

Workplace interventions for neck pain in workers (2011)

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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 determine the effectiveness of work place interventions (WIs) in adult workers with neck pain

Methods

- Evidence current up to 15 July 2009
- Participants: Working age adults (18 to 67 years; at work or absent from work) with neck pain (acute, subacute, or chronic)
- Intervention: workplace interventions aimed at modifying body function, activity performance, participation, environmental and personal factors *
- Outcomes measured
 - Primary outcomes: pain severity or pain prevalence, work absenteeism
 - Secondary outcomes: global improvement, functional status, and well-being/quality of life

* Environmental factors include workstation design, work layout changes, and new equipment; personal factors include life cycle adaptation, lifestyle redesign, and change habits

Results & Conclusion

- 10 RCTs (2745 participants) included

Treatment	Evidence	Quality of evidence
Workplace interventions (WI)	No significant effect of WIs compared to no intervention for pain prevalence or severity	Low
	Significant effectiveness of a four-component WI in reducing sick leave in the intermediate-term (but not in the short or long-term)	Moderate

⇒ No evidence supported or refuted the benefits of any specific WI for pain relief