**Treatment of lower back pain**

From 1st November 2017, patients in Leicester, Leicestershire and Rutland who are experiencing lower back pain will now receive more effective care as a result of changes that are being introduced to how the condition is treated.

The changes are being put in place in response to new guidance that was published in November 2016 by the National Institute for Health and Care Excellence (NICE) recommending how lower back pain should be treated:

* Stronger emphasis on actions that patients can take themselves at the first onset of back pain
* Increased focus on physical activity, physiotherapy and rehabilitation in the community, which have shown to be very beneficial in tackling and preventing back pain and are recommended by NICE
* Treatments such as acupuncture, electrotherapies (TENS) and spinal injections (excluding epidurals) will not be offered to new patients from 1st November 2017, as there is limited evidence of their effectiveness

Patients who are currently waiting for a course of acupuncture, electrotherapies and spinal injections (excluding epidurals) will receive a letter explaining their options. They will be able to choose to receive physiotherapy instead, which is recommended by NICE, or continue to wait for their planned treatment.

Patients who are in the process of receiving a course of treatment will be able to continue to receive it this time, but it will not be available to them in the future. They will have their options explained to them when they next attend a clinic.

**Engagement with patients**

The clinical commissioning groups (CCGs) in Leicester, Leicestershire and Rutland have launched an eight-week period of engagement to ensure patients are aware of the changes. They want to find out from patients who have experienced lower back pain how these changes will impact them and what they would find beneficial to treat it. The results will be used to inform the development and refinement of lower back pain treatment options in the future.

Patients can share their views using this survey. Alternatively, a hard copy of the survey can be obtained by contacting Jo Ryder, Head of Engagement at Leicester City Clinical Commissioning Group on 0116 295 1123. You can return this at the freepost address at the bottom of the survey.

**The survey will close on the 3rd December 2017**

**The role of CCGs**

Clinical commissioning groups (CCGs) are responsible for planning and buying health services on behalf of their population and have a duty to spend public money in the best way possible. They are continually reviewing new guidance and best practice to ensure that the most effective care is being provided to patients and that value for money is being achieved with public funds. **There are likely to be changes to the treatment options for other conditions in the future as and when new guidance is published and reviewed.**



**Q1. Please tick which best describes you:**

I am a patient receiving treatments or interventions for lower back pain

I am on a waiting list to receive treatments or interventions for lower back pain

I am not receiving treatments or interventions for lower back pain and I am not on a waiting list to receive them

**Q2. If you are receiving treatment for lower back pain, please tell us which service:**

Acupuncture (to treat lower back pain)

Spinal injections (not epidurals)

Electrotherapies (TENS)

Other (please tell us)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Q3. When these treatments are no longer available, how much would it affect you?**

Not at all

It would affect me a little

It would affect me a lot

**Q4. If you think you may be affected, please tell us how:**

**Self-care**

Most lower back pain gets better by itself, without the need for medical intervention. Actions that patients can take themselves at the first onset of lower back pain will receive a stronger emphasis in the treatment of lower back-pain from now on. Patients are recommended to stay as active as possible and return to doing their usual activities gradually. Bedrest should be avoided and patients should continue to go to work.

The local health service has developed a website to help patients who are experiencing lower back pain to help them recover. The site, [www.staystrongllr.wordpress.com](http://www.staystrongllr.wordpress.com) , contains the latest advice recommended by the local NHS.

If after six to eight weeks there has been no improvement, patients will then encouraged to visit their GP for advice.

**Q5. Please tell us what you think of the website that has been developed. Is there anything that you would like to see included to help you manage your lower back pain?**

**Q6. Is there anything else that would help you manage your lower back pain?**

**Treatment of lower back pain**

**Q7. We will be offering physiotherapy as an alternative to patients with their lower back pain. For those who are most in need, we will also have a referral to a specialist triage clinic for further assessment of treatments. What do you think of this?**

**Q6. Please tell us of any other suggestions you may have for how we can support patients and carers to help to manage chronic lower back pain.**

**Equality Monitoring**

Please complete as much of the information about yourself as you feel comfortable with, as this will help us understand who is taking part in the consultation. The information you provide will be kept in accordance with the terms of the Data Protection Acts 1998 and 2000 and will be used for monitoring purposes and questionnaire analysis.

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| --- | --- |
| **Gender** | Q1. What is your gender?  Male  Female  Prefer not to say  Other (please tell us)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **imagesCAV891ZO**  **Gender reassignment** | Q2. Has your gender (sex) changed since birth?  Yes  No  Prefer not to say |
| http://cliparts.co/cliparts/rij/Ggp/rijGgpebT.png  **Pregnancy/maternity** | Q3. If you are female, are you pregnant or have you given birth in the last 26 weeks?  Yes  No  Prefer not to say |
| **Age** | Q4. What is your age?  Under 16  16 - 24  25 - 34  35 - 59  60 - 75  76+  Prefer not to say |
| **Disability** | Q5a. Do you consider yourself to have a disability or suffer from poor health?  Yes, I have a disability  Yes, I am in poor health  Neither  Prefer not to say |
| **Condition** | Q5b. If you have selected ‘**yes**’, please tell us which condition:  Physical  Partial or total loss of vision  Learning disability/ difficulty  Partial or total loss of hearing  Mental health condition or disorder  Long standing illness or disease  Speech impediment or impairment  Other medical condition or impairment, please tell us here: |
| **Race** | Q6. What is your ethnicity?  African  Arab  Bangladeshi  Caribbean  Chinese  Gypsy/ Traveller  Indian  Irish  Pakistani  Polish  Somali  White British    Prefer not to say    For mixed or other ethnicities, please tell us here: |
| **Religion or belief** | Q7. What is your religion or belief?  No religion  Bha’i  Buddhist  Christian  Hindu  Jain  Jewish  Muslim  Sikh  Prefer not to say  Other, please tell us here: |
| **Relationship**  **Status** | Q8. What is your relationship status?  Single  Married/civil partnership  Separated or divorced  Partnered/living with partner  Widowed/surviving civil partner  Prefer not to say |
| **Sexual orientation** | Q9. What is your sexual orientation (preference)?  Bisexual (relationship with either sex)  Gay (male to male relationship)  Heterosexual (male to female relationship)  Lesbian (female to female relationship)  Prefer not to say  Other, please tell us here: |
| **POSTCODE** | Please tell us the first 4 digits of your postcode:  \_\_ \_\_ \_\_ / \_\_ |

Thank you for completing this survey.

Please return this to: Be Involved, Freepost RRUE-JRBR-RGGT, Leicester City CCG, St John’s House, 30 East Street, Leicester LE1 6NB