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What is the patient experience of a functional goal orientated back group?

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*Sheffield Hallam University, Sheffield, United Kingdom***Key-Words:** Functional, Low back pain, Group exercise class

Purpose: Chronic low back pain causes a significant physical, psychological and financial burden to a wide variety of the population and health care services. Despite a large field of research, optimum long term management remains unknown. The NICE guidelines recommend group exercise for the management of low back pain. Recently, functional rehabilitation including the restoration of normal movement patterns has gained increasing evidence in the literature. However, there is limited research outlining the effectiveness of a combined approach, involving functional rehabilitation in a group setting. The aim of this study was to understand the patient experience of a functional goal orientated back group in a South Yorkshire NHS secondary care hospital.

Methods: A content analysis of a back class feedback book from 2017–2019 was undertaken to form interview questions for a selection of patients on discharge from the class and a selection of patients one year post discharge. A combination of one to one semi-structured interviews and focus groups were carried out, aiming to understand the patients experience.

Results: Fourteen participants were interviewed in total. Participants reported they valued the motivation from staff and other patients, the support and knowledge from the physiotherapists, the intensity of the exercise and felt increased confidence in their ability to self-manage. Many patients reported improvements in pain and / or function despite many having failed one to one physiotherapy in the past. Participants interviewed immediately post discharge were highly motivated, stating intentions to continue the specific exercise programme long term. However, none of the participants interviewed one year post discharge were continuing the specific exercise programme. Although, they were applying the principles they had learnt to daily function, such as; how to bend and lift.

Conclusion(s): It appears patients value the motivation, intensity of exercise and increased confidence to self-manage from a functional goal orientated back class. Participants on discharge are motivated and intend to continue exercise long term, however at one year patients interviewed did not carry out specific exercise, but applied to functional principles to daily life.

Implications: Further research is required to directly compare a functional back class with standard one to one physiotherapy as a first line treatment. It is unknown whether the specific exercises provided matter or whether it is the

motivation and intensity of the exercise that is important. This would be required to generate implications for optimum future clinical practice.

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P105

What management approaches do physiotherapists select when assisting patients to manage phantom limb pain?

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Purpose In 2012, the CSP highlighted several research priorities in physiotherapy services including investigating treatment modalities for patients with phantom limb pain (PLP). PLP incidence is reported to affect 60-90% of people after amputation.

Objectives The primary objective was to identify the current available management options for PLP being prescribed in clinical practice by physiotherapists. The research investigated if treatment selection differs between physiotherapy banding, NHS or private and if guidelines are used.

Methods Mixed method approach. All participant completed the same 17-question survey that covered physiotherapy demographic information, PLP treatment selection and clinical reasoning for treatment selection. The survey was advertised via BACPAR, PACE and CSP and completed anonymously. Results were analysed via thematic analysis and a chi square test conducted on a proportion of data.

Results 18 treatment modalities were identified. 10 different primary/preferred treatments selected. No statistical significance between NHS/private and treatment selection. Four themes emerged for clinical reasoning of treatment selection.

Conclusion(s) Despite a small sample size a range of treatment modalities were identified for PLP management. The research highlights the need for an individual tailored approach to PLP management and indicates further research is needed to develop guidelines and knowledge on effectiveness of varying treatment selections.

Implications These research provides therapists with a range of treatment modalities to manage PLP

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Managing complexity and Managing MSK complexity

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