

# Effectiveness of www.SnelBeter.nl: activating occupational care on-line in employees with sickness absence due to back or neck pain.

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Many employees who are sicklisted do not really know how to handle the situation. Simple and specific education and individually based instructions through a website can possibly solve or reduce this problem. Besides, the website contains a...

<b>Ethische beoordeling</b>	Niet van toepassing
<b>Status</b>	Werving tijdelijk gestopt
<b>Type aandoening</b>	-
<b>Onderzoekstype</b>	Interventie onderzoek

## Samenvatting

### ID

NL-OMON21284

### Bron

Nationaal Trial Register

### Verkorte titel

Effectiveness of www.SnelBeter.nl

### Aandoening

Musculoskeletal disorders (MSDs)

### Ondersteuning

**Primaire sponsor:** EMGO Institute, VU Medical Center

**Overige ondersteuning:** STECR Aladdin

WorkWell

EMGO Institute, VU Medical Center

NS

KLM

SAGB

## Onderzoeksproduct en/of interventie

### Uitkomstmaten

#### Primaire uitkomstmaten

There are three primary study parameters: <br>

1. Employees understanding of their situation and autonomy;<br>
2. Performance of OPs;<br>
3. Time to refer by the OP.

## Toelichting onderzoek

#### Achtergrond van het onderzoek

Objective:

This study will investigate the effectiveness of an interactive website for employees sicklisted because of neck or back pain. The hypothesis is that employees, by using this website, learn how to handle the situation. This will improve recovery and stimulate earlier return to work. Besides, the OPs will receive more information by using this website. Due to this extra information OPs can refer quickly to a specific intervention. We will start a randomised controlled trial (RCT) of 128 employees with neck or back pain. Randomisation will take place on the level of the OPs. Employees in both the intervention and control group will receive usual care. Besides, employees in the intervention group will also use the website.

The primary outcome measures are: employees understanding of their situation and autonomy, performance of OPs and time to refer by the OP. The secondary study parameter is time to full return to work. Data are mostly collected by webbased questionnaires at the start of a sickness absence period and at 6 months follow-up. Additionally, data are derived from the OPs about time to recovery and activities. The study has started in January 2006, but inclusion of participants will start in September 2006. We expect to present the results of our study in December 2007.

#### Doel van het onderzoek

Many employees who are sicklisted do not really know how to handle the situation. Simple and specific education and individually based instructions through a website can possibly solve or reduce this problem. Besides, the website contains a questionnaire which offers relevant information for the occupational physician (OP). This can be a helpfull tool, because OPs unfortunately often neglect guidelines. Previous studies show that OPs do not refer at all or refer too late to specific interventions. This study will investigate the effectiveness of an interactive website. The hypothesis is that employees, by using this website, learn how to

handle the situation. This will improve recovery and stimulate earlier return to work. Besides, the OPs will receive more information by using this website. Due to this extra information OPs can refer quickly to an intervention.

## **Onderzoeksopzet**

N/A

## **Onderzoeksproduct en/of interventie**

All participants will receive usual care in accordance with the guidelines for OPs. Besides, participants in the intervention group will also use the website. This website is an extra tool to understand their situation and illustrates what they can do themselves to solve the problem. The website generates simple but specific information about the situation for each employee. Moreover, the website gives individually based instructions. Besides, the OPs will receive more information by using this website. Due to this extra information OPs can refer quickly to an intervention.

## **Contactpersonen**

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## **Deelname eisen**

## **Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)**

All employees of the Dutch railway company (NS) and the Dutch airline company (KLM) who are sicklisted for two weeks because of back or neck complaints, who are willing to participate in the study and who do not meet the exclusion criteria mentioned below.

## **Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)**

1. Red flags;
2. less than 12 hours of paid work a week;
3. not able to understand the Dutch language;
4. not able to work with internet and email.

## **Onderzoeksopzet**

### **Opzet**

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Actieve controle groep

### **Deelname**

Nederland	
Status:	Werving tijdelijk gestopt
(Verwachte) startdatum:	01-09-2006
Aantal proefpersonen:	128
Type:	Verwachte startdatum

## Ethische beoordeling

Niet van toepassing

Soort:

Niet van toepassing

## Registraties

### Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

### Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

### In overige registers

Register	ID
NTR-new	NL717
NTR-old	NTR727
Ander register	: N/A
ISRCTN	ISRCTN55664225

## Resultaten

### Samenvatting resultaten

N/A