

The feasibility of conducting a randomised controlled trial on the effectiveness of home visits after hip fracture

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Background

Occupational therapists have a key role in facilitating discharge from hospital. After hip fracture, a pre-discharge home visit (HV) is commonly offered, but evidence for its efficacy remains limited.

The aim was to examine the feasibility of conducting a randomised controlled trial (RCT) on the effectiveness of pre-discharge HVs in patients after hip fracture.

Method

An RCT comparing the effectiveness of home visits and hospital-based discharge planning is currently underway. The planning and implementation was reviewed within the context of Bowen's feasibility framework (Bowen et al., 2009).

Implications for practice

Our experience has shown that it is feasible to conduct a trial of HVs after hip fracture in a large health service. Resources and planning put into the project have been key to the feasibility.

