An interactive e-learning module to promote bio-psycho-social management of low back pain in healthcare professionals: a pilot study.

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Introduction

Despite numerous guidelines promoting a bio-psycho-social approach in the management of patients with low back pain (LBP), **many health care professionals (HCPs) still manage LBP patients mainly from a biomedical point of view**. The purpose of this pilot study was to evaluate the feasibility of implementing an interactive e-learning module on the management of LBP in HCPs.

Methods

22 HCPs completed the e-learning module (see Fig. 1) and filled in a **feasibility questionnaire**. Likert Scales and qualitative open questions were both used. Before and after completing the module, participants filled in the **Back-PAQ** questionnaire to evaluate the potential **effect of the module on their attitudes and beliefs about LBP**.

Results

The module **was structured and easy to complete** (91%) and **met the expectations** of the participants (86%). Some participants (77%) identified **specific topics** that **might be discussed in more detail** in the module. HCPs knowledge, beliefs and attitudes about LBP significantly improved *(P < .001)* following module completion (see Fig. 2) with a large effect size (ds = −1.63).

Introduction
• Impact of LBP
• Importance of the bio-psycho-social model

Triage
• Exclusion of red flags & diagnostic triage
• Yellow flags & risk of chronicity

First line care
• Reassure the patient
• Promotion of physical activity

Second line care
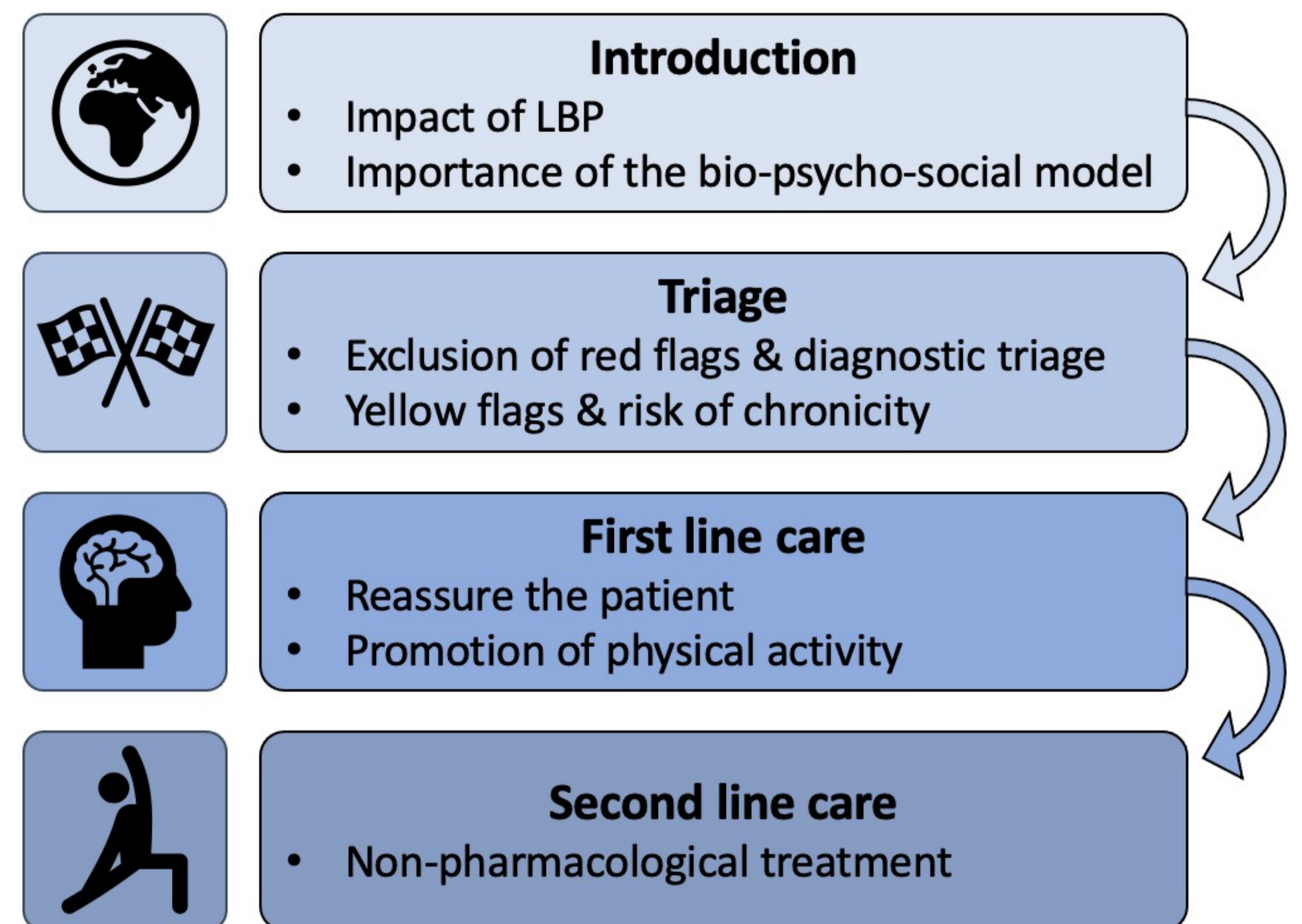• Non-pharmacological treatment
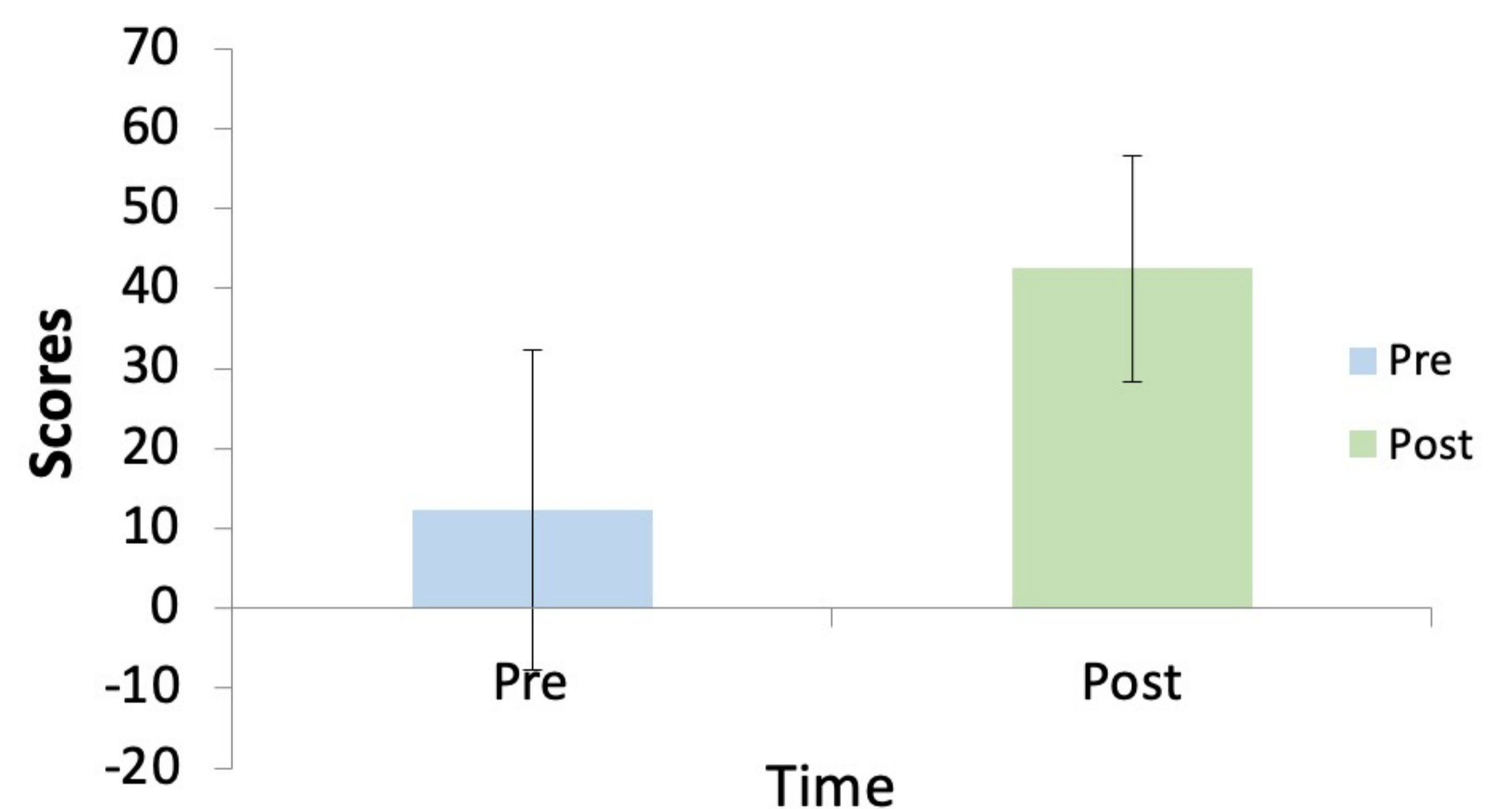
Fig. 1 : Structure of the e-learning module

Fig. 2 : Back-PAQ scores before and after the module

Conclusion & implications

• Implementing this e-learning module is feasible.
• This module has been effective to change knowledge and beliefs of the healthcare professionals.
• These results served to steer the intervention that is currently being examined in a larger RCT with nested process evaluation.

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