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Effectiveness of multidisciplinary group based intervention versus individual physiotherapy for chronic low back pain: A clinical trials with 3- and 6- month follow ups

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Aim: This study aimed to evaluate the effectiveness of a multidisciplinary group based intervention on improving pain and disability among Iranian nurses with Chronic Low Back Pain (CLBP) in Tehran, Iran.

Methods: In this trial study, 136 eligible nurses with chronic mechanical low back pain were classified into two groups. Intervention group (N=66 participants) who received a physiotherapy educational program (for 120 minutes) plus a health educational program based on predictive constructs of social cognitive theory (for 120 minutes). These interventions were delivered by a physiotherapist and a health education specialist. The control group (N=70 participants) just received a physiotherapy educational program (for 120 minutes). Disability rate, pain severity and back pain prevention behavior were measured initially and at 3- , 6-month follows ups using the Visual Analogue Scale (VAS), Roland-Morris Disability (RMD) and Nursing Low Back Pain Preventive Behaviors Questionnaire (NLBPPQ). Data were entered into the SPSS 16 and analyzed.

Results: The mean score of pain severity, disability and preventive behaviors of the two groups were the same at initiation of the study. There were statistically significant differences between the two groups in main outcome measures just after educational program, at 3- and 6-month follow-ups. Preventive behaviors of participants in intervention group were improved at 3- and 6- month follow ups (P value <0.0001). The mean scores of predictive constructs regarding low back pain preventive behaviors in intervention group were improved after 3 and 6 months of the study (all P value <0.0001). Finally, in intervention group, the pain severity and disability were decreased significantly.

Conclusion: This study showed that multidisciplinary educational program intervention can be an effective approach for reducing low back pain and related disability among nurses.

Biography

Sedigheh Sadat Tavafian completed his Doctor of Philosophy at Tehran University of Medical Science, Iran and University of Manitoba, Canada; Master of Midwifery Education at Iran University of Medical Science, Iran and; Bachelor of Science in Midwifery at Tehran University of Medical Science, Iran.

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