

# Transmural occupational care for low back pain, a randomised controlled trial and cost-effectiveness evaluation

**Submission date**  
19/12/2005

**Recruitment status**  
No longer recruiting

☐ Prospectively registered

☐ Protocol

**Registration date**  
19/12/2005

**Overall study status**  
Completed

☐ Statistical analysis plan

☒ Results

**Last Edited**  
18/03/2010

**Condition category**  
Musculoskeletal Diseases

☐ Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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## Additional identifiers

### Protocol serial number

NTR354

## Study information

### Scientific Title

**Acronym**

Bridge study

**Study objectives**

1. Is occupational transmural care for workers visiting outpatient clinics of a hospital more (cost-) effective on return-to-work than usual clinical medical care?
2. How is the program for transmural occupational care and its implementation (i.e. the applicability, compliance to, satisfaction, barriers) evaluated by patients with LBP, their employer and their health care professionals?

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Not provided at time of registration

**Primary study design**

Interventional

**Study design**

Randomised controlled trial

**Study type(s)**

Treatment

**Health condition(s) or problem(s) studied**

Low back pain (LBP)

**Interventions**

1. Graded Activity protocol. Based on a cognitive behavioral program. It will be applied by a physical therapist.
2. Work(place) adaptations. Based on active participation and strong commitment of both the worker and the employer. It will be applied by a occupational therapist.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

1. Sick leave duration until full return-to-work
2. Functional status
3. Pain
4. Direct and indirect costs

**Key secondary outcome(s)**

1. Pain coping
2. Quality of life
3. Patient satisfaction

**Completion date**

15/03/2009

## Eligibility

**Key inclusion criteria**

1. Non-specific and specific low back pain, lasting more than 6 weeks
2. Sick listed due to low back pain (completely or partially)
3. Between 18 and 65 years of age
4. Employed in a company or organisation
5. Ability to complete questionnaires written in the Dutch language

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 Years

**Sex**

All

**Key exclusion criteria**

1. Specific low back pain due to spinal tumor; spinal fracture; or spinal inflammation
2. Cardiological diseases which hamper physical activity
3. Juridical conflict at work
4. Psychosis
5. Pregnancy; until 3 months after giving birth
6. Back surgery; until 6 weeks after

**Date of first enrolment**

15/03/2005

**Date of final enrolment**

15/03/2009

## Locations

**Countries of recruitment**

Netherlands

**Study participating centre**  
**VU Medical Center**  
Amsterdam  
Netherlands  
1007 MB

## Sponsor information

**Organisation**  
TNO Quality of Life (Work & Employment) (Netherlands)

**ROR**  
<https://ror.org/01bnjb948>

## Funder(s)

**Funder type**  
Research organisation

**Funder Name**  
Netherlands Organisation for Health Research and Development (ZonMw) (Netherlands)

**Alternative Name(s)**  
Netherlands Organisation for Health Research and Development

**Funding Body Type**  
Private sector organisation

**Funding Body Subtype**  
Other non-profit organizations

**Location**  
Netherlands

**Funder Name**  
Gak Institute Foundation (Stichting Instituut Gak [SIG])

# Results and Publications

## Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Not provided at time of registration

### Study outputs

| Output type                     | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|---------------------------------|---------|--------------|------------|----------------|-----------------|
| <a href="#">Results article</a> | results | 20/09/2007   |            | Yes            | No              |
| <a href="#">Results article</a> | results | 30/11/2009   |            | Yes            | No              |
| <a href="#">Results article</a> | results | 16/03/2010   |            | Yes            | No              |