

## A proposed placebo-controlled trial of arthroscopic lavage for osteoarthritis: The KORAL Study



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## Background

- Osteo-arthritis most common form of arthritis in Western populations
- Disabling OA of the knee affects approx 10% of people over 55
- Associated with pain and functional disability
- Leads to limited activities for sufferers
- Range of treatments for knee OA



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## Evidence for benefit

- Weak!
- Mainly uncontrolled studies of poor quality
- Small number of randomised controlled trials
- Systematic reviews provide little evidence to support routine use of arthroscopic lavage
- Most controversial trial conducted by Moseley and colleagues in the US



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## Moseley trial

- 180 patients randomised to either:
  - arthroscopic lavage
  - arthroscopic debridement, or
  - placebo procedure
- At 24 months, no evidence of difference between either active group compared with sham
- Trial conclusion – any benefit resulted from a placebo effect



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## Perceived problems with Moseley trial

### Limited generalisability:

- Most patients had severe OA
- Limited age range
- Almost all were men
- Only one surgeon
- VA hospital setting



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## A proposed placebo-controlled trial of arthroscopic lavage for osteoarthritis

- NHS identified the need to conduct another well-designed randomised controlled trial (given the limitations of the Moseley trial)
- One option would be to compare arthroscopic lavage with a placebo procedure (simulated surgery)
- The NHS has funded a national team of researchers to explore views of doctors and people with OA of the knee about such a trial



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### **A proposed placebo-controlled trial of arthroscopic lavage for osteoarthritis ctd**

- In order to be successful, such a trial would need a large number of people to agree to take part
- We want to get a sense of whether such a trial might be acceptable to people with OA of the knee
- And what information people should be given if they were being asked to take part in the trial.



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»What do you think?



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