

Lumbar supports for home care workers with low back pain, an efficacy study.

No registrations found.

Ethical review	Positive opinion
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON23420

Source

NTR

Brief title

N/A

Health condition

Self-reported non-specific low back pain (LBP) in the previous year.

Sponsors and support

Primary sponsor: ZonMw

The Netherlands Organisation for Health Research and Development
Laan van Nieuw Oost Indië 334
P.O. Box 93245, 2509 AE The Hague
The Netherlands

Source(s) of monetary or material Support: ZonMW Home care technology fund (Programma Thuiszorgtechnologie).

Intervention

Outcome measures

Primary outcome

1. Number of days low back pain per month;
2. Number of days sick leave per year (calendar days);
3. Cost effectiveness.

Secondary outcome

1. Severity of experienced low back pain (11 point NRS);
2. Functional status (Quebec Back Pain Disability Scale);
3. Compliance.

Study description

Background summary

LBP is a major problem among home care workers. Annual prevalences range from 44-72%. There are indications of positive effects, when using a lumbar support as a secondary preventive measure against LBP.

This RCT studies the efficacy of using lumbar supports in the secondary prevention of LBP among home care workers.

Study objective

Results of a systematic review showed that lumbar supports are not effective in the primary prevention of low back pain, but there were positive indications for the secondary preventive use of lumbar supports in the reduction of low back pain. In this RCT we study the secondary preventive efficacy of these lumbar supports.

Study design

N/A

Intervention

A lumbar support was provided to the intervention group in addition to usual care (primary and secondary care for the management of LBP, available as usual).

Contacts

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Eligibility criteria

Inclusion criteria

1. Reporting LBP at the start of the study, or reporting two or more episodes of LBP in the 12 months prior to the start of the study;
2. Performing medical care and/or domestic tasks as a home care worker.

Exclusion criteria

1. Suffering from specific LBP e.g. rheumatoid arthritis or vertebral fractures;
2. Pregnant at the start of the study;
3. Receiving medical treatment for high blood pressure.

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-05-2003
Enrollment:	360
Type:	Actual

Ethics review

Positive opinion	
Date:	25-11-2005
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL469

Register

NTR-old

Other

ISRCTN

ID

NTR510

: N/A

ISRCTN73707379

Study results

Summary results

1. Jellema P, Bierma-Zeinstral SM, Van Poppel MN, Bernsen RM, Koes BW. Feasibility of lumbar supports for home care workers with low back pain. Occup Med (Lond) 2002; 52:317-23.

2. Ann Intern Med. 2007 Nov 20;147(10):685-92.
