

University of Exeter Collaboration for Academic Primary Care
APEX
AND EXETER CLINICAL TRIALS UNIT
S E M I N A R

Wednesday 15th May 2019
2.00pm – 3.00pm
Smeall JS07, St Lukes Campus, Exeter
(Refreshments available from 1:30pm)



Dr Ben Darlow

Department of Primary Health Care and
General Practice, University of Otago,
Wellington, New Zealand



Effective and cost-effective primary care treatments for low back pain are required to reduce the burden of the world's most disabling condition. Ben will talk about the results from the Low Back Pain in General Practice randomised trial and implementation study, completed in 2018, which compared the clinical effectiveness and cost-effectiveness of the Fear Reduction Exercised Early (FREE) approach to low back pain (intervention) with usual general practitioner care (control).

Ben completed his undergraduate physiotherapy degree at the University of Otago in 1998, and his Master of Sports Physiotherapy at Curtin University (Perth) in 2002. He completed his PhD at the University of Otago in 2014. His main research foci are the management of common musculoskeletal conditions in primary care and interprofessional education. Ben has explored clinician and patient attitudes and beliefs related to low back pain and osteoarthritis, resulting in several highly cited publications. He recently led the Low Back Pain in General Practice Study exploring the feasibility and impact of implementing a new approach to explaining and managing back pain in general practice. Ben has also led the development of the Back Pain Attitudes Questionnaire (Back-PAQ).

Darlow, B, Fullen, B, Dean, S, Hurley, DA, Baxter, GD, Dowell A. (2011) The association between health care professional attitudes and beliefs and the attitudes and beliefs, clinical management, and outcomes of patients with low back pain: A systematic review. *Eur J Pain* 16 3–17 [doi:10.1016/j.ejpain. 2011.06.006]

Darlow, B., Dowell, A., Baxter, G.D., Mathieson, F., Perry, M., Dean, S. (2013) The enduring impact of what we say to people with low back pain. *Annals of Family Medicine*; 527-534. doi:10.1370/afm.1518.

For further information please contact: j.jacob@exeter.ac.uk exeterCTU or Joy Choules j.l.choules@exeter.ac.uk 01392 722743 <http://medicine.exeter.ac.uk/apex/seminars/> Parking at St Lukes is extremely limited and restricted to University of Exeter permit holders. Parking attendants patrol regularly. Where possible, please consider alternative options when planning your visit.