

**Emnekurs i forskningsmetode og  
kunnskapshåndtering:  
AKUPUNKTUR OG ANNEN  
KUNNSKAPSBASERT BEHANDLING  
AV KORSRYGGSMERTER**

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# Acuback- studien

## Acupuncture for acute non-specific low back pain: a protocol for a randomised, controlled multicentre intervention study in general practice—the Acuback Study

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**Collaboration:** We have established an international collaboration agreement with Karolinska Institutet (Sweden) and Keele University (UK). Both institutions have extensive experience and knowledge within research in medical acupuncture and musculoskeletal disorders.

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### ABSTRACT

**Introduction:** Some general practitioners (GPs) treat acute low back pain (LBP) with acupuncture, despite lacking evidence of its effectiveness for this condition. The aim of this study was to evaluate whether a single treatment session with acupuncture can reduce time to recovery when applied in addition to standard LBP treatment according to the Norwegian national guidelines. Analyses of prognostic factors for recovery and cost-effectiveness will also be carried out.

**Methods and analysis:** In this randomised, controlled multicentre study in general practice in Southern Norway, 270 patients will be allocated into one of two treatment groups, using a web-based application based on block randomisation. Outcome assessor will be blinded for group allocation of the patients. The control group will receive standard treatment, while the intervention group will receive standard treatment plus acupuncture treatment. There will be different GPs treating the two groups, and both groups will just have one consultation. Adults who consult their GP because of acute LBP will be included. Patients with nerve root affection, 'red flags', pregnancy, previous sick leave more than 14 days and disability pension will be excluded. The primary outcome of the study is the median time to recovery (in days). The secondary outcomes are rated global improvement, back-specific functional status, sick leave, medication, GP visits and side effects. A pilot study will be conducted.

**Ethics and dissemination:** Participation is based on informed written consent. The authors will apply for an ethical approval from the Regional Committee for Medical and Health Research Ethics when the study protocol is published. Results from this study, positive or negative, will be disseminated in scientific medical journals.

**Trial Registration Number:** ClinicalTrials.gov Identifier: NCT01439412.

### ARTICLE SUMMARY

#### Article focus

- Does acupuncture treatment contribute to faster pain recovery in acute LBP compared with standard treatment in general practice provided in accordance with the Norwegian national guidelines?
- Does acupuncture treatment for acute LBP improve function and reduce drug use and sick leave?
- Is acupuncture treatment for acute LBP a cost-effective treatment in general practice?

#### Key messages

- This project will increase the knowledge about the effects of acupuncture treatment for acute LBP.
- The primary outcome is the median time in days for recovery from pain.
- A faster pain relief will aid the patients to earlier return to normal, everyday activities, including return to their work.

#### Strengths and limitations of this study

- The methodology of the trial is stronger than previous studies.
- There are still methodological challenges in acupuncture trials; in this trial, neither the patient or the GP will be blinded, and the consultation time will be longer in the intervention group.

### INTRODUCTION

Low back pain (LBP) is a very common disorder with consequences for the individual patient as well as for the society. Up to 80% of the population experiences back pain at least once in their lifetime, about 50% during the previous year. Point prevalence is 15%, and the condition relapses frequently, 40% within 6 months.<sup>1</sup> Back pain is the medical condition that ranks highest in terms

# Acu-Web

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# Legekantorene

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- Pollen
- Tjenna
- Stokke
- Brår

# Program torsdag 13.03.14

- 08.30 – 09.00 Registrering og kaffe
- 09.00 – 09.30 Presentasjon av forelesere, kursdeltakere, program og prosedyrer. *Holgeir og Trygve*
- 09.30 – 09.45 Vondt i ryggen? – en introduksjon. *Trygve*
- 09.45 – 10.15 Hvor finner vi kunnskapen? – om litteratursøk og kunnskapsbasert praksis. *Trygve*
- 10.15 – 10.30 Pause
- 10.30 – 12.00 Hva er status for kunnskapsbasert behandling av korsryggsmerter? Gruppearbeid med litteratursøk. Gjennomgang i plenum. *Holgeir og Trygve*
- 12.00 – 13.00 Lunsj

# Program torsdag 13.03.14

- 13.00 – 13.30 Korsryggsmerter - gjennomgang av nasjonale retningslinjer. *Trygve*
- 13.30 – 13.45 Akutte og kroniske korsryggsmerter – differensialdiagnostikk. *Trygve*
- 13.45 – 14.15 Tradisjonell kinesisk medisin og klassisk akupunktur. *Holgeir*
- 14.15 – 14.30 Pause
- 14.30 – 15.00 En introduksjon til prinsippene i medisinsk akupunktur. *Holgeir*
- 15.00 – 15.30 Prinsipper for akupunkturbehandling av korsryggsmerter – meridianlære. Punktvalg. *Trygve*
- 15.30 – 16.15 Forskning i allmennmedisin. utfordringer, metode og logistikk. *Holgeir og Trygve*
- 16.15 – 16.30 Pause
- 16.30 – 17.15 ACUBACK-studien. En studie for å vurdere effekt av akupunktur mot akutte korsryggsmerter. *Trygve*
- 17.15 – 18.00 Hvilke faktorer i ryggkonsultasjonen påvirker utfallet? – Erfaringer fra pilotstudien til ACUBACK-studien. *Holgeir og Trygve*

