

Yoga for Healthy Lower Backs (YHLB)– 12-Class Course

Case Studies – GROUP OUTCOME EVALUATIONS

A. 2015 Cornwall Case Study, Truro and Penryn, Cornwall

2 Centres; 6 Courses ; 1 Teacher (AT)

23 YHLB Course Attendees taught in groups of 4-8 in Private Sector.

- ✓ 60% Referrals/ sign-postings from NHS health professionals by end of analysis
- ✓ 80% Attendance Rate

Findings:

- ✓ 3 point improvement in Function (RMDQ).
- ✓ 6.1 point improvement in Function for those with more severe pain (pre-YHLB RMDQ scores of 7+)
- ✓ 63% improvement in Coping / Managing Pain on own (BBPQ)
- ✓ 57% decrease in Pain (VAS)
- ✓ 52% improvement in Biopsychosocial Function (BBPQ)
- ✓ *“Didn’t know this existed and could be so effective. Why doesn’t everyone know about it? Will send my husband and others.”*

B. 2016-2017 NHS GP Surgery Pilots in 3 Surgeries in Cornwall

3 GP surgeries in Penryn, Perranporth, St. Agnes; 2 Centres; 2 Teachers including a GP (AH & AT); 3 Courses

'NHS England Health Education SW Deanery Leadership Scholarship Quality Improvement Project' GP Dr. Anna Huetten (BSLM Director for Cornwall), Study (YHLB) 2018 Winner Edinburgh British Lifestyle Medicine conference

28 YHLB course attendees taught within NHS

Patients Paid £56 (1st course) - £100 (2nd & 3rd course)

- ✓ 100% Referrals from GPs
- ✓ 74% & 83% Attendance rates
- ✓ 93% thought *"NHS should fund YHLB"*
- ✓ *"Payment contribution to course costs does provide incentive to attend."*
- ✓ 93% thought £100 payment contribution to course costs was GOOD VALUE; 7% thought payment might put some people off beginning
- ✓ Medication Reductions/Stopping for many patients (amitriptyline, antidepressants, gabapentin, opioids, duloxetine ++)

Findings - First and Second courses:

- ✓ 60% improvement in Function (RMDQ)
- ✓ 52% decrease in Pain (VAS)
- ✓ 47% improvement in Biopsychosocial Function (BBPQ)
- ✓ 33% improvement Depression (HADS)
- ✓ 24% improvement in Anxiety (HADS)

Findings - Third course:

- ✓ 46% improvement in Pain (VAS)
- ✓ 45% improvement in Depression (HADS)
- ✓ 41% improvement in Function (RMDQ) Overall
- ✓ 38% improvement in Biopsychosocial Function
- ✓ 14% improvement in Anxiety (HADS)
- ✓ *"Changed my relationship with my back pain. I can use postural/breathing techniques to assist pain management and general well-being." "I feel more in control."*
- ✓ *"Very surprised about benefits of relaxation and gentle yoga."*
- ✓ *"The course got me back to work after 6+ months off (feeling desperate). YHLB helped by mobility and stamina and made me more positive."*
- ✓ *"I don't get stressed about my back pain now." "I CAN do yoga even with back pain and reduced flexibility."*
- ✓ *I have learned valuable self-help tools to use (not pain relief tablets)."*

C. 2017 NHS Staff Scheme, Primary Care Foundation Trust, throughout County of Cornwall; Initial cohort analysis

4 Centres (Penryn, Launceston, St. Austell, Truro); 4 Teachers (JKD, AR, EW & AT); Several Courses

8 YHLB course attendees

Staff paid £112; NHS Trust Employer paid £120 pp

- ✓ 100% Referrals via NHS Trust
- ✓ 76% Attendance rates
- ✓ 100% Extremely Likely / Likely to Recommend (F&F)
- ✓ 100% Practising at home at end of course

Findings:

- ✓ 63% decrease in Pain affecting Work
- ✓ 39% improvement in Biopsychosocial Function (BBPQ)
- ✓ 36% decrease in Pain (VAS)
- ✓ 32% improvement in Depression
- ✓ 32% improvement in Anxiety
- ✓ 12% improvement in Coping with back pain
- ✓ 3.3 point improvement in Function (RMDQ)
- ✓ 8/10 Positive benefits on Back Pain
- ✓ 8/10 Positive benefits on General Health
- ✓ 8/10 Yoga impacting on Daily Life
- ✓ *“Raising awareness of how to maintain good health.”*
- ✓ *“Less reliant on pain-killers. Improved sleep. Less anxious.”*
- ✓ *“Beneficial to my back, but also mentally.”*
- ✓ *“Freer movement and healthier outlook.”*

D. 2017 NHS GP Surgery Provision, Probus, Cornwall

1 Centre; 1 Course; 1 Teacher (AB)

5 'frequent attender' patients (back pain + other, e.g. mental health)

- ✓ 100% Referrals by GP letter invitation
- ✓ 78% Attendance rate
- ✓ 100% Extremely Likely to recommend (F&F) *"I am an Ambassador!"*
- ✓ GP Surgery paid £1000 for the course set-up/hall/teaching; Patients contributed £125 each

Findings:

- ✓ 7 point improvement in Function (RMDQ)
- ✓ 53% improvement in Depression
- ✓ 43% decrease in Pain (VAS)
- ✓ 34% improvement in Coping with pain on own
- ✓ 33% improvement in Anxiety
- ✓ 27% improvement in Biopsychosocial Function (BBPQ)
- ✓ 8/10 Positive benefits on Back Pain
- ✓ 9/10 Positive benefits on General Health
- ✓ 9/10 Yoga impacting on Daily Life
- ✓ *"No surgery now for back or knee and feel I can happily continue with my job. Amazing. It seems miraculous to me!"*
- ✓ *"This course has given me back my life."*

E. 2018 NHS GP Surgery Consortium, Healthcare Hub, St. Austell, Cornwall Social Prescribing Scheme

1 Centre; 1 Course; 1 Teacher (JKD)

8 'frequent attender' patients (with back pain + other, e.g. mental health)

- ✓ 100% Referrals by Social Prescribing Link Worker/GPs
- ✓ 78% Attendance rate
- ✓ Patients paid £100 each
- ✓ YHLB is an 'Approved provider for social prescribing scheme'

Findings:

- ✓ 71% improvement in Coping with pain on own
- ✓ 64% improvement in Biopsychosocial Function (BBPQ)
- ✓ 62% decrease in Pain (VAS)
- ✓ 45% less Depression
- ✓ 25% less Anxiety
- ✓ 3.5 point improvement in Function (RMDQ)
- ✓ 8/10 Positive benefits on Back Pain
- ✓ 8/10 Positive benefits on General Health
- ✓ 8/10 yoga impacting on Daily Life
- ✓ *"Helped majorly. Off ALL medications for pain and de-stressed."*
- ✓ *"Feel more at peace." (bi-polar)*

F. 2018 NHS CCG & Secondary Care Staff Scheme, Rotherham, South Yorkshire

1 Centre; 1 Course; 1 Teacher (Trainee SQ)

7 YHLB Course Attendees (mainly off work with back pain)

- ✓ 100% referrals from NHS Hospital H&WB Lead plus HR
- ✓ Fully-funded by CCG (more courses planned, but teacher accident prevented). Course Attendees paid Nil.
- ✓ 76% Attendance Rate

Findings:

- ✓ 48% improvement in function (RMDQ)
- ✓ 8/10 Positive benefits on Back Pain
- ✓ 8/10 Positive benefits on General Health
- ✓ 8/10 yoga impacting on Daily Life
- ✓ *"It has also helped with my mental health - the yoga makes you feel good from the inside out. Still practising yoga at home."*
- ✓ *"Better posture. Positions to help when in pain."*
- ✓ *"This course helped me understand techniques for when pain starts."*
- ✓ *"Made me a lot calmer. My back has felt the benefits."*
- ✓ *"My back feels strengthened."*
- ✓ Best thing about the course: *Relaxation; Variety of exercises learned; Sleeping; Relaxation methods; Stretching; Would definitely benefit from more yoga.*

G. 2018 Devon Case Study, Okehampton, Devon

1 Centre; 1 Course; 1 Teacher (SH)

4 YHLB course attendees; Private sector

- ✓ 50% Sign-postings from GPs
- ✓ Teacher communicating with CCG and 2 GP surgeries with view to offering YHLB to patients to 'Improve Access to out-of-hours community services'
- ✓ Patients paid £224 each (includes Resources Packs)
- ✓ 63% Attendance rate

Findings:

- ✓ 100% improvement in Coping with pain on own
- ✓ 100% improvement in Depression
- ✓ 92% decrease in Pain
- ✓ 92% improvement in Biopsychosocial Function (BBPQ)
- ✓ 80% improvement in Anxiety
- ✓ 2 point improvement in Function (RMDQ)
- ✓ 9/10 Positive benefits on Back Pain
- ✓ 9/10 Positive benefits on General Health
- ✓ 8/10 yoga impacting on Daily Life
- ✓ 100% Extremely/Very Likely to recommend (F&F)
- ✓ *"I think more about my posture, how I walk/sit, how to relax, a better mental attitude."*
- ✓ *"Shown postures which can relieve back pain instantly."*

Key –

RMDQ = Roland Morris Disability Questionnaire = outcome measure showing changes in function. (2.17 'clinically significant change' in YHLB/UniYork original 313-participant randomised control trial)

BBPQ = Bournemouth Back Pain Questionnaire = outcome measure showing changes in 7 biopsychosocial aspects

HADS = Hosp. Anxiety and Depression Scores

F&F = Friends & Family Test = How likely are you to recommend YHLB to others?

VAS = Visual Analogue Test = Pain Score on 10-centimetre line