

NEWSLETTER

Issue 1

July 2015

BOOST facts and figures...

Over **70%** of people will suffer with low back pain at some point in their lifetime.

GPs and patients are **less likely** to target low back pain for treatment if the patient is in **later life**.

One of the key concerns of older people is **active independence**; they identify **mobility** as critically important to this.

The BOOST cohort study will survey **1,000** older people with low back pain and up to 3,000 older people without back pain.

The BOOST trial will recruit between **400** and **500** participants from across **8** UK centres.

Welcome to our first BOOST newsletter!

This newsletter will be a regular communication to update you on developments with the BOOST programme and to share information about the wider study team.

What stage are we at?

Since the project 'officially' started in April (and indeed prior to this) we have been very busy developing documents and materials for the trial, speaking to physiotherapy teams across the country, and liaising with patient representatives.

We still have some work to do before we can start recruiting the first BOOST participants later this year, including getting our all-important ethical approval. We aim to keep you updated with developments as we go along.

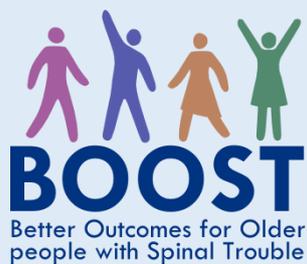
Developing the BOOST trial intervention

A major piece of work has been the development of the BOOST trial physiotherapy intervention. In February we were really pleased to be able to gather together physiotherapists, occupational therapists, patient representatives and researchers for our Intervention Development Day.

We met at Wadham College in Oxford for an intensive day of discussion about the design and content of the physiotherapy intervention.

Thank you to everyone who attended for their help to make some really key decisions.





A patient's perspective...

Our BOOST patient and public representatives have provided **invaluable input** into the project to date.

Patient input influenced our primary care **recruitment strategy** for the cohort study. When it was highlighted that potentially eligible patients may have never consulted their GP about back pain, we adjusted our approach so that these people wouldn't be missed out.

We were also fortunate to have patient and public representatives at our Intervention Development Day in February, and feedback from patients on our draft **participant exercise manual** has been really helpful.

And not forgetting the large part our patient reps played in the design of our BOOST logo!

What is BOOST all about?

BOOST is a cohort RCT study with two main aims:

1. To help primary healthcare teams, patients and their carers recognise when low back pain should be targeted for treatment.

To do this we will survey 1,000 older people with low back pain, and up to 3,000 older people who don't have low back pain. We will follow up individuals for 2 years gathering data on back pain symptoms, other health problems, mobility, disability, frailty and falls.

2. To find out if physiotherapy can benefit people with a common condition unique to old age called neurogenic claudication (NC). NC results from a narrowing of the spinal canal (spinal stenosis), due to degeneration, putting pressures on nerves and blood vessels.

To do this we will recruit between 400 and 500 older people with neurogenic claudication into a randomised controlled trial (RCT). The trial will compare usual physiotherapy care to the BOOST physiotherapy programme. We will follow up these participants for 2 years to assess their outcome.

We will also interview up to 60 patients to find out about their experience of taking part in the trial, living with back and leg problems, and their views on rehabilitation.

The BOOST team

It always helps to put faces to names...so here is the core BOOST team complete with mug shots! We are based at the Botnar Research Centre and the Kadoorie Centre, in Oxford.



Sallie Lamb
- Chief Investigator



Frances Darton
- Trial Co-ordinator



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- Qualitative Researcher



Lesley Ward
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