

Back Skills Training

Delivering long-term benefits to patients with non-specific low back pain

What is Back Skills Training (BeST)?

A structured programme for patients with non-specific low back pain of ≥ 6 weeks duration. It is underpinned by a cognitive behavioural approach, and designed to maximise long-term improvement in physical activity and function.

Key features:

- 1 x 60-minute individual session
- 6 x group-based sessions
- Provides essential education and self-management skills to patients, such as activity pacing, goal setting, and problem solving.
- Can be delivered in variety of community settings, requiring minimal equipment

What is the evidence?

This approach was evaluated in a large clinical trial published in the Lancet (2010) Using BeST significantly reduces disability and pain at 12 months and beyond, and significantly improves patient satisfaction and quality of life



Group cognitive behavioural treatment for low-back pain in primary care: a randomised controlled trial and cost-effectiveness analysis

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Summary

Background Low-back pain is a common and costly problem. We estimated the effectiveness of a group cognitive behavioural intervention in addition to best practice advice in people with low-back pain in primary care.

Lancet 2010; 375: 916-23
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How can you access and use BeST in clinical practice?

Undertake our comprehensive online training (iBeST) to access materials and equip yourself to deliver psychologically informed treatment for patients with low back pain. Also included:

- A detailed programme manual
- Patient materials, including a patient facing app

Access our free training from August 2015

Contact us at Oxford University for information and to register your interest
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