

Press release

Please fill in this form and return it to graduateschoolhealth@au.dk in Word format no later than three weeks prior to your defence.

Basic information

Name: Anne Mette Schmidt Email: anne.mette.schmidt@stab.rm.dk Phone: 61789144

Department of: Public Health

Main supervisor: Thomas Maribo

Title of dissertation: "Comparison of two multidisciplinary rehabilitation programmes in patients with chronic low back pain - A randomised controlled trial"

Date for defence: 25.06.20 at (time of day): 1 PM Place: Due to COVID-19, the defence will be held as a web defence via Zoom. If you want to join the defence via Zoom you can gain access by sending an email to: anna.kallias@rm.dk

Press release (Danish)

Sammenligning af to tværfaglige rehabiliteringsforløb til patienter med kroniske smerter i lænderyggen - Et randomiseret kontrolleret studie

Lænderygsmerter er en udbredt helbredstilstand og den hyppigste årsag til leveår med påvirket funktionsevne. Et komplekst sammenspiel mellem biopsykosociale faktorer anses som årsag til udvikling af kroniske lænderygsmerter. Derfor anbefales tværfaglig rehabilitering, som en mulig behandling til denne patientgruppe. Den optimale tilrettelæggelse af et sådant rehabiliteringsprogram er ukendt. Derfor blev et integreret rehabiliteringsprogram til patienter med kroniske lænderygsmerter udviklet, testet og evalueret.

Det integrerede program blev udviklet ud fra litteratur, teori og ved at involvere patienter og øvrige samarbejdspartnere. 165 voksne med kroniske lænderygsmerter blev tilfældigt fordelt til et af to programmer. Det integrerede program veksler mellem indlæggelse på et tværfagligt rehabiliteringscenter og tid i eget hjem, hvor den nye viden og de nye færdigheder skulle integreres i hverdagslivet. Det eksisterende program bestod af fire ugers indlæggelse på samme tværfaglige rehabiliteringscenter. Der blev indsamlet spørgeskemaer ved opstart, samt 6 og 12 måneder efter opstart.

Sammenlignet med deltagelse i det eksisterende program, medførte deltagelse i det integrerede program ikke forbedret funktionsevne hos patienter med kroniske lænderygsmerter - hverken efter 6 eller 12 måneder. Flere årsager kan forklare den manglende forskel, herunder at de to programmer var for ens og at de organisatoriske udfordringer medførte at forskellen mellem de to programmer blev udvistet.

Det nye ph.d.-projekt fra Aarhus Universitet, Health blev gennemført af Anne Mette Schmidt, der forsvarer det den 25/06/20

Forsvaret af ph.d.-projektet er offentligt og finder sted den 25/06/20 kl. 13. Grundet COVID-19 vil forsvaret blive gennemført online via Zoom. For at deltage i forsvaret via Zoom skal du sende en mail til anna.kallias@rm.dk.

Titlen på projektet er "Sammenligning af to tværfaglige rehabiliteringsforløb til patienter med kroniske smerter i lænderyggen - Et randomiseret kontrolleret studie".

Yderligere oplysninger: Ph.d.-studerende Anne Mette Schmidt, e-mail: anne.mette.schmidt@stab.rm.dk, tlf. 61789144.

Bedømmelsesudvalg:

Lektor Dorte Rytter (Formand)
Institut for Folkesundhed, Aarhus Universitet, Danmark

Professor Sarah Dean
College House, University of Exeter, St Luke's Campus, United Kingdom

Klinisk professor Janus Laust Thomsen
Klinisk Institut, Center for Almen Medicin, Aalborg Universitet, Danmark

Press release (English)
Comparison of two multidisciplinary rehabilitation programmes in patients with chronic low back pain - A randomised controlled trial

Low back pain is a substantial burden constituting the most frequent cause of years lived with disability. Reasons for the development of chronic low back pain (CLBP) include a complex interaction between multiple biopsychosocial factors. Thus, multidisciplinary rehabilitation is recommended as a possible treatment option. However, the optimal dose, content or delivery of such a rehabilitation programme remains unknown. Against this backdrop, an integrated programme was developed, feasibility-tested and evaluated.

The integrated programme was underpinned by literature, theory and involvement of patients and other collaborators. 165 adults with CLBP were randomly allocated to one of two programmes. The integrated programme comprised inpatient stays at a rehabilitation centre in combination with home-based activities. The existing programme comprised a 4-week inpatient stay at the same rehabilitation centre. Questionnaires were collected at baseline plus at 6-month and 12-month follow up.

The integrated programme did not lead to improved disability for patients with CLBP when compared with the existing programme at 6-month and 12-month follow up. The null effect may be due to the identical comprehensive nature of the two programmes, the continuous organisational challenges attenuating any difference between the two programmes or a number of other reasons.

The project was carried out by Anne Mette Schmidt, who is defending her dissertation on 25/06/20.

The defence is public and takes place on 25/06/20 at 1 PM. Due to COVID-19, the defence will be held as a web defence via Zoom. If you want to join the defence via Zoom you can gain access by sending an email to: anna.kallias@rm.dk

The title of the project is "Comparison of two multidisciplinary rehabilitation programmes in patients with chronic low back pain - A randomised controlled trial".

For more information, please contact PhD student Anne Mette Schmidt, email:
anne.mette.schmidt@stab.rm.dk, Phone +45 6178 9144.

Assessment committee:
Associate professor Dorte Rytter (Chairman)
Department of Public Health, Aarhus University, Denmark

Professor Sarah Dean
College House, University of Exeter, St Luke's Campus, United Kingdom

Clinical professor Janus Laust Thomsen
Department of Clinical Medicine, Center for General Practice, Aalborg University, Denmark

Permission

By sending in this form:

- I hereby grant permission to publish the above Danish and English press releases.

- I confirm that I have been informed that any applicable inventions shall be treated confidentially and shall under no circumstances whatsoever be published, presented or mentioned prior to submission of a patent application, and that I have an obligation to inform my head of department and the university's Patents Committee if I believe I have made an invention in connection with my work. I also confirm that I am not aware that publication violates any other possible holders of a copyright.