

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

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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...

|                             |                       |
|-----------------------------|-----------------------|
| <b>Ethische beoordeling</b> | Positief advies       |
| <b>Status</b>               | Werving gestopt       |
| <b>Type aandoening</b>      | -                     |
| <b>Onderzoekstype</b>       | Interventie onderzoek |

## Samenvatting

### ID

NL-OMON23420

### Bron

NTR

### Verkorte titel

N/A

### Aandoening

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

## Ondersteuning

### Primaire 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

**Overige ondersteuning:** ZonMW Home care technology fund (Programma Thuiszorgtechnologie).

## Onderzoeksproduct en/of interventie

## **Uitkomstmaten**

### **Primaire uitkomstmaten**

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

## **Toelichting onderzoek**

### **Achtergrond van het onderzoek**

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.

### **Doel van het onderzoek**

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.

### **Onderzoeksopzet**

N/A

### **Onderzoeksproduct en/of interventie**

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).

## **Contactpersonen**

### **Publiek**

Dept of General Practice<br>  
Erasmus MC<br>

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## **Wetenschappelijk**

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## **Deelname eisen**

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

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.

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

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.

## **Onderzoeksopzet**

## Opzet

|                  |                       |
|------------------|-----------------------|
| Type:            | Interventie onderzoek |
| Onderzoeksmodel: | Parallel              |
| Toewijzing:      | Gerandomiseerd        |
| Blinding:        | Enkelblind            |
| Controle:        | Geneesmiddel          |

## Deelname

|                         |                       |
|-------------------------|-----------------------|
| Nederland               |                       |
| Status:                 | Werving gestopt       |
| (Verwachte) startdatum: | 01-05-2003            |
| Aantal proefpersonen:   | 360                   |
| Type:                   | Werkelijke startdatum |

## Ethische beoordeling

|                 |                  |
|-----------------|------------------|
| Positief advies |                  |
| Datum:          | 25-11-2005       |
| Soort:          | Eerste indiening |

## 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  | NL469 |

**Register**

NTR-old

Ander register

ISRCTN

**ID**

NTR510

: N/A

ISRCTN73707379

## Resultaten

**Samenvatting resultaten**

1. Jellema P, Bierma-Zeinstra 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.

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