The Stay@Work study: Participatory Ergonomics to prevent back and neck pain; a cost-effectiveness study

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The primary objective of the current study will be to evaluate the (cost)effectiveness of a PE intervention in order to prevent back and neck pain among a heterogeneous group of workers.

Ethical review	Approved WMO
Status	Pending
Health condition type	Muscle disorders
Study type	Interventional

Summary

ID

NL-OMON31042

Source
ToetsingOnline

Brief title
Stay@Work study

Condition

- Muscle disorders

Synonym
back and neck pain

Research involving
Human

Sponsors and support

Primary sponsor: Zorgonderzoek Nederland (ZON)
Source(s) of monetary or material Support: ZonMW

Intervention

Keyword: Back and neck pain, Participatory Ergonomics, Prevention, Randomized Controlled Trial

Outcome measures

Primary outcome

The primary outcome measure is the incidence rate of BP and/ or NP in the past

3 months.

Secondary outcome

- intensity of symptoms

- sick leave (self reported)

- productivity

- use of ergonomic measures

Study description

Background summary

The Stay@Work study: Participatory Ergonomics to Prevent Back and Neck pain: a cost-effectiveness study

Over the past 20-years, the use of PE to decrease/ prevent and reduce musculoskeletal disorders (MSD) has increased remarkably. In Canada as well as in the Netherlands, PE has shown to induce return to regular work in patients with sub-acute low back pain with 4-6 weeks. However, to date it is unknown whether PE is effective to prevent back and neck pain among workers. Furthermore, no study aiming on the prevention of MSD, has been performed to investigate the (cost)effectiveness of a PE program.

Study objective

The primary objective of the current study will be to evaluate the (cost)effectiveness of a PE intervention in order to prevent back and neck pain among a heterogeneous group of workers.

Study design

This study has been designed as a two armed randomized controlled trial (RCT). Departments of the KLM, NS, and VU/VUmc will participate in this study and will be allocated to either the intervention group (PE) or the control group (usual care/ no PE) by randomization. It is assumed that 1 department will consist of 150 workers. Departments consisting of less than 150 workers, will be clustered.
In advance of the intervention, an educative video as to back and neck injury prevention will be showed to both intervention and control group and workers will be asked to fill out the baseline questionnaire. After 6 and 12 months both groups will fill out a follow-up questionnaire.

Intervention

The intervention is a participative ergonomic program, a stepwise (6 steps) and structured method. The participative ergonomics approach is based on the active participation and strong commitment of the employer and employee. Both will be participating in a working group (max. 7 workers, 1 manager and 1 work coordinator). 2 meetings will be planned per working group. During the fist meeting steps 2-4 will be performed. Between step 5 and 6, the second meeting will take place in order to evaluate the implementation process.
Both meetings will be guided by the ergonomist.

Steps of PE:
Step 1: the ergonomist will perform a workplace inventory (including a workplace observation) and will use this information to formulate several putative risk factors for the development of back and neck pain.
Meeting 1
Step 2: The working group will adjust the risk factors and will brainstorm about new risk factors. Risk factors will be evaluated and chosen by the working group.
Step 3: The working group will brainstorm about possible solutions for the risk factors. The working group will evaluate the solutions by using a checklist (consisting of 5 criteria) and the most adequate solutions will be chosen.
Step 4: The working group will develop an implementation plan.
Step5: implementation process, performed by working group
Meeting 2: evaluation of implementation process
Step 6: controlling and evaluating the innovations

Study burden and risks

To our knowledge, no risks are associated with participation.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age
Adults (18-64 years)
Elderly (65 years and older)

Inclusion criteria

All workers of the participating departments will be allowed to participate in the study

Exclusion criteria

No exclusion criteria will be used

Study design

Design

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

Primary purpose: Prevention

Recruitment

NL

Recruitment status:	Pending
Start date (anticipated):	01-10-2007
Enrollment:	7336
Type:	Anticipated

Ethics review

Approved WMO

Application type:	First submission
Review commission:	METC Amsterdam UMC

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
Other	27472278

Register	ID
CCMO	NL17888.029.07