

Back pain management programme

Questionnaire

We are looking for feedback from our Back Pain Management Programme clients to enable us to improve our service. It would be very helpful to us if you could complete this questionnaire with your views on your time with us.

1. Male
Female
2. Number of clients on your group: _____
3. How helpful have you found the following sessions? Please rate between 1 – 5, 5 being very helpful and 1 being no help at all:
 - a) Introduction and initial assessment session 1 2 3 4 5
 - b) Pacing 1 2 3 4 5
 - c) Exercise principles 1 2 3 4 5
 - d) Anatomy and Pathology 1 2 3 4 5
 - e) Relaxation 1 2 3 4 5
 - f) Stress and Anxiety 1 2 3 4 5
 - g) Sleep 1 2 3 4 5
 - h) Unhelpful thoughts 1 2 3 4 5
 - i) Spinal stability 1 2 3 4 5
 - j) Goal setting 1 2 3 4 5
 - k) Back care principles and posture 1 2 3 4 5
 - l) Individual goal setting 1 2 3 4 5
 - m) Ergonomics and seating 1 2 3 4 5
 - n) Spinal movement exercises 1 2 3 4 5
 - o) Managing changes 1 2 3 4 5
 - p) Functional Exercises 1 2 3 4 5
 - q) Pain Clinic talk 1 2 3 4 5
 - r) Summary of exercises 1 2 3 4 5
 - s) Integration of exercises into daily life 1 2 3 4 5
 - t) Posture in activities of daily living 1 2 3 4 5
 - u) Lifting and handling 1 2 3 4 5
 - v) Helping others to understand chronic pain 1 2 3 4 5
 - w) Friends and family day 1 2 3 4 5
 - x) Management of set backs and flare ups 1 2 3 4 5
 - y) Gym 1 2 3 4 5

4. Please rate how well you think we enabled you to work as a group:

1 2 3 4 5

Any other comments: _____

5. Please rate how useful you found the gym sessions:

1 2 3 4 5

Any other comments: _____

6. Please rate how useful you found the team reviews:

1 2 3 4 5

Any other comments: _____

7. Please rate how useful you found the Occupational Therapy sessions:

1 2 3 4 5

Any other comments: _____

8. Please rate on the above scale how useful you found the Physiotherapy sessions:

1 2 3 4 5

Any other comments: _____

9. Please rate on the above scale how useful you found the Psychology sessions:

1 2 3 4 5

Any other comments: _____

10. Please rate on the above scale how useful you found the friends and family day:

1 2 3 4 5

Any other comments: _____

11. Is there anything else you would have liked to have been covered/discussed during your time here?

12. Any other comments?

