

The Effectiveness of Targeted Treatment Pathway of a Comprehensive Patient-empowered Active Back Program for Low Back Pain Patients in Tuen Mun Hospital

CHAN LC, WONG KH, MAK MY, POON YHP

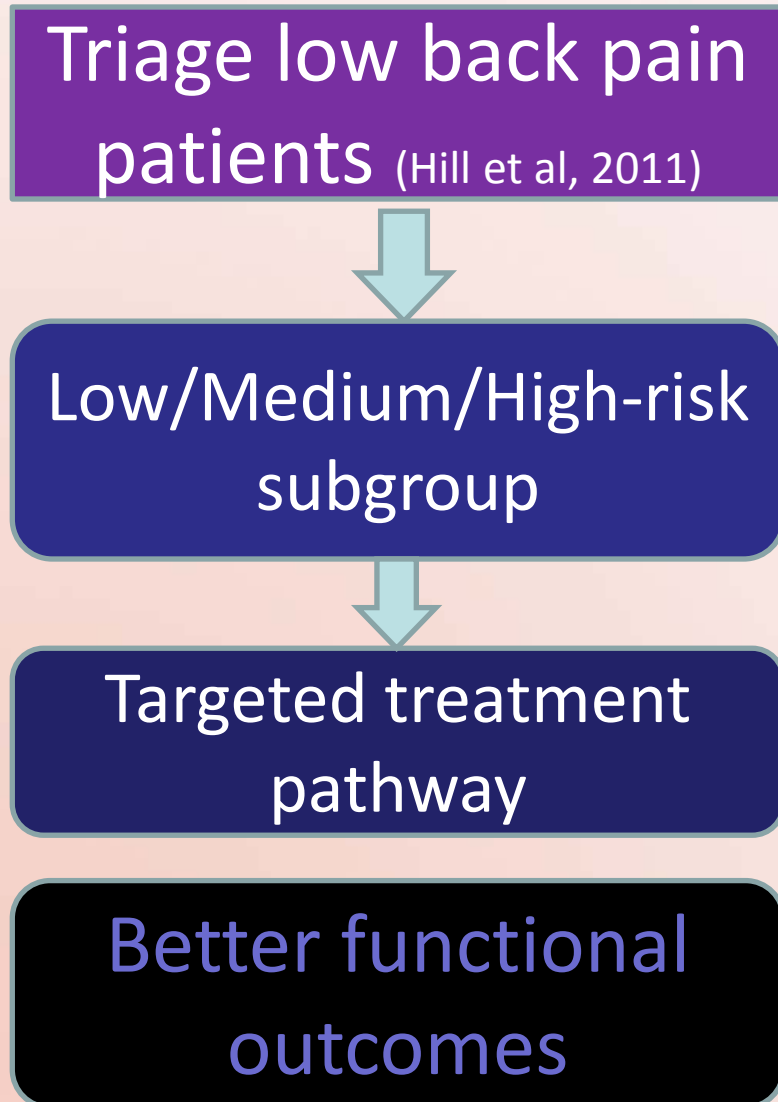
Department of Physiotherapy

Tuen Mun Hospital

Hospital Authority Convention

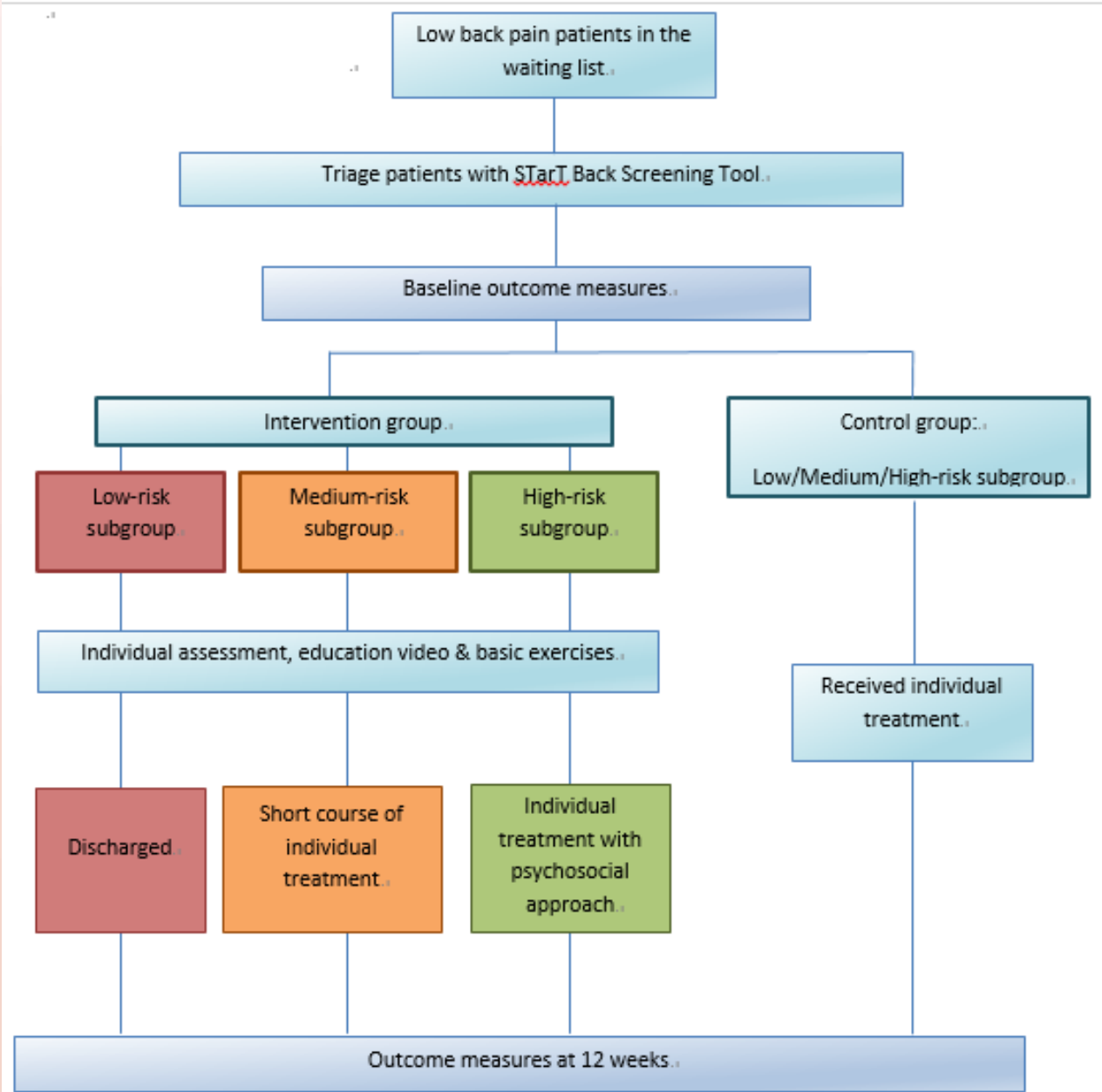
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Background



- A comprehensive patient-empowered active back program was designed to evaluate the effectiveness of targeted treatment on different subgroups of low back pain patients

Method: Workflow



Targeted Treatment Pathway for Active Back Program (intervention group) – Aug 2015 - Jan 2016

Individual Assessment



Back Care Video

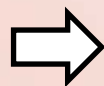


Group Exercises

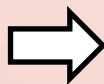


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Low-risk group: Discharge with exercise pamphlet



