Better care for patients with back pain

See our website http://www.keele.ac.uk/sbst/

STaRT Back trial - a brief overview

In a high quality trial, over 850 patients from the Staffordshire and Cheshire region were recruited. The trial explored using a 9 item screening tool and matched treatment for patients with non-serious back pain. This approach of screening patients and matching them to appropriate treatments was found to be clinically and cost effective.

(Hill et al the Lancet 2011)

STaRT Back trial- a brief overview

Our reason for approaching you

A partnership between CCGs, General Practice, Physiotherapy services, Keele University and the AHSN have successfully implemented the STaRT Back approach in Staffordshire and Shropshire.

Can we help to make your life easier by sharing our experiences and tools with you?

What do we mean by stratified care?

- A simple screening tool to assess the risk of persistent disability
- Matched treatments according to that risk (Supported self-management and physiotherapy)

Can be used to support QoF XL/QIPP initiatives

Why implement stratified care for patients with back pain in your CCG?

- Improves clinical outcomes
- Reduces back pain disability
- Improves patient satisfaction
- Cost effective
- Reduces Physiotherapy wait times
- Reduce sickness absence
- Reduces GP consultations
- Improves care pathways
- Reduces referrals to secondary care
- Reduces referrals for imaging
- Saves £34 per patients
- Saves £675 (societal costs)

How can we help you implement this into practice?

- e-STaRT Back tool available for EMIS practices allowing automated referral to physiotherapy services for medium/high risk tools
- STaRT Back patient information housed on patient.co.uk
- Protected learning time events – to present STaRT Back evidence/tools for clinical practice
- Free training in physiotherapy treatments for WM AHSN teams

Next steps:

1. Contact Kay Stevenson kay.stevenson@uhns.nhs.uk, Helen Duffy h.c.duffy@keele.ac.uk or Dr Simon Somerville s.j.somerville@keele.ac.uk for more information
2. Please invite us to your training/education/PLT events