# Best-practice, non-pharmacological conservative management for patients with confirmed lumbosacral radicular pain (onset > 6 weeks): a Delphi study



### Welcome

We are two, second year MSc Physiotherapy students at King's College London exploring the best-practice physiotherapy management for patients with confirmed lumbosacral radicular pain (onset > 6 weeks), via a Delphi study

# **Project Background and Aims**

As you may be aware, the current literature supporting NICE and other National guideline recommendations of combined non-pharmacological interventions - such as exercise, manual therapy, and psychological approaches - remains limited, particularly regarding optimal dosage and delivery methods.

To address this gap, our study aims to assess the level of consensus among expert clinicians and researchers on their management strategies for this condition, ultimately contributing to improved best-practice recommendations.

# **Inclusion Criteria**

To participate in this study you must meet **one** of the following criteria:

- Have ≥ 10 years experience in treating patients with lumbosacral radicular pain and to be working or have worked at an 'Advanced Clinical Practitioner' level\* or