Slide 1

Agir avec mon dos

un programme de prévention du mal de dos
à l'attention des collaborateurs des institutions
médico-thérapeutiques du canton de Genève

Dominique Monnin

Physiothérapeute

Genève 2011

Slide 2

Back-pain

Context

HUG in 2007

Prevalence	67,3%	
Sick leave	15.7%	(2.9 – 35.8)
Sick leave duration	21.7 days	(11.5 – 30.9)

Genevay, S., 2011

Slide 3

Back-pain

Context

- Prevention program based on back-school since 15 years in the HUG

  Mon dos en tête

- Modified and adapted in 2010

  Agir avec mon dos

Slide 4

Evolution

Pain

5-10%

33%

90%

Time

Parthan A. 2006; Coté P. 2008; Juniper M. 2009

Slide 5

Non-specific back pain

Where does pain come from?

Désolé je suis en panne

Structural deficiency ?

Functional deficiency ?

Slide 6

Radiology

Radiologic alterations without pain

SPINE CONDITIONS

Normal Disc

Degenerative Disc — 80%

Bulging Disc — 60%

Herniated Disc — 40%

Thinning Disc — 80%

Disc Degeneration with Osteophyte formation — 80%

40% Stenosis

80% Arthritis

Boden, SD., 1990 - Jenssen, MC., 1994 - Carragee, E., 2006

What does influence pain occurrence?

Bradford Hill causality modell

- Sitting   - 0/9 criteria of causality
- Carrying   - 0/9
- Pushing or pulling   - 0/9
- Standing or walking   - 2/9
- Bending or twisting - 3/9
- Awkward posture   - 0/9 … weak association
                                            for keeling/squatting
- Lifting   - 2/9 … moderate association
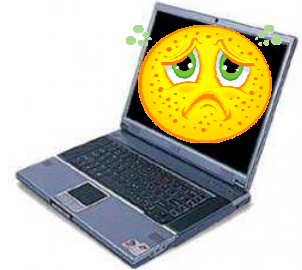   for lifting > 25 kg

Roffey, D.M., Wai, E., 2010

Non-specific back pain

Where does pain come from?

Structural deficiency

Functional deficiency

What does influence pain occurrence?

Frequently working at a poorly adapted work station
    and maintaining positions for a long period of time
    where associated with an increased prevalence.

Genevay, S., 2011

The relationship between back pain and job strain is
    much stronger if job strain includes both psychological
    and physical demands.

Courvoisier, D.S., 2011

Non-specific back pain

Physiopathologic mecanism ?

Representations

SOCIAL

Social system
Work

SOMATIC

?

PERSONAL

Depression
Anxiety
Catastrophism
Kinesiophoby
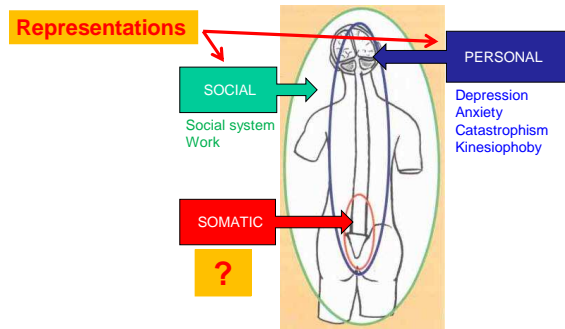
What are your beliefs on back pain ?

Beliefs of patients, relatives, healthcare people and employer,

Individual / professional conditions and social system
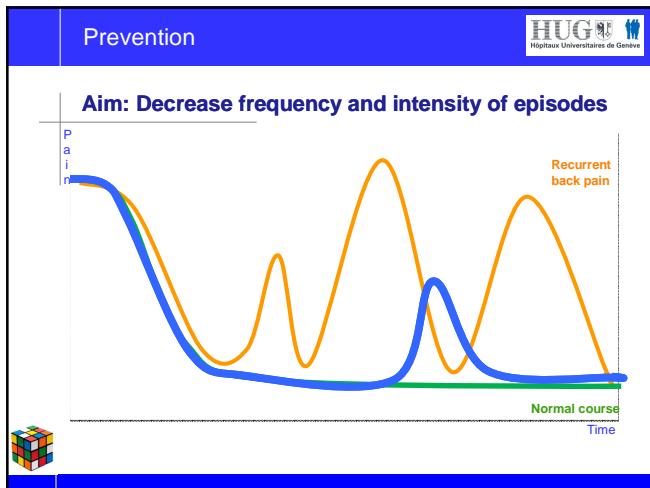
influence

occurrence, treatment and history of back pain

Parsons, S., 2007; Chibnall, J.T., 2006

Non-specific back pain

Deal with complexity

Representations

SOCIAL

Social system
Work

SOMATIC

?

PERSONAL

Depression
Anxiety
Catastrophism
Kinesiophoby

Aim: Decrease frequency and intensity of episodes

Pain

Recurrent back pain

Normal course
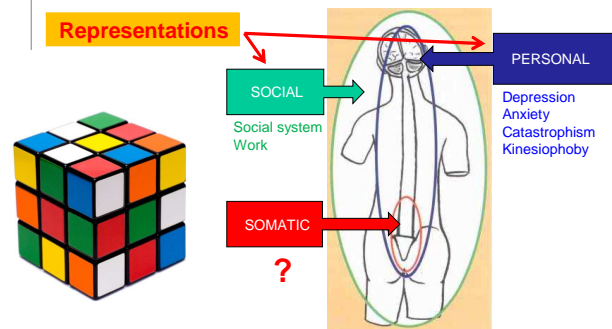
Time

Prevention of LBP for workers

- Physical exercise is recommended (Level A)
- Multidimensional interventions at the workplace are recommended (Level A)

- Back schools based on traditional biomedical/ biomechanical information, advice and instruction are not recommended (Level A)

- Lumbar supports, back belts or shoe inserts/ orthoses are not recommended (Level A)

Burton, A.K., 2006

- Physical and organizational ergonomics neither reduced low-back and neck pain prevalence nor pain intensity and duration nor was it effective in the prevention of low-back and neck pain.
  It was more effective in recovery from LBP.
  Driesen, M.T. 2011

- The "Back Book" had a significant impact on disability (Québec Questionnaire) at 3 months.
  The mean score decreased from 48.40 (± 14.55) to 34.57 (± 18.42)
  Coudeyre, E. 2006

Bio-psycho-social model = empowerment

THE BACK BOOK

The best and most up-to-date advice on how to

Deal with your backache yourself
Recover quickly and keep moving   Stay active and avoid disability   Help yourself to lead a normal life

Based on the latest medical evidence

LE LIVRE DU DOS
La meilleure façon de gérer le mal de dos – remettez votre dos en activité
Basé sur les dernières recherches

Our program

- On request of employee or hierarchy for groups
- Animated by PT and ET especially educated
- Interactive groups /   10 – 12 persons
- 2 days + ½ day refresh 6 months later

Our key-words

- Back pain is a functional problem
- Pain and suffering
- Life is movement
- Stop ambiguity
- Live your life
- Everyone one to his/her taste

Our message

Erogonomics

Ergonomic positions only for

Pain condition

Special situations

Ergonomics

Working place → **empowerment**

http://www.suva.ch/files/wbt/index_f.html

Ergonomics

Working position → **empowerment**

http://www.suva.ch/files/wbt/index_f.html

Exercises

→ **empowerment**

Summary

Effects of the program on evaluation

Don't ask what your boss can do for your back

Don't ask what medicine can do for your back

Ask what you can do for your back !

Thank you

for your attention