



**EASE BACK Trial
Intervention training programme**

**Draft 3
21st November 2012**

This is a three day training programme for all physiotherapists participating in the EASE BACK trial, and we will plan an additional half day refresher session.

All physiotherapists are being trained to deliver all three interventions:

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| Intervention 1: | Usual care (a postal self-management pack plus onward referral for one to one physiotherapy for women with the most severe problems) |
| Intervention 2: | Usual care plus a course of true acupuncture |
| Intervention 3: | Usual care plus a course of sham acupuncture |

Please note:

There are pre-reading and pre-training tasks for each day – please see enclosed

Please come in comfortable, practical clothing as there are practical sessions on each day; you might like to bring shorts and T-shirts.

Key to Session Leads:

- NF – Nadine Foster
- PB – Panos Barlas
- HM – Heather Minors
- MH – Melanie Holden
- KI – Khaled Ismail
- AB – Annette Bishop
- BB – Bernadette Bartlam

Day 1: The EASE BACK trial and Usual care

Learning outcomes:

- To update participants' knowledge about the prevalence and impact of pregnancy related back pain
- To explain the current uncertainty surrounding treatments for pregnancy related back pain, including acupuncture
- To describe the HTA funded EASE BACK trial and its rationale
- To update participants' knowledge about key changes in pregnancy and the explanations for back pain and pelvic pain in pregnancy
- To increase participants' confidence in the assessment of back pain with or without pelvic pain in pregnancy
- To update participants on the results of a recent national survey and interviews describing current practice and the use of acupuncture for this patient population
- To agree the protocol for the usual care arm of the EASE BACK trial
- To agree the delivery of the usual care treatment package

Pre-training task for Day 1:

- Have you treated any women with back pain in pregnancy? If so, reflect on what you did with them and make a note of this, to help with discussion on the day.
- Identify and list any concerns you have about assessing or treating women with pregnancy-related back pain
- Re-cap on any of your previous learning about postural assessment and types of posture

Pre-reading for Day 1:

- Pennick and Young 2008: Interventions for preventing and treating pelvic and back pain in pregnancy (review). Cochrane Collaboration Issue 4
- Perkins J et al 1998. Identification and management of pregnancy-related low back pain. *Journal of Nurse-Midwifery* 43(5): 331-340
- Katonis P et al 2011. Pregnancy-related low back pain. *Hippokratia* 2011;15: 205-210

Day 1: The EASE BACK trial and Usual Care
Monday 3rd December
Practical Room 1

Time	Content	Format	Lead
08.45-09.15	Registration – Practical Room 3		
9.15-9.30	Welcome and Introductions Aims of Day 1	Lecture	NF
9.30-10.30	Rationale for the EASE BACK study - prevalence, impact and risk factors of back pain in pregnancy - distinction between back pain and pelvic girdle pain - treatments and uncertainty about treatments - the pilot trial design, aims and outcomes - eligibility criteria in the trial - rationale for the sham acupuncture treatment - discussion	Lecture Discussion	NF
10.30-10.45	Coffee (provided) – Practical Room 3		
10.45-11.45	The body in pregnancy - Key changes to the body in pregnancy - Physical and hormonal changes explaining pain - Why women get back pain during pregnancy Discussion of pre-training task	Lecture Discussion	HM
11.45-12.45	Assessment of back pain during pregnancy	Lecture and Practical session with pregnant woman	HM
12.45-1.15	Lunch (provided) – Practical Room 3		
1.15-2.00	Results of EASE BACK phase 1 studies - The national survey of current practice - The interviews with professionals and women - Discussion		AB and BB
2.00-2.30	The EASE BACK usual care treatment package - Self-Management Pack - Onward referral to physiotherapy in EASE BACK trial		NF and HM
2.30-2.45	Coffee (provided) – Practical Room 3		
2.45-3.45	EASE BACK usual care: practical session - Reinforcement of messages in self-management pack - Additional physiotherapy support - Exercise programme, neutral posture, supportive belts and tubigrip - Patients expectations	Lecture and Practical session	HM
3.45-4.30	Working with trial 'protocols' Case report form Protocol for EASE BACK usual care package		MH, NF and HM

Day 2: Acupuncture interventions

Learning outcomes:

