

iCAHE JC Critical Appraisal Summary

Journal Club Details

Date of submission	March 2012
Journal Club location	AHRRTS 2
JC Facilitator	Damian Coe and Vanessa Lassemillante
JC Discipline	Physiotherapy

Review Question/PICO/PACO

- P patients with chronic low back pain
- I physiotherapy management
- C medical management (e.g. pharmacological)
- O pain and function

Article/Paper

Tavafian S, Jamshidi A & Mohammad K (2011) Treatment of chronic low back pain: A randomized clinical trial comparing multidisciplinary group-based rehabilitation program and oral drug treatment with oral drug treatment alone, *Clinical Journal of Pain*, 27: 811-818.

Please note: due to copyright regulations iCAHE is unable to supply a copy of the critically appraised paper/article. If you are an employee of the South Australian government you can obtain a copy of articles from the [DOHSA librarian](#).

Article Methodology: Randomised Controlled Trial

Returned JC on: 2012





Ques No.	Yes	Can't Tell	No	Comments
1	✓			<p>Did the study ask a clearly-focused question?</p> <p>Yes, the purpose of this study was to examine the impact of a group-based multidisciplinary rehabilitation program and oral drug treatment compared with oral drug treatment alone.</p> <p><i>Population:</i> patients with chronic low back pain.</p> <p><i>Intervention:</i> Participants were randomized to either intervention group receiving a <u>group-based, 5-session multidisciplinary rehabilitation program plus oral medication</u> or to control group receiving <u>oral medication only</u>.</p> <p><i>Outcomes:</i> Health-related quality of life (36-item Short-form General Health Survey) and disability Questionnaires (Quebec Disability Scale and Ronald-Morris Disability).</p>
2	✓			<p>Was this a randomised controlled trial (RCT) and was it appropriately so?</p> <p>This study was a randomized clinical trial which was an appropriate study design to address the objective of the study.</p> <p>Is it worth continuing? YES</p>
3	✓			<p>Were participants appropriately allocated to intervention and control groups?</p> <p>Yes, participants were randomised using random permutation blocking of every 6 participants. This kind of randomization was used to ensure close balance of numbers in each group.</p> <p>As shown in Table 1, baseline characteristics and data regarding back pain were similar for both groups ($p>0.05$).</p>
4	✓			<p>Were participants, staff and study personnel 'blind' to participants' study group?</p> <p>The allocation was concealed to the rheumatologist who selected eligible patients (and treated throughout study) and the person who was responsible for random allocation of the eligible selected patients was blind to the clinical and demographic characteristics of the patients. The statistical analyst and physician were blinded to group allocation however it was impractical to blind the participants.</p>
5		✓		<p>Were all of the participants who entered the trial accounted for at its conclusion?</p> <p>Yes, a flow-chart is shown on page 813 of the paper which outlines the number of patients at each point in the study (enrolment, allocation, 3 month follow-up, 6 month follow-up).</p> <p>Intention-to-treat analysis was not undertaken. There were only few who dropped out of the study; not very likely to have affected the results.</p>

6	✓			<p>Were the participants in all groups followed up and data collected in the same way?</p> <p>Yes, this was kept consistent in the study.</p>
7		✓		<p>Did the study have enough participants to minimise the play of chance?</p> <p>A sample size calculation was not mentioned in the study; therefore it would be difficult to determine whether or not the number of participants can be considered adequate.</p>
8				<p>How are the results presented and what is the main result?</p> <p>The results were presented means, standard deviation, and p-values.</p> <p><i>Bottom line result:</i> The addition of a multidisciplinary rehabilitation program to usual care with oral medications for CLBP could significantly improve patients QOL and disability (6 month follow-up).</p>
9			✓	<p>How precise are these results?</p> <p>This cannot be determined from the paper as confidence intervals were not reported.</p>
10				<p>Were all important outcomes considered so the results can be applied?</p> <p>Journal club to answer.</p>

