

**Development and Feasibility Testing of a Web Based Self-Management Intervention for Nurses  
with Low Back Pain: A Mixed Method Study**

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### Background and aims

Nurses have a higher prevalence of low back pain (LBP) than other occupations globally; this is associated with decreased job productivity, greater work absence and functional limitations. Digital interventions have demonstrated efficacy in supporting self-management for patients with LBP and improvements in self-reported outcome measures. A theoretically informed web-based intervention programme was designed and tested for a nursing population in the Kingdom of Saudi Arabia (KSA). The purpose of this study is to test the feasibility and acceptability of a web-based intervention programme for the self-management of LBP (WBI-BACK) among a nursing population in the KSA.

### Methods

A convergent parallel mixed method research (MMR), feasibility study design. Primary outcomes included the feasibility of the study design, recruitment rate, methods, and delivery of the WBI-BACK programme. Secondary outcomes involved exploratory analysis of LBP-related measures including pain, disability, quality of life, physical activity, and exercise self-efficacy.

### Results

Fifty-three nurses (35 participants with LBP and 18 participants without LBP) were recruited. Thematic analysis of the interview data revealed four themes (nurses' perception of usability of WBI-BACK, nurses' perceptions on potential WBI-BACK usefulness, nurses' engagement with WBI-BACK and nurses' attitudes towards the WBI-BACK) relating to the necessary features of WBI-BACK programme to be used successfully with the nurses. Nurses with LBP improved significantly in their physical functioning and moderated physical activity exercise after WBI-BACK intervention while there were no significant differences on other secondary measures. The results indicated the feasibility of the research process and the data collection; three out of five a priori feasibility criteria were met (Recruitment rate, attrition rate and experience of the intervention components) while the last two (intervention adherence and feasibility of outcome measures) were met with modification.

### Conclusions

The WBI-BACK programme is feasible and acceptable to be delivered for nurses in KSA.