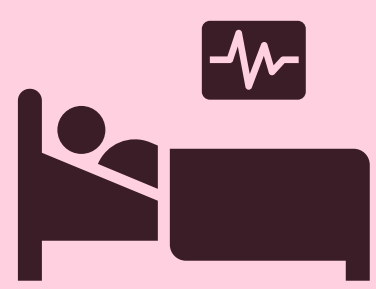


Digital transformation through collaboration: integrating a web-based total knee replacement intervention into a self-management app

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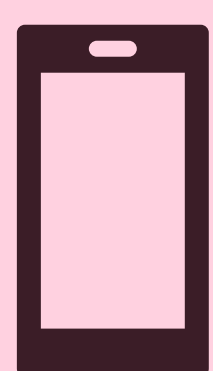
1 Background



Total knee replacement (TKR) is a common operation but support for patients is limited.



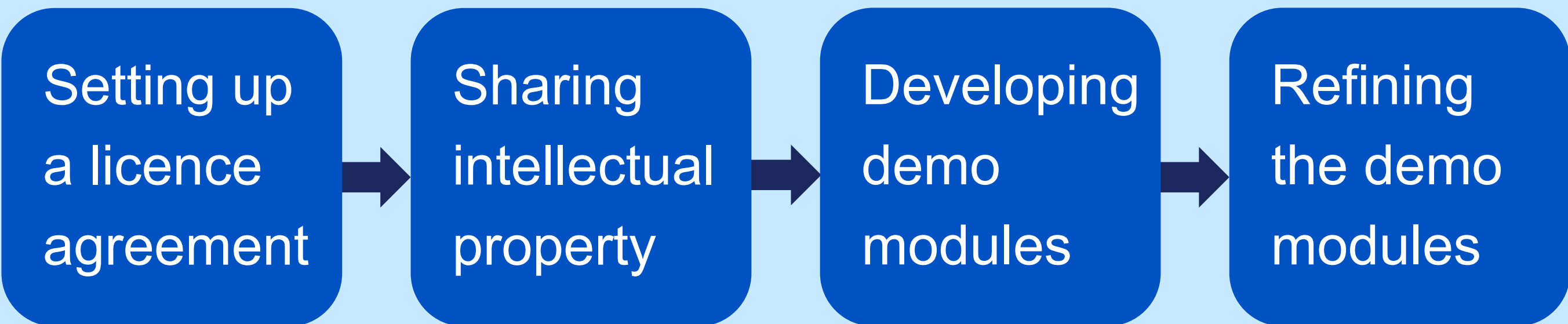
We previously developed a web-based TKR support tool – the ‘Virtual Knee School’ (VKS).



To put the VKS into practice and enable future research, we aimed to integrate the VKS into the ‘getUBetter’ app, which is available in the NHS.

2 Methods

We used a multi-stage collaborative adaptation process in which seven Public Contributors played a key role.



We documented all adaptations and developed a logic model.

