

# Interagency Back on Track Programme



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

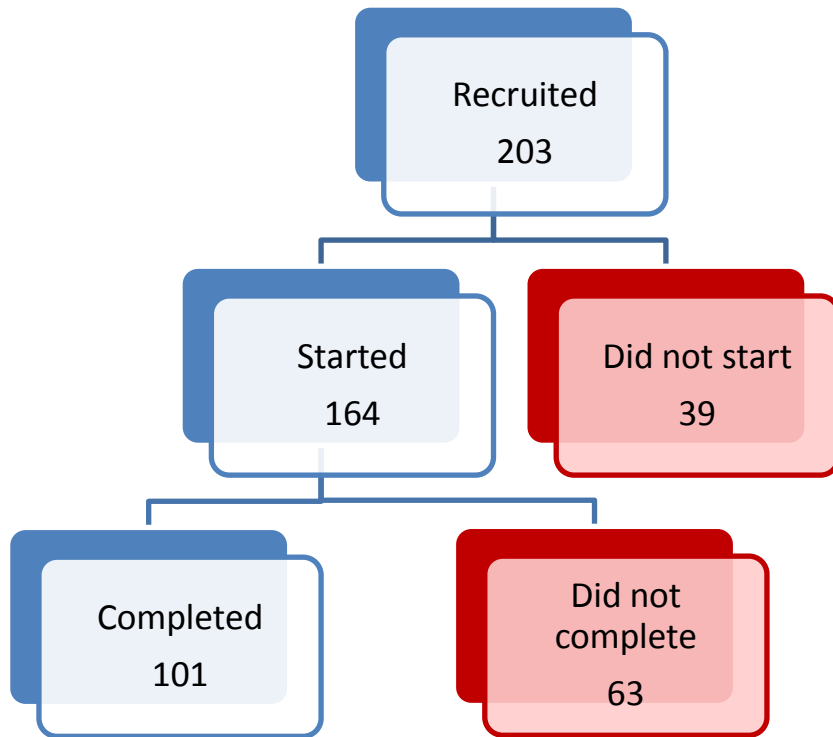
Primary Care Physiotherapists  
Supported by Primary Care Team



Fitness instructors



# Outcomes- 1st three years



50% completed the 6 week programme

Reasons for withdrawal included:

- Family or work commitments
- Pain 'flare up'
- 'Not for me' attitude

- 90% - reduced fear avoidance behaviours (Tampa Scale of kinesiophobia)
- 98% - improvement in physical function (patient specific functional scale- 1 item)
- Positive changes in beliefs/attitudes (Keele STarT Back 9 item clinical screening tool)



**Reactive Healthcare Model**



**Public perception of healthcare at times**



**Proactive Healthcare model for a healthy Ireland**