developing a complex intervention to improve participation and quality of life in nursing home residents with joint contractures (JointConImprove)

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## Background

Joint contractures are common problems in nursing home residents (Prevalence 25-80%), leading to considerable restrictions in daily life. From the patients' perspective, restrictions in social participation are most burdensome [1]. These may result from the accumulation of various factors, from changes in body function and structures to debilitating environmental factors, such as design of living areas or attitudes of health care professionals. An effective intervention has to reflect this complexity.

## Objective

The aim of this study was to develop a complex intervention to improve participation and quality of life in nursing home residents with joint contractures.

## Methods

The intervention development followed the UK Medical Research Council (MRC) framework [2] through integrating the perspective of the affected individuals, the health professionals and caregivers, and the researchers.

## Results

Fig.2: Logic model for the JointConImprove-Intervention.

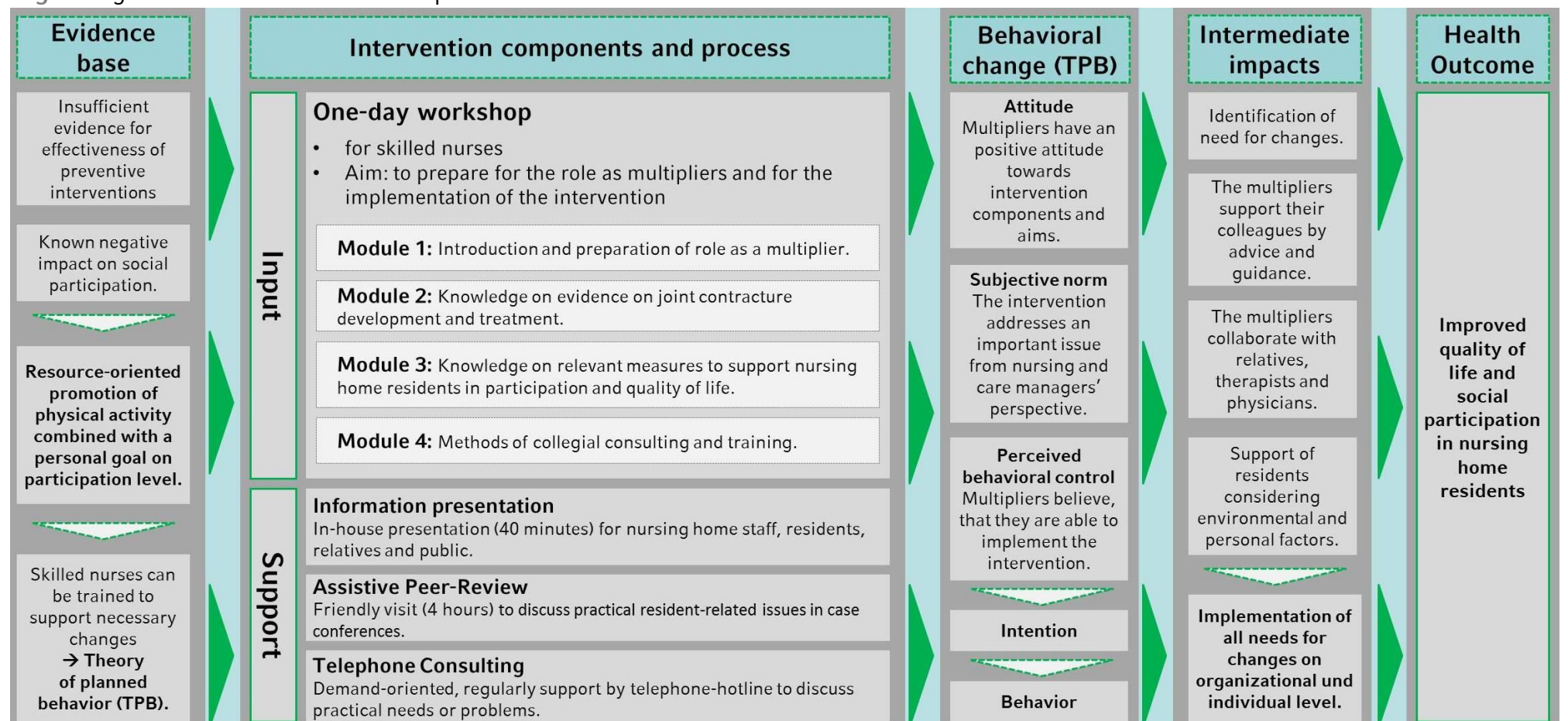
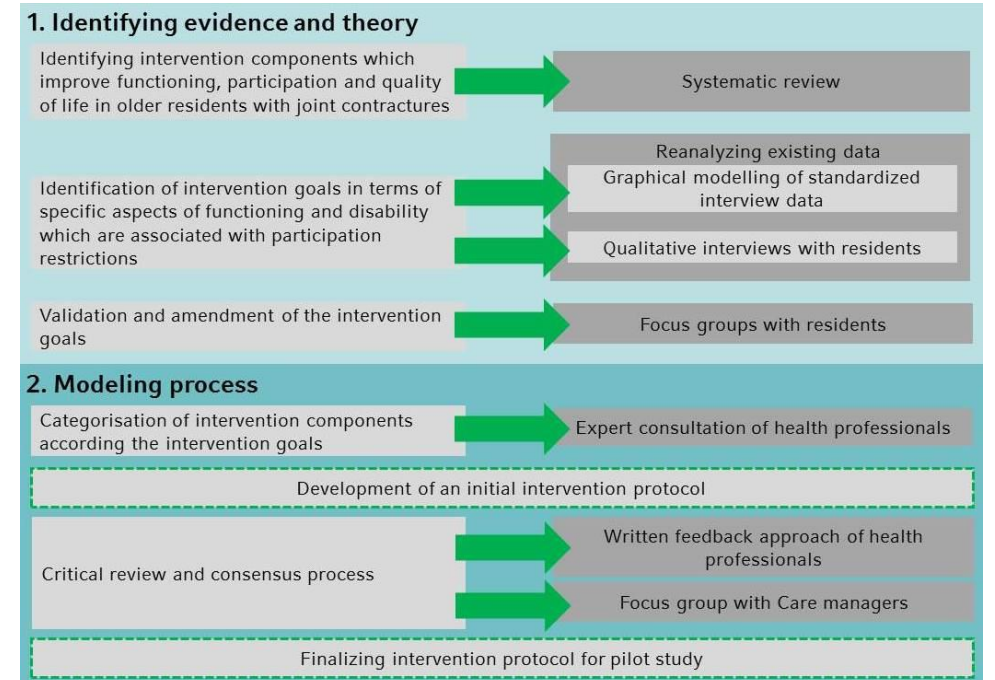


Fig.1: Development process for the JointConImprove-Intervention.



## Conclusion

The next step is to evaluate the complex intervention in a cluster-randomized pilot study. The pilot study will be accompanied by a comprehensive process evaluation to assess the barriers and facilitators of successful implementation of the intervention and thus to provide sufficient information for planning a main trial [3].

## References

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