



## The Biopsychosocial Management of Patients with Back Pain– free places

There are free places available for Physios within the West Midlands area on the interactive, skills based course on the clinically proven STarT Back stratified care approach. The 5 day course will run on the 14th, 15th, 16th, 21st and 22nd March 2016. For more information see our website: <http://www.keele.ac.uk/sbst/trainingcourses/>

## Patient App development

The team are currently looking into re designing a patient App for STarT Back. The App will allow patients to use the STarT Back tool in consultation with their clinician and access patient information to support them in the self management of their back pain. We will keep you posted with developments!

## Regional Roll Out

We are now engaged with 14 Clinical Commissioning Groups (CCG's) across the West Midlands, working with them to implement STarT Back within their care pathways and clinical systems. Out of these, 6 CCGs are live with the STarT Back tool, using it in consultation with patients. We are now working to roll out this Stratified care approach beyond the West Midlands.

The following tools are available, see the STarT Back website [www.keele.ac.uk/sbst](http://www.keele.ac.uk/sbst):

- ◆ E-STarT Back tool for EMIS system (fully integrated allowing auto calculation and auto referral)
- ◆ Good quality patient information embedded in patient.info
- ◆ Options for automated electronic referral process for patients who require physiotherapy
- ◆ Automated audit report against quality indicator patient and staff satisfaction tool
- ◆ Free training for Physiotherapists to deliver matched treatments

## The latest data—North Staffordshire Pilot

- ◆ E-STarT Back tool installed in 17 practices during the period January to November 2015
- ◆ 866 patients consulted with back pain during this period

The tool was used on 190 patients (22%) with STarT Back tool scores and/or risk factor recorded in the patient's medical record.

97 patients were referred to physiotherapy in accordance with the evidence based care pathway

24 patients were provided with a copy of the STarT Back specific patient information leaflet located on the Patient.info website.

## STarT Back Tool Update

A new updated version of the STarT Back EMIS template is available. Contact Simon Wathall, Health Informatics Specialist on [s.wathall@keele.ac.uk](mailto:s.wathall@keele.ac.uk) for more information.

Work is progressing on the tool compatible with SystemOne and will be ready for testing soon. If you would like to help us test the tool please get in contact.