# Program fredag 14.03.14

- 09.00 – 10.00 Hva er status for kunnskapsbasert akupunkturbehandling av korsryggsmerter? Gruppearbeid med litteratursøk. Gjennomgang i plenum. *Holgeir og Trygve*
- 10.00 – 10.15 Pause
- 10.15 – 11.15 Helsesekretærens rolle for ryggpasienten; generelt og i ACUBACK-studien. *Ann Kristin Grønvik, Heidi Lian Hem og Trygve*
- 11.15 – 11.45 Legens rolle for ryggpasienten; generelt og i ACUBACK-studien. *Holgeir og Trygve*
- 11.45 – 12.00 Medikamentell behandling av ryggsmerter. Kan vi standardisere? *Trygve*
- 12.00 – 13.00 Lunsj

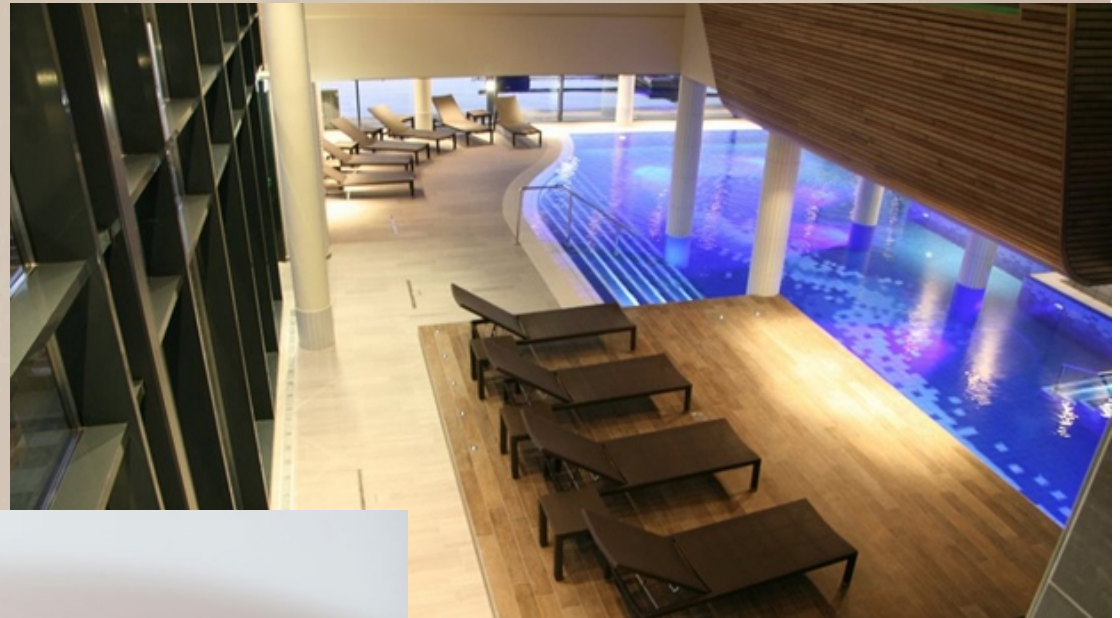
# Program fredag 14.03.14

- 13.00 – 13.30 Praktisk demonstrasjon av akupunkturbehandling av akutte korsryggsmerter. *Holgeir og Trygve*
- 13.30 – 14.30 Praktisk gjennomføring av ACUBACK-studien. *Holgeir og Trygve*
- 14.30 – 15.00 Oppsummering av prinsipper for akupunkturbehandling av akutte korsryggsmerter. Evaluering. *Holgeir og Trygve*
- 15.00 Vel hjem!



# Sosialt program

- Tid til et bad?!
- Middag kl. 19:30



# Viktig beskjed til forskningsassistentene

- Mail fra WebCRF
- Vent med å gjøre noe med mailen til i morgen!

**Fra:** WebCRF <berit.bjelkasen@ntnu.no>  
**Emne:** TEST Acubac-studien  
**Dato:** 3. februar 2014 15:03:00 GMT+01:00  
**Til:** Trygve Skonnord

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Enhet for anvendt klinisk forskning, DMF, NTNU.  
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Nå kan du begynne å bruke den elektroniske løsningen for studien  
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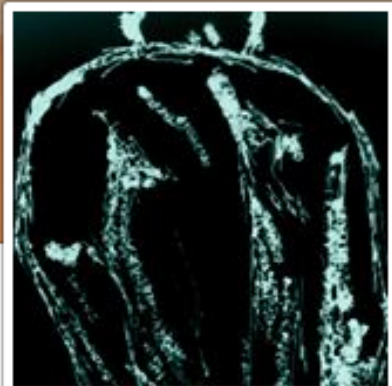


Følg oss!

@trygvets



ACUBACK



Endre forsidebilde

## Acuback-studien

41 liker · 1 snakker om dette

Oppdater sideinformasjon

Likt

Følger



### Samfunn

Acuback-studien er en randomisert, kontrollert multisenterstudie i allmennpraksis som skal undersøke effekten til akupunktur mot akutte, uspesifikke ryggmerter.

Om



Bilder

Liker 41

Liker