Individual patient education for low back pain (2008)

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Overview of the study

Objectives
• To determine whether individual patient education is effective in the treatment of non-specific low-back pain and which type is most effective

Methods
• Evidence current up to 17 September 2007
• Participants: Adults (>=16 years) suffering from acute, sub-acute or chronic non-specific LBP
• Intervention: Individual patient education
• Outcomes measured: Pain intensity, global measure, back pain specific functional status, return-to-work, generic functional status
### Results & Conclusion

- 24 trials (7139 participants) included

<table>
<thead>
<tr>
<th>Intervention</th>
<th>Evidence</th>
<th>Quality of evidence*</th>
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<tbody>
<tr>
<td>Patient education</td>
<td>An individual 2.5 hour oral educational session is more effective on short-term and long-term return-to-work than no intervention Educational interventions that were less intensive were not more effective than no intervention</td>
<td>Strong</td>
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<td>Individual education for patients with (sub)acute LBP is as effective as non-educational interventions on long-term pain and global improvement</td>
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<td>Individual education is less effective for back pain-specific function when compared to more intensive interventions for patients with chronic LBP</td>
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* For patients with acute or subacute LBP, intensive patient education seems to be effective.

* For patients with chronic LBP, the effectiveness of individual education is still unclear.

* The GRADE approach was not used to assess quality of evidence.