The Effectiveness of Restructuring the Service Pathway with Early Comprehensive Education Program for Low Back Pain Patients Management

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High default rate of low back pain education class

Patients cannot acquire the whole picture of self management

Restructuring the service pathway with early comprehensive education program
Method

New Service Pathway (intervention group)

Education Class for self-management on LBP + Back Exercises

Individual Assessment and Treatment Sessions

Outcome Measures:
- Roland Morris Disability Questionnaire (RMDQ) score
- Numeric Pain Rating Scale (NPRS)
- Total number of treatment sessions

Data Collection: at the beginning and before discharge from physiotherapy
Results

<table>
<thead>
<tr>
<th>Intervention group</th>
<th>N=91</th>
<th>Age: 54.2 ± 11.5 years</th>
<th>22 male 69 female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Control group</td>
<td>N=50</td>
<td>Age: 54.0 ± 13.2 years</td>
<td>9 male 41 female</td>
</tr>
</tbody>
</table>

CHANGE OF RMDQ FOR INTERVENTION & CONTROL GROUP

- **Intervention**: Pre = 12.6, Post = 8.4, P < 0.001
- **Control**: Pre = 11.5, Post = 8.2, P = 0.002
**Results**

**Change of NPRS for Intervention & Control Group**

- **Intervention group**
  - Pre: 6.4
  - Post: 5.6
  - No. of treatment sessions: 6.7 ± 2.6
  - Significance: P<0.001

- **Control group**
  - Pre: 4
  - Post: 3.1
  - No. of treatment sessions: 8.8 ± 5.8
  - Significance: P<0.001

- No. of treatment sessions in intervention group (new service pathway)
Conclusion

• The restructuring of service pathway with early comprehensive education program demonstrated equally good outcomes as the historical control group with less treatment sessions.

• The new service pathway was more efficient in managing low back pain patients and the time slot could be reserved for treatment of other patients.