

CLAHRC BITE

A bite-sized summary of CLAHRC Oxford research

NIHR CLAHRC Oxford | June 2015

Back Skills Training (BeST) For Sustained Long-term Benefit



“ A simple online training course for GPs, nurses and physiotherapists to offer an evidence-based treatment, with sustained long-term benefits for lower-back pain ”

Who?

Patients who have had non-specific lower-back pain for longer than 6 weeks.

What?

BeST is a structured training programme delivered to patients with lower back pain. BeST was evaluated in a large multicentre randomised controlled trial. It is underpinned by a cognitive behavioural approach, designed to maximise long-term improvement in physical activity and function.

What is the evidence?

- BeST was as effective as other interventions in the short term, but exceeded them in the longer term
- Significantly reduced pain and disability at 12 months and beyond
- Significantly improved patient satisfaction and quality of life
- Cost per QALY half that of competing interventions for lower back pain

Background

The Back Skills Training Trial (BeST) used a cognitive behavioural approach to target unhelpful beliefs about pain and activity, promoting engaging in leisure, physical and occupational activity.

The BeST trial showed that this approach was both clinically effective and cost effective in treating non-specific lower back pain.

BeST was based on face-to-face training of a small number of NHS staff. Delivering this training into routine practice across the NHS would be costly and complex.

We are developing an on-line version of the BeST training to give greater access to this training throughout the NHS.

About NIHR CLAHRC Oxford

The Collaboration for Leadership in Applied Health Research and Care Oxford at Oxford Health NHS Foundation Trust is a partnership between universities, healthcare commissioners and the NHS in Oxford and the Thames Valley.



More information:

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(Going live August 2015)
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