

4th International Conference and Expo on

Novel Physiotherapies

August 21-22, 2017 | Birmingham, UK

Department of Physiotherapy, Ministry of Health in Bahrain

Low back pain (LBP) is the single leading cause of disability worldwide, in Bahrain. It is considered the second common cause for referral to outpatient physiotherapy and it composes 22% of total patients referred to outpatient physiotherapy. This study examines whether 3 days of bio psychosocial educational workshop can effectively change LBP beliefs among physiotherapist working at Ministry of Health in Bahrain. Also whether it is improved and amid to identify which LBP beliefs are modified and which factors facilitate the changes. 99 Bahraini physiotherapists attended the educational workshop participated in this study. Ethical approval was obtained from the Ministry of Health Ethical committee. LBP beliefs were evaluated using the Back-Pain Beliefs Questionnaire (BBQ) before, after and 6 months post workshop. It was a 3 days' workshop delivered by Professor O'Sullivan who is a Researcher in the LBP in Curtin University in Australia. The BBQ was done in English language as the workshop language was in English as well. Respondents indicates their agreement with 14 statements on a 5 scale (1=completely disagree; 5=completely agree). The data were analyzed using SPSS. Paired t-test was used to compare overall BBQ scores, and individual BBQ statements scores, before and after the workshop and post 6 months was done. Paired t-test was used also to compare between the different sittings. The effects of workshop on physiotherapists beliefs' showed improvements in subject's attitudes, According to the observed mean difference between pretest ($M=2.5$, $SD=0.5$) and posttest ($M=2$, $SD=0.6$). This difference is statistically significant with paired sample t-test ($t(44)=5.4$, $p<0.000$). It indicates a very large effect of the applied intervention on the subject's attitudes. Among the practice settings: there were significant increases in BBQ scores after the workshop. Sum Pre-compared with sum post 6 months the value is $P=0.007$ which is statistically significant. Thus the attitude remains positive.

esammak1@health.gov.bh