



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

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Background



Historical
Service
Pathway
(control
group)

Individual
Assessment and
Treatment
Sessions

Education Class
for Self-
management on
LBP + Back
Exercises

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



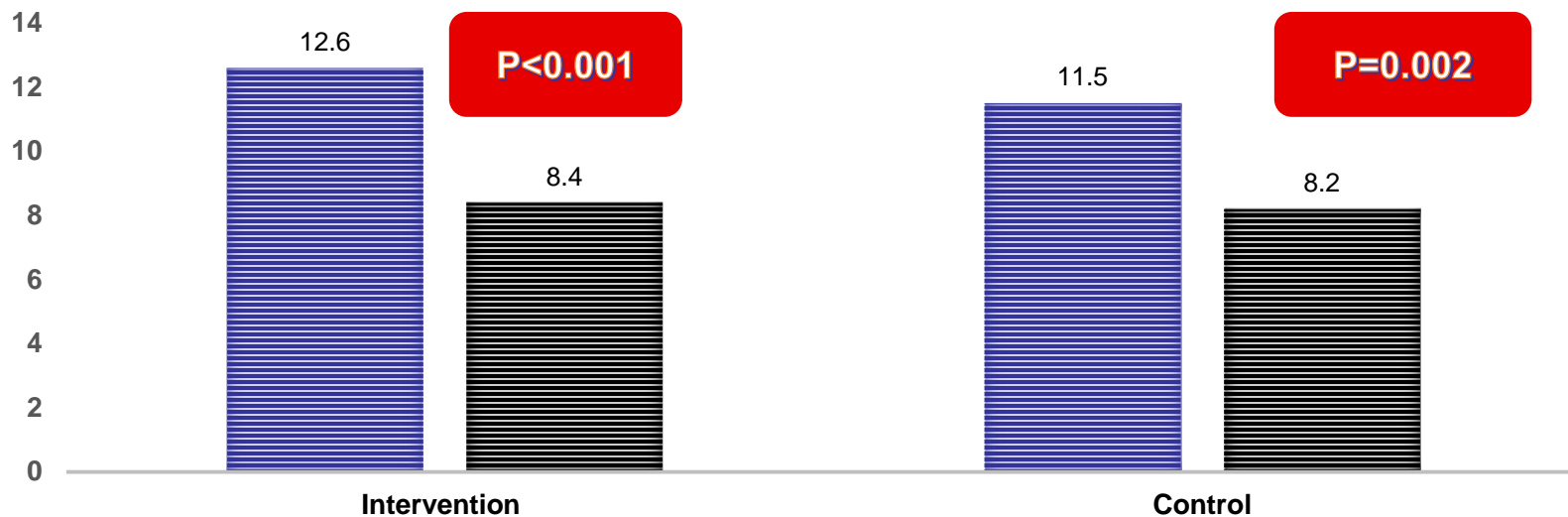
Results



Intervention group	N=91	Age: 54.2 ± 11.5 years	22 male 69 female
Control group	N=50	Age: 54.0 + 13.2 years	9 male 41 female

CHANGE OF RMDQ FOR INTERVENTION & CONTROL GROUP

■ Pre ■ Post

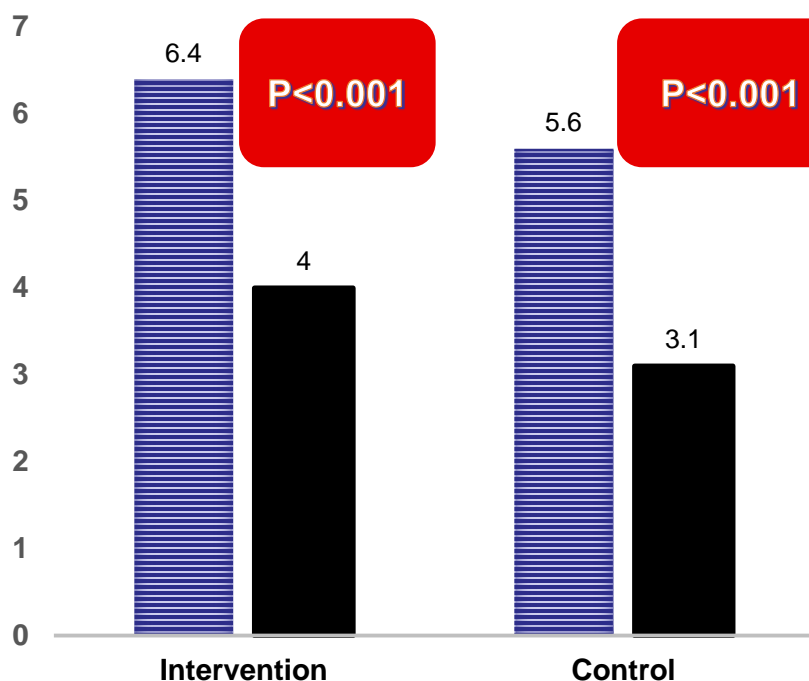


Results



CHANGE OF NPRS FOR INTERVENTION & CONTROL GROUP

■ Pre ■ Post



no. of treatment sessions in intervention group (new service pathway)

Intervention group

6.7 ± 2.6 sessions

P<0.001

Control group

8.8 ± 5.8 sessions

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.

