

Patient education for neck pain (2012)

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COCHRANE BACK REVIEW GROUP
The best evidence in back and neck pain care



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Overview of the study

Objectives

- To assess the short- to long-term effects of therapeutic patient education (TPE) strategies on neck pain

Methods

- Evidence current up to 11 July 2010
- Participants: Adults (> 18 years old) with neck disorders
- Intervention: Therapeutic patient educational techniques
- Outcomes measured:
 - Primary: Pain intensity, function, disability, knowledge transfer, behaviour change
 - Secondary: QoL, global perceived effect, patient satisfaction

Results & Conclusion

- 15 trials (2187 participants) included.

Intervention	Evidence	Quality of evidence
Advice focusing on activation	More beneficial for acute whiplash-related pain when compared with no treatment at intermediate term	Moderate
	Less beneficial for pain reduction and no better in improving function and global perceived improvement for acute whiplash at short or intermediate term	Low
Advice focusing on pain & stress coping skills and workplace ergonomics	-No difference compared to other treatment	Very low
	-Specific exercise training was more effective for chronic neck pain at short-term	Low
Self-care strategies	Did not relieve pain for acute to chronic neck pain at short-term follow up	Very low

⇒ Evidence has not shown effectiveness for educational interventions including advice to activate, advice on stress-coping skills, workplace ergonomics and self-care strategies