

Home-based telerehabilitation is comparable to in-person rehabilitation for patients with burn injuries

The question

Are exercise programs delivered by home-based telehealth rehabilitation programs as effective as in-person programs for adult patients with burn injuries?

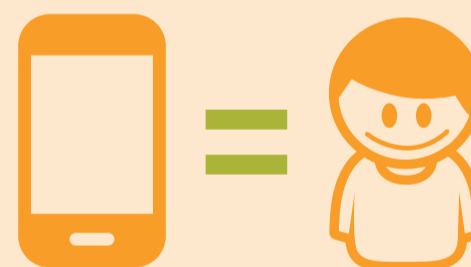


The study

- The randomised controlled pilot trial compared telehealth delivery and in-person delivery of a six-week exercise program in 45 adults with burn injuries.
- Participants in the trial had burn injuries to 25% or less of their total body surface area.
- A variety of primary and secondary outcomes including burn-specific quality of life, exercise self-efficacy, strength, range of motion and pain measures were compared.

The results

- There were no significant differences within or between groups for any of the outcome measures except range of motion.
- Achievement of full range of motion was significantly different between the two groups at week 12, due to the complexity of the burn injury in some patients in the telehealth group.
- Non-inferiority of telehealth delivery was inconclusive due to the low number of patients enrolled in the trial.



Clinical implications

- Telerehabilitation appears to be a safe, effective and viable clinical option for physiotherapy management of patients with burn injuries.
- More studies are needed to confirm non-inferiority, explore range of motion outcomes further and look at effectiveness in patients with more extensive burns.

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