A service evaluation to identify the ‘key ingredients’ of a functional restorative programme for individuals with persistent, non specific lower back pain (PNSLBP)

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What is PNSLBP & how to treat it?

8/10 will suffer NSLBP (NICE, 2009)

Psychosocial effects

High baseline disability level, functional impairment & psychological distress (Chou & Shekelle, 2010 & Verkerk et al., 2013)

Pain ≠ harm

Re-frame pain experience

Meaningful life

Empowerment
Clinical effectiveness? ✓ (Improved back to work rates, pain and functional ability levels [Beaudreuil et al., 2010; Hay et al., 2005 & Kamper et al., 2015])
This Research

• Many intervention materials coded using BCT Taxonomy (v1) and highlighted to provide evidence for inclusion (Michie et al., 2013).
• Reliability check
Conclusion

Confidence

Routines

Changed mindset

Information about pain

Clinical effectiveness? ✓
Active Ingredients ✓
References


