



**EASE BACK Trial
Research midwife/ nurse training programme**

**Version 4
6th February 2013**

This is a half day training programme for all Research Midwives and Nurses participating in the EASE BACK trial, plus a two hour refresher session immediately prior to commencing recruitment.

Enclosed is some pre-reading that if possible we would like you to read ahead of the training. These are as follows:

- Summary of the pilot trial, including recruitment targets
- Study flow diagram
- Participant information leaflet
- Inclusion / exclusion criteria
- Eligibility screening questionnaire

Please come in comfortable, practical clothing as there is a practical session.

Key to Session Leads:

NF – Nadine Foster
MH – Melanie Holden
AB – Annette Bishop
BB – Bernadette Bartlam
JY – Julie Young

Learning outcomes:

- To familiarise participants about the key results from EASE BACK phase 1 national survey and qualitative interviews, and in particular, how these findings have informed the plans for the EASE BACK pilot trial.
- To update participants about the rationale, design and purposes of the EASE BACK pilot trial.
- To familiarise participants about the planned processes for the EASE BACK pilot trial, including the identification of potentially eligible women, screening and eligibility checking, face to face research meetings, obtaining informed consent and randomisation.
- To increase participants' confidence in the objective testing of pelvic girdle pain.
- To familiarise participants with the planned processes for audio-recording a sample of the face to face research meetings and the practical use of audio-recording equipment.
- To review the paperwork supporting the above processes and agree auditing procedures.

The EASE BACK trial
Friday 15th February OR Friday 1st March 2013

Time	Content	Format	Lead
12.00-12.30	Registration and lunch (provided)		
12.30-12.35	Welcome and introductions Aims of the training	Lecture	NF
12.35-1.15	Rationale for the EASE BACK study including pilot RCT design and results of phase 1 studies	Lecture	NF, AB, BB
1.15-4.10 (with break, refreshments provided)	EASE BACK pilot RCT study flow and study procedures 1. Identification of women 2. Eligibility screening 3. Face to face research meeting <ul style="list-style-type: none"> - Checklist - Audio recordings of face to face research meetings - Informed consent - Baseline measures including objective tests of pelvic girdle pain - The randomisation process - Reimbursement of travel expenses 4. Medical record review	Lecture and practical	MH, JY, AB, BB
4.10-4.30	Agreement of audit procedures	Lecture	JY, MH
4.30-4.45	Update on timescales, final questions and close	Lecture	NF