3 Results

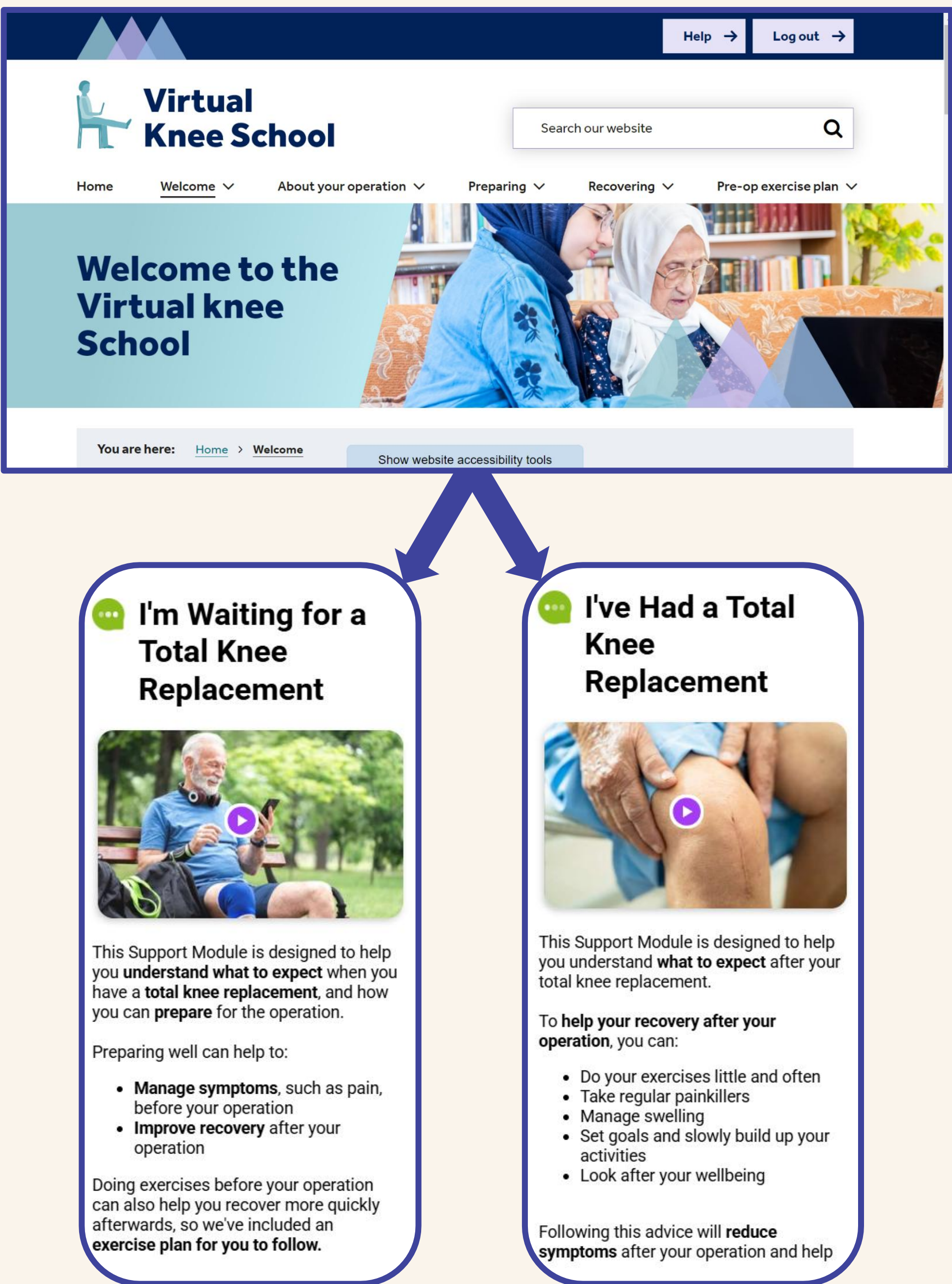
We developed two new getUBetter app modules based on the VKS as shown in the screenshots opposite.

Adaptations to the VKS

- Restructuring the content
- Adapting the language
- Removing certain content
- Adding new content

- Substituting VKS features with similar getUBetter app features

Our logic model shows the anticipated causal mechanisms of the getUBetter app and its intended outcomes, including improving patients’ pain, function and quality of life.



4 Conclusion

To maximise our project’s impact:

- We have implemented the new TKR modules throughout the South West London Integrated Care System.
- We are starting a feasibility study of the modules in Leeds.

Our project demonstrates the value of collaboration for achieving the NHS’s priority of digital transformation.

5 More information

Scan the QR code for more information and to give feedback. We would like to thank everyone who helped with this project, especially our Public Contributors.



QR code link: <https://app.onlinesurveys.jisc.ac.uk/s/leeds/virtual-knee-school-getubetter-collaboration-poster>. **Acknowledgement:** This research is supported by the National Institute for Health and Care Research (NIHR) HealthTech Research Centre in Accelerated Surgical Care and getUBetter. The views expressed are those of the author(s) and not necessarily those of the NIHR or the Department of Health and Social Care.