

OSCAR (Osteopathic Single Case Research)

Effects of standard and biopsychosocially-informed osteopathic management for patients with non-specific low back pain: protocol for a single case experimental design (SCED)

J Draper-Rodi, H Abbey, K Brownhill, S Vogel

University College of Osteopathy

Single-Case Experimental Designs are useful in back pain to understand how change happens

Background

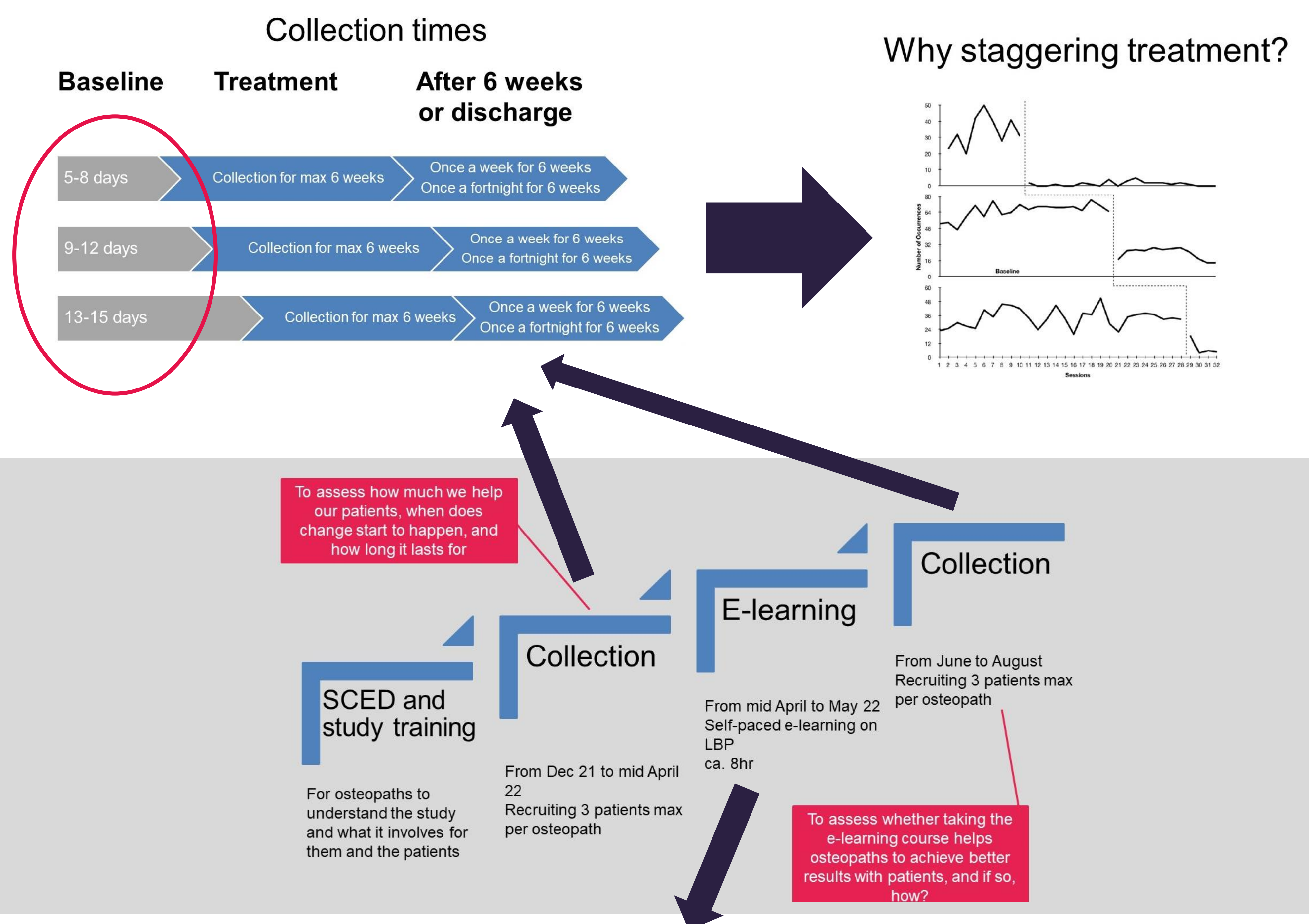
- Osteopathy shown to be effective in the management of chronic low back pain (LBP).
- Guidelines recommend biopsychosocial care for non-specific LBP
- Lack of evidence comparing standard with added training in biopsychosocial osteopathic care.

Methods and results

- Multiple baseline SCED trial with 11 UK osteopaths and 60 patients with persistent LBP currently conducted
- Patients randomised to early, middle or late treatment start dates
- Osteopaths have participated in one course on the SCED protocol and processes pre-participation.
- First recruitment stage completed.
- Osteopaths currently taking an e-learning course on the biopsychosocial management of patients with LBP.
- Second recruitment stage from June 22.
- Primary outcomes are Numeric Pain Rating and Patient Specific Function Scales, measured daily at baseline and for 6 weeks during the intervention stage, and weekly or fortnightly during a 12-week follow-up period.

Conclusion

This experimental design will offer osteopaths in practice the opportunity to engage in research evaluating the effectiveness of osteopathic care and the influence of a training programme to augment biopsychosocial osteopathic care.



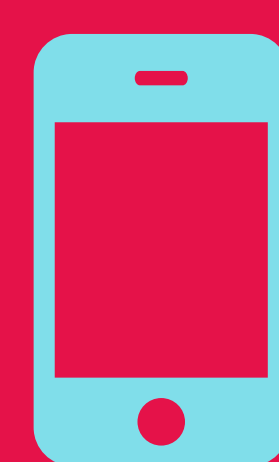
E-learning content and structure

Unit 1 Introduction to NSLBP and BPS	Unit 2 Clinical models	Unit 3 History taking	Unit 4 Clinical examination	Unit 5 Management considerations	Extra content folder
<ul style="list-style-type: none"> • E-learning and research project introduction • Case study of patient receiving several and/or invasive ineffective strategies • Societal impact of LBP • LBP classification systems 	<ul style="list-style-type: none"> • Intro to clinical models • Intro to BPS model • Enactive sense-making • Pain mechanisms 	<ul style="list-style-type: none"> • Use of a clinical scenario to initiate self-reflectivity on clinical reasoning • Presentation of factors that may contribute to NSLBP and highlight BPS factors for NSLBP • Discuss prognostic factors for NSLBP • Communication skills for history taking 	<ul style="list-style-type: none"> • Assess role and opportunities of observation examination in LBP • Highlight limitations of lumbar clinical exam & review clinical diagnostic rules • Scenario-based approach to apply knowledge on examination • Consider role and impact of diagnoses for professionals and patients 	<ul style="list-style-type: none"> • Therapeutic alliance • Shared decision making • Dediagnosing • Expectations and sense making • Reassurance • Psychosocial management • Conservative management • Synthesis 	<ul style="list-style-type: none"> • DN4 tool • Cauda equina information for patients • AxSpA referral letter • Red flags > 60yo • STarT Back Screening Tool • Shared decision making questionnaire • Preparation sheet for patients pre appointment • Neuroscience education workbook • Information for patients • LBP visual summary

Abbreviations: BPS: biopsychosocial; LBP: low back pain; NICE: National Institute of Clinical Excellence; NSLBP: non-specific low back pain



Grant from the Osteopathic Foundation



Take a picture to access the trial registration



@JerryDraperRodi