

The **BOOST** trial is evaluating the clinical and cost-effectiveness of physiotherapy for people with neurogenic claudication.

What is neurogenic claudication?

People with neurogenic claudication (NC) experience **pain** or other discomfort with walking or standing that **radiates** into one or both **legs** and is relieved by rest. Many people also have **back pain**.

NC is usually caused by lumbar spinal stenosis where **narrowing** of the spinal canal, due to degeneration, puts pressure on nerves and blood vessels.

It is a common spinal problem in older adults. It affects a person's ability to walk and stand which can impact on their ability to maintain their independence.

We would like to wish everyone a very

MERRY
Christmas

from the **BOOST** team!



2015 has been a very busy year for us and we look forward to working with you all in 2016 as we start to open our first sites to recruitment for the BOOST trial!

Recent developments

Recently our work has been predominantly focused on finalising our protocols, preparing paperwork for approvals and developing the patient questionnaires that will be used in the study. This is a really key process to make sure that we capture all the data that is needed, in the best way possible.



We have also been getting feedback from patient and public representatives on our range of patient-facing materials, including the patient questionnaire, advertising materials and the participant booklet for the BOOST physiotherapy programme. This feedback allows us to design these materials to be as patient-friendly as possible. **We want to say a big thank you to everyone who has helped with this.** More about the participant booklet over the page.....

We are working towards submitting our application for ethical approval early in the New Year. Watch this space for updates!

Lights, camera....action!

An important part of the BOOST physiotherapy programme will be the booklet that each intervention participant will receive. This will be their guide to the various exercises and educational sessions which will make up the programme. The booklet will also help participants with their 'homework' – the exercises that they can do at home in between classes.

We needed photographs showing each of the exercises and we were really pleased to have help from two of our BOOST patient and public representatives, Eileen and John, who kindly gave their time back in the summer to become our models for the day. We will also be able to use the pictures in our training manual for the physiotherapists who will deliver the BOOST programme.

Here they are, pictured after the hard work was done, with Lesley Ward (postdoctoral research assistant) and Esther Williamson (BOOST project lead). Our thanks go to Eileen and John for all of their help.



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Trial sites

We are hoping to run the study at 10 different centres. We currently have 5 confirmed centres but more are needed. If you are interested in being a study centre then please contact us for more information.

Taking part in the BOOST trial is a great professional development opportunity. You will learn about research and receive training in cognitive behavioural approaches and exercise prescription for older adults while helping us to improve patient care.

Contact us:

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