- To introduce the role of acupuncture in pregnancy in general
- To describe the role of acupuncture for back pain in general
- To address the issues of risk and safety of acupuncture in pregnancy
- To increase participants' confidence in the use of both true and sham needling acupuncture for pregnancy related back pain

Pre-training task for Day 2:

- Identify and list any concerns you have about treating women with pregnancy-related back pain with acupuncture

Pre-reading suggestions for Day 2:

- Elden H, Ladfors L, Olsen MF, Ostgaard HC, Hagberg H. Effects of acupuncture and stabilising exercises as adjunct to standard treatment in pregnant women with pelvic girdle pain: randomised single blind controlled trial. *BMJ*. 2005 Apr 2;330(7494):761.
- Elden H, Ostgaard HC, Fagevik-Olsen M, Ladfors L, Hagberg H. Treatments of pelvic girdle pain in pregnant women: adverse effects of standard treatment, acupuncture and stabilising exercises on the pregnancy, mother, delivery and the fetus/neonate. *BMC Complement Altern Med*. 2008 Jun 26;8:34.
- Tables of acupuncture points for EASE BACK trial

Day 2: Acupuncture
Wednesday 12th December
Practical Room 1

Time	Content	Format	Lead
08.45-09.15	Registration – Practical Room 3		
9.15-9.20	Aims of Day 2		NF
9.20-10.30	The role of acupuncture in pregnancy in general The role of acupuncture for back pain in general Achieving needling sensation 'De Qi' The safety of acupuncture in pregnancy Discussion about safety of acupuncture	Lecture Lecture Discussion	PB
10.30-11.00	Coffee (provided) – Practical Room 3		
11.00-12.45	EASE BACK Protocols for Acupuncture - Identification and needling of the points - Including positioning - Practice	Lecture and Practical session with pregnant woman	PB
12.45-1.30	Lunch (provided) – Practical Room 3		
1.30-3.00	EASE BACK Protocol for Sham Acupuncture - Identification and needling of points - Sham acupuncture needling practice - Practice	Practical session with pregnant woman	<u>PB</u> /NF
3.00-3.15	Coffee (provided) – Practical Room 3		
3.15-4.00	Protocol for EASE BACK acupuncture arms - True acupuncture - semi-flexible protocol - Sham acupuncture – standardised protocol - Case report forms	Lecture	<u>PB</u> / NF/ MH

Day 3: Bringing it all together (combining usual care and acupuncture)

Learning outcomes:

- To agree EASE BACK treatment for 3 real case examples of pregnant women with back pain, with and without pelvic girdle pain
- To increase participants' confidence in combining usual care and acupuncture for pregnancy related back pain
- To describe the EASE BACK trial processes of how women will be identified and recruited and consented in the trial, and how treatment will then be organised
- To provide the opportunities for questions and answers about pregnancy and back pain treatment from an expert acupuncturist, a womens health specialist and a consultant obstetrician

Day 3: Bringing it all together
Friday 14th December
Practical Room 1

Time	Content	Format	Lead
08.45 – 9.15	Registration - Practical Room 3		
9.15-9.20	Aims of Day 3		NF
9.20-10.45	Case examples And agreeing EASE BACK treatment, for those randomised to usual care and to usual care plus acupuncture <ul style="list-style-type: none"> - Back pain in pregnancy - Back pain and posterior pelvic girdle pain - Back pain and symphysis pubis pain 	Small group work <ul style="list-style-type: none"> - Working in pairs to discuss treatment plan 	HM, PB
10.45-11.00	Coffee break – Practical Room 3		
11.00-12.00	<ul style="list-style-type: none"> - Presentations from each small group on treatment of case examples 	Small group feedback and discussion <ul style="list-style-type: none"> - With pregnant model 	HM, PB, KI
12.00-12.30	Questions and answers session with obstetrician		KI
12.30-1.15	Lunch (provided) – Practical Room 3		
1.15-2.30	Trial issues <ul style="list-style-type: none"> - Review of plans for EASE BACK pilot trial - From consent to treatment, treatment sites - Treatment protocols - DNAs, UTAs - Case report forms and audit - Mentorship arrangements (with PB and HM) - Blinding and the sham acupuncture - Adverse events and reporting 	Lecture and discussions	MH with NF, PB and HM
2.30-3.00	Training feedback Completion of personal proforma Plans for refresher session(s) – dates to be arranged	Lecture and discussions	MH with all tutors