Methods Eighty-two therapists (aged 37 ± 11 years, 34 men/48 women) were recruited within our rehabilitation clinic (CRR). Their physical activity was objectively assessed by tri-axial accelerometry and questionnaires have been used to evaluate the following variables: subjective physical activity (BAECKE), pain attitudes and beliefs (TSK and POAM-P), anxiety and depression (HADS), uncertainty intolerance (Eli) and social desirability (MC-SDS). Objective stress level was measured by salivary cortisol. In order to measure the variability in recommendations, 3 validated vignettes for CLBP patients management were distributed.

Results Behavioural patterns coping with pain (Avoidance, Overdoing and Pacing) do occur in therapists (10% Avoidance, 47% Pacing and 43% Overdoing) and do affect recommendations’ application. These 3 different patterns are also related to age, sex, BMI, depression and physical activity. Others relations are currently being analysed.

Conclusion This study suggests that we could categorise therapists depending on odiosyncratic variables/performal dispositions. This classification would determine recommendations orientation for physical and professional activity. For future research studies, it would be interesting to deal in depth with these relations in order to individualize recommendations to get a better rehabilitation procedure.

Keywords Beliefs and attitudes; Low back pain; Therapists; Activity and participation

Disclosure of interest The authors have not supplied their declaration of conflict of interest.

Further reading


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The multidisciplinary consultation meeting “spine” in the Perpignan Hospital

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The multidisciplinary consultation meeting (PCM) “spine” had been put into a place to structure the care of the spine pathologies in the Perpignan Hospital.

Methods The multidisciplinary thought managed with the PRM, neurosurgery, rheumatology, pain and working health departments in the Perpignan Hospital conducted, in continuation of the back school and of the quality improvement plan linked with the spine pathologies on the staff of the hospital, to this PCM. We studied its activity.

Results The PCM, put into a place in 2013, dealt, every month, with the patients’ files that suffered of spine pathologies and has been examined by two of the doctors participating to the PCM at least. After a little more than one year of functioning, 87 files have been treated, this PCM being the front door for the therapeutic education program “spine” authorized by the Health Regional Agency in 2015.

Discussion The PCM “spine” in the Perpignan Hospital has been the hyphen between the back school and the therapeutic education program “spine” authorized by the Health Regional Agency in March 2015.

Keywords Multidisciplinary consultation meeting; Spine; Therapeutic education

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