



# TIPTOE Treatment to Support Living Well with Joint Pain and Long Term Conditions



Centre for Trials Research  
Canolfan Ymchwil Treialon

**TIPTOE support programme helps older people have the knowledge, skills and confidence to live well with joint pain and additional health conditions. We will check if this is more beneficial than the usual care people receive.**

**WHO ARE WE?** We are clinicians and researchers from across the UK.

**IF YOU DECIDE TO TAKE PART, YOU WILL BE PUT AT RANDOM INTO ONE OF TWO GROUPS:**

**TIPTOE support programme:**

- ✓ Have up to 6 coaching sessions with a trained healthcare practitioner.
- ✓ Receive a copy of the 'Living Well with Joint Pain' book.
- ✓ Intervention group will continue to receive usual NHS care.

**Control Group: your NHS care will continue as usual.**

**WHAT WILL YOU BE ASKED TO DO?**

We will ask you to complete questionnaires which ask about your symptoms and quality of life. These can be completed online, over the telephone or with your healthcare practitioner.

The questionnaires will be repeated again 6 months later and again 1 year later.

To find out more, or to express an interest in joining the TIPTOE study -

 [TIPTOE.org.uk](https://TIPTOE.org.uk)  [TIPTOE@cardiff.ac.uk](mailto:TIPTOE@cardiff.ac.uk)  **02920 688303**



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