

Online physiotherapy for patients with low back pain.

No registrations found.

Ethical review	Positive opinion
Status	Pending
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON27169

Source

Nationaal Trial Register

Brief title

mijn fysio online

Health condition

Low back pain
e-health

Sponsors and support

Primary sponsor: ?

Source(s) of monetary or material Support: Coöperatie VGZ (Cooperation of Healthcare Insurances)
<http://www.cooperatievgz.nl/>

Intervention

Outcome measures

Primary outcome

Outcome Name: Health status in relation to low back pain.

Measuring instruments:

1. Roland Morris Disability Questionnaire;
2. Patient Specifieke Klachten (patient-specific functional status in low back pain);
3. Numeric Pain Rating Scale;
4. Short Form 12;
5. Five-Dimensional EuroQol.

Secondary outcome

Outcome Name: Patient satisfaction.

Measuring instruments:

1. Consumer Quality Index;
2. Website Analysis and Measurement Inventory;
3. Self-developed questionnaire.

Outcome Name: Therapist satisfaction.

Measuring instruments:

1. Self-developed questionnaire.

Study description

Background summary

Physiotherapy with online consults at home could have some advantages over standard physiotherapy. We hypothesize that 'Mijn Fysio Online' (a blended version of face-to-face consults and online consults) is as effective in reducing impairments and limitations of patients with low back pain as standard physiotherapy. In this multi-center controlled study we evaluate the effectiveness and patient satisfaction about online physiotherapy compared to standard physiotherapy.

The online physiotherapy consists of 3 face-to-face consults and one to five online consults, using the website www.mijnfysioonline.nl. All participants have to fill in a questionnaire about

low back pain, health status, quality of life and satisfaction about the received care. This questionnaire will be e-mailed to the patient at baseline, after 12 weeks and 24 weeks. Also the physiotherapists have to fill in a questionnaire per patient about the given care.

Study objective

Online physiotherapy treatment using Mijn Fysio Online is as effective as standard physiotherapy in reducing impairments and limitations in patients with low back pain.

Study design

Timepoints: 6, 12 and 24 weeks.

Intervention

Intervention: blended treatment with three face-to-face physiotherapy consults and one to five online consults, using the website My Physio Online (Mijn Fysio Online). The number of consults and total duration of treatment is not fixed in advance, but on average the therapy takes about six to twelve weeks. Online consults consist of online messages from the physiotherapist to the patient and vice versa. The messages from the physiotherapist include exercises and advices. The face-to-face consults consist of explanation of My Physio Online, setting goals for the treatment, evaluating goals, assessing of the performance of the exercises and optional manual treatment, like massages, mobilizations or manipulations.

Control intervention: standard physiotherapy. Number of consults is not fixed in advance, but normally takes about nine consults, during a period of six to twelve weeks. This treatment consist of face-to-face consults, including explanation and advice about low-back pain, setting and evaluation goals for the treatment, giving and assessing exercises and sometimes manual treatment like massages, mobilizations or manipulations. The treatment has to meet the Dutch Low-Back Pain Guideline for physiotherapists (KNGF-richtlijn lage-rugpijn).

Contacts

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Eligibility criteria

Inclusion criteria

1. Patients of 18 years or older with non-specific low back pain;
2. The patient meets profile 1b, 2a, 2b, 3a of 3b of the Dutch Low-Back Pain Guideline for physiotherapists (KNGF-richtlijn lage-rugpijn);
3. The patient has internet access at their home;
4. The patient is willing to (partial) online treatment;
5. The patient has a good command of the Dutch language (both oral and written).

Exclusion criteria

Comorbidity that may influence the non-specific low back pain.

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Non-randomized controlled trial
Masking:	Open (masking not used)
Control:	Active

Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	01-05-2013
Enrollment:	200
Type:	Anticipated

Ethics review

Positive opinion	
Date:	20-03-2013
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	NL3740
NTR-old	NTR3911
Other	RVVZ UVIT / METC : T6500 / D3766 / 11-507/C;
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Study results

Summary results

N/A