Medium-risk group: Short course of individual treatment

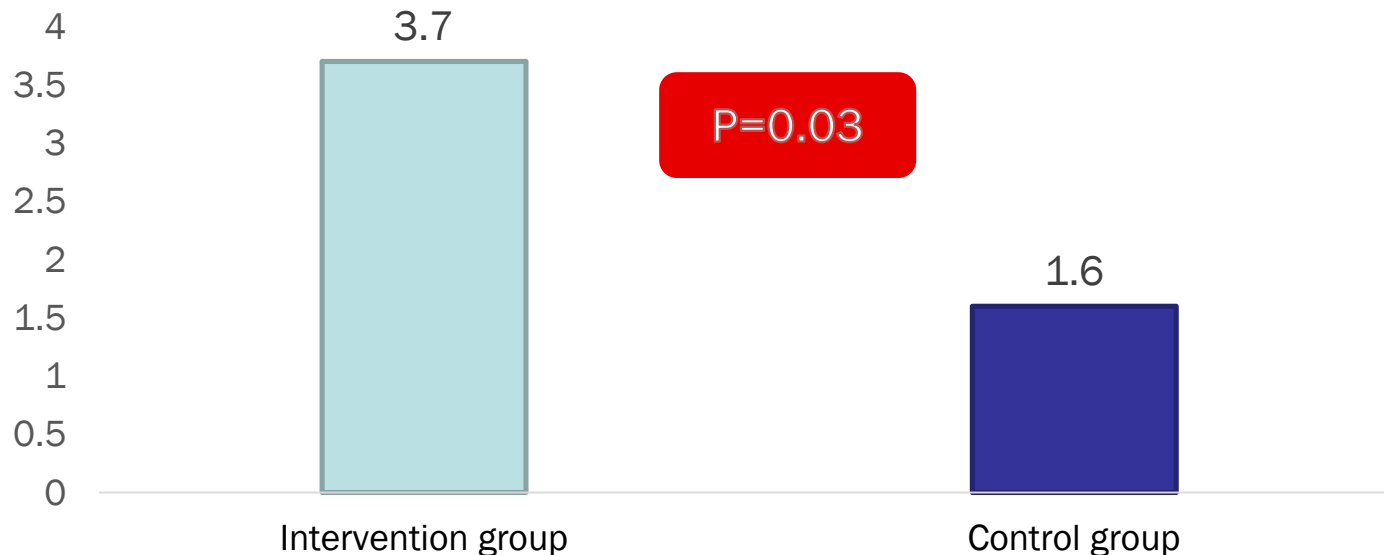


High-risk group: Individual treatment with psychosocial approach

Results

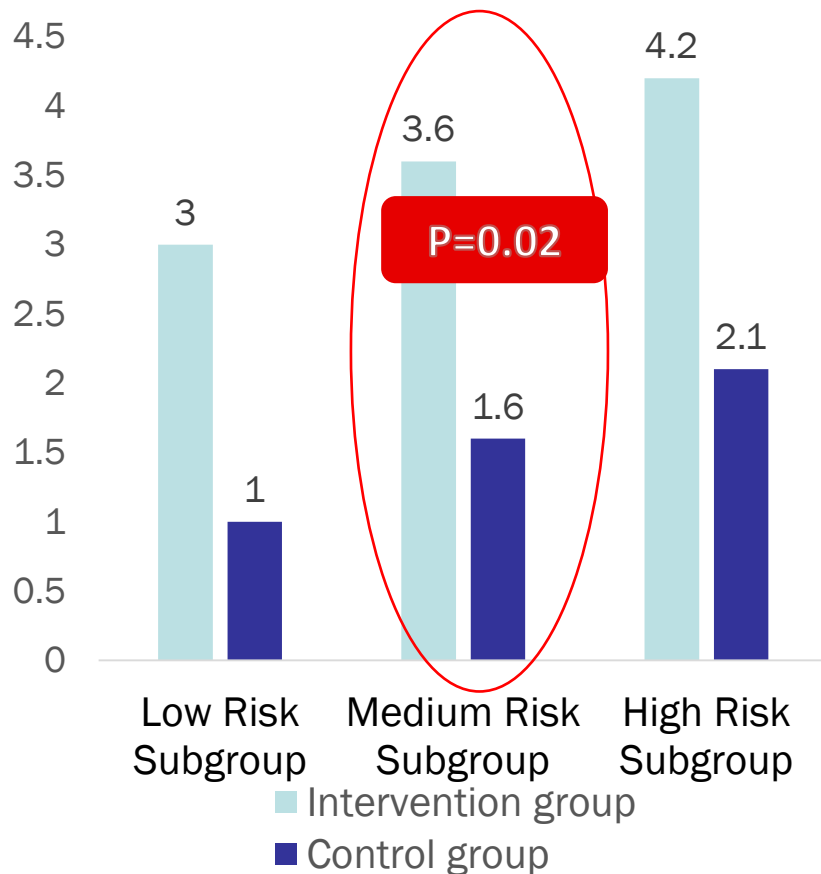
Intervention group	N=70	Age: 52.8 ± 9.8 years	24 male 46 female
Control group	N=50	Age: 48.2 ± 12.3 years	14 male 36 female

