

Press release

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Basic information

Name: Charlotte Ibsen Email: chaibs@rm.dk Phone: 29662275

Department of: Public Health

Main supervisor: Thomas maribo

Title of dissertation: Biopsychosocial and patient-centred approach to assessment of patients with low back pain - Development, implementation, field-testing and evaluation of the low back pain assessment tool

Date for defence: 11/9 at (time of day): 2 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)

Biopsykosocial og patientcenteret tilgang til udredning af patienter med lænderygsmerter - Udvikling, implementering, afprøvning og evaluering af redskab til udredning af lænderygsmerter.

Lænderygsmerter er et komplekst symptom og vurderingen af funktionsevne hos patienter med lænderygsmerter er udfordrende, da biologien spiller sammen med psykologien og den sociale sammenhæng, vi indgår i. Derfor er der stærk evidens for, at udredning og rehabilitering basere sig på en biopsykosocial og patientcenteret tilgang. Men evidensen viser også, at det er svært at få den nye tilgang implementeret i klinisk praksis.

I et nyt ph.d.-projekt fra Aarhus Universitet, Health har Charlotte Ibsen udviklet, afprøvet og evaluert et nyt redskab, som skal understøtte de fagprofessionelle i at have en mere biopsykosocial og patientcenteret tilgang til udredning af patienter med lænderygsmerter.

Redskabet består af tre dele: et Patientrapporteret spørgeskema (PRO-LBP), et kliniker-rapporteret instrument (ClinRO-LBP) og en grafisk fremstilling patientens funktionsevne og funktionsevnenedsættelse (Patientprofil). Redskabet er baseret på International Klassifikation af Funktionsevne, Funktionsevnenedsættelse og Helbredstilstand (ICF), som er en biopsykosocial model og klassifikation til beskrivelse af funktionsevne og funktionsevnenedsættelse.

Resultatet viser, at involvering af patienter og fagprofessionelle i udviklingsprocessen er vigtigt for at sikre et relevant og meningsfuldt redskab der kan anvendes af både patienter og fagprofessionelle. Endvidere viser redskabet god indholdsvaliditet, herunder god overfladevaliditet. Resultatet viser også at redskabet kan understøtte de fagprofessionelle i en mere biopsykosocial og patient-centeret tilgang til udredning. Sluttligt viser resultatet, at når udredning foregår ved hjælp af det nye redskab, så oplever patienter at deres svar fra spørgeskemaet blev anvendt i langt højere grad, ligesom de oplever større grad af fælles beslutningstagning sammenlignet med de patienter, som blev udredt efter vanlig praksis.

Forsvaret af ph.d.-projektet er offentligt og finder sted fredag den 11/09 kl.14.00. 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 ”Biopsykosocial og patientcenteret tilgang til udredning af patienter med lænderygsmerter - Udvikling, implementering, afprøvning og evaluering af redskab til udredning af lænderygsmerter”.

Yderligere oplysninger: Ph.d.-studerende Charlotte Ibsen, e-mail:chaibs@rm.dk, tlf. 29662275.

Bedømmelsesudvalg:

Professor Ellen Margrethe Hauge (Formand)

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Clinical Associate Professor Reuben Escorpizo

Department of Rehabilitation and Movement Science, College of Nursing and health Sciences, University of Vermont, USA & Swiss Paraplegic Research, Switzerland

Press release (English)

Biopsychosocial and patient-centred approach to assessment of patients with low back pain - Development, implementation, field-testing and evaluation of the low back pain assessment tool

Low back pain (LBP) is a multidimensional symptom. Consequently, evidence strongly recommends using a biopsychosocial and patient-centred approach to assessment and management of patients with LBP. But evidence has shown that implementation of this approach into clinical practice is lacking.

In a new PhD project from Aarhus University, Health, Charlotte Ibsen has developed, tested and evaluated a new low back pain assessment tool designed to support professionals in using a more biopsychosocial and patient-centred approach to assessment of patients with low back pain (LBP). The LBP assessment tool was built on three features: a Patient-reported outcome instrument (PRO-LBP), a clinician-reported outcome instrument (ClinRO-LBP) and a graphical overview displaying the individual patient's functioning and disability (Patient profile). The tool is based on the International Classification of Functioning, Disability and Health (ICF), which is a biopsychosocial model and classification for describing functioning and disability.

The result shows that involving patients and professionals in the developmentprocess is essential to ensure that the tool is relevant and meaningful to patients and professionals. The LBP assessment tool shows good content validity, including adedquate face validity. Furthermore the results show that the LBP assessment tool can support the professionals in using a more biopsychosocial and patient-centered approach. Finally, the results show that when the LBP assessment tool was used, patients experience that their PRO data was used to a much greater extend, just as they experienced a greater degree of shared decision-making compared with patients who were assessed according to usual practice..

The defence is public and takes place on Friday 11/09/20 at 2 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 "Biopsychosocial and patient-centred approach to assessment of patients with low back pain - Development, implementation, field-testing and evaluation of the low back pain assessment tool".

For more information, please contact PhD student Charlotte Ibsen, email: chaibs@rm.dk, Phone +45 2966 2275.

Assessment committee:

Professor Ellen Margrethe Hauge (Chairman)

Department of Clinical Medicine, Aarhus University & Department of Rheumatology, Aarhus University Hospital Skejby, Denmark

Professor Jan Hartvigsen
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