Development, test and systematic description of two complex interventions for patients with chronic low back pain

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Introduction

Despite a large body of literature on multidisciplinary biopsychosocial rehabilitation and chronic low back pain, knowledge is lacking regarding how to integrate learning into the patient’s own environment and in the context of personal resources.

Purpose

To develop, test and systematically describe a new multi-disciplinary rehabilitation programme before the evaluation.

Method

Medical Research Council’s guideline on complex interventions (1) was used as a framework to describe the development and piloting (Fig. 1). Quantitative and qualitative methods were used, and patients, a multidisciplinary team (physiotherapists, occupational therapists, nurses and a rheumatologist) and decision-makers were continuously involved.

Results

In the development:
1. A lack of studies on how to integrate learning into the patient’s own environment and in the context of personal resources was identified.
2. The International Classification of Functioning, Disability and Health (ICF) was identified as an appropriate biopsychosocial framework.
3. The aim of the full-scale study will be to assess if the new rehabilitation programme is more effective in reducing disability after 6 months, than the usual rehabilitation programme (Fig. 2). The TIDieR checklist (2) was used to systematically describe the clinical activities delivered by the multidisciplinary team.

In the piloting:
1. Administrative procedures were fine-tuned.
2. Inclusion criteria were defined.
3. A total sample size of 160 patients was estimated.

Figure 2. The Usual Rehabilitation Programme and the New Rehabilitation Programme.

Conclusion

The new rehabilitation programme is ready for evaluation in a full-scale randomised controlled clinical trial (the Sano study) comparing two parallel groups.

References


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