Overall Adjusted Mean Change in Roland Morris Disability Questionnaire (RMDQ)

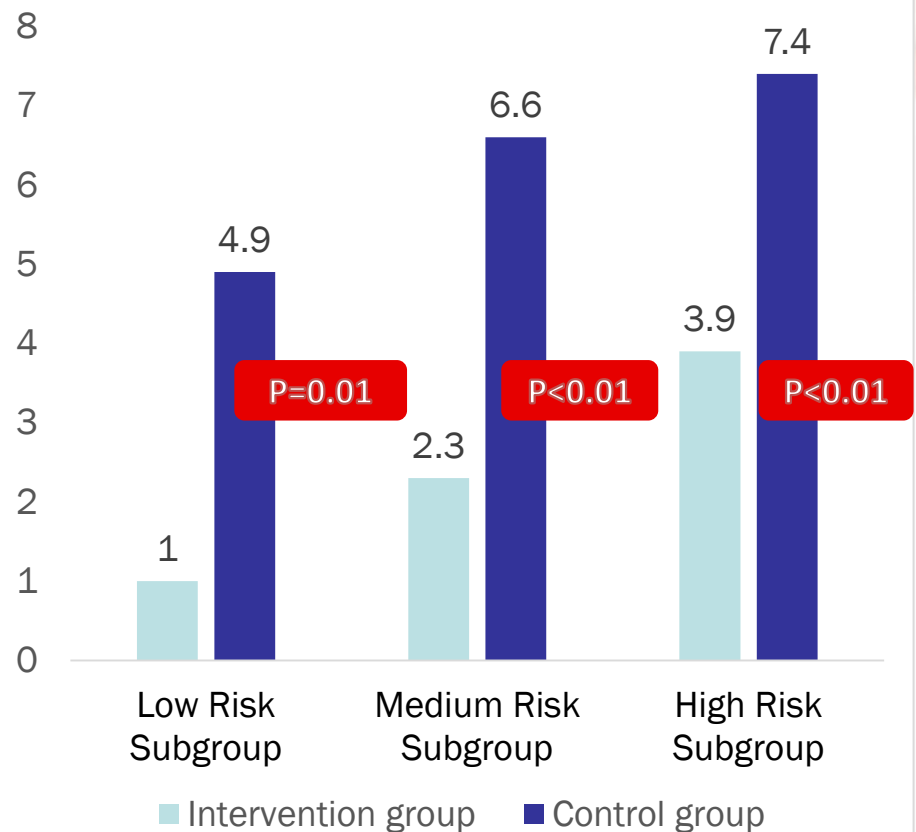


Results

Adjusted Mean Change in RMDQ in Subgroups



Number of Treatment Sessions



Conclusion

The comprehensive patient-empowered active back program together with **targeted treatment pathway** was effective in **improving the functional disability** with **less treatment sessions** for low back pain patients after being stratified into different risk subgroups.