



Dr Dries Hettinga

Biography

Dr Dries Hettinga is the Research & Information Manager for the charity BackCare. BackCare aims to reduce the burden of back pain by providing information, promoting self-help, sharing good practice and funding research into the causes and management of back pain. BackCare acts as a hub between patients, professionals, employers and all other stakeholders in the back pain debate. Bringing all these groups together and ensuring that information from the one group is distributed to all other stakeholders is one of Dries his main tasks at BackCare



Back pain at work; an evidence based and inter-professional approach

Abstract

Although back pain is in most cases not caused by a serious medical condition, back pain continues to be one of the most common causes of absence from work. The question is why? Extensive evidence reviews show that most interventions that aim to prevent or control back pain only result in moderate effects. This suggests that a multi-dimensional and multi-professional approach may be more effective in controlling the burden of back pain than any single intervention on its own. This presentation will focus on the available evidence and the role any individual can play in controlling back pain. It will also extract useful lessons from other musculoskeletal conditions and give examples of good practice. Both the employer and employee perspective will be considered.