ABSTRACT

Background: Chronic low back pain (CLBP) is a common condition worldwide. It causes substantial morbidity and reduced health-related quality of life. Costs related to CLBP exceeded $10 billion in Canada. Management of CLBP in primary care is suboptimal and exhibits barriers that need to be overcome. The barriers are categorized as clinician and organizational barriers. Addressing these barriers may improve health services in primary care setting.

Objective: To estimate the extent to which a tool kit of knowledge translation (KT) interventions increases knowledge and change attitude and practice behaviour of health professionals who work in a CLBP interdisciplinary team.

Population: Healthcare providers who treat CLBP and have ability to speak English or French.

Design: A 4 period (pre-post) repeated measures design: pre intervention, immediately after, 6 and 12 months after intervention.

Intervention: Guided by the Knowledge to Action model, we will implement KT interventions to overcome the identified barriers in CLBP management. The KT interventions include small group learning sessions, pocket cards and posters, an opinion leader, and a network format. The KT interventions content depends on the roles of each health professional in the CLBP management.

Methods: The assessment tools that will be used to assess the outcomes are specific questions on CLBP knowledge assessment and treatment, the PERFECT tool, and an attitude self-administered tool. These tools will be distributed to the participants before, immediately after, and 6 and 12 months after the KT intervention implementation.

Contributions: KT interventions may improve the CLBP management practice, which in turn would transfer these improvements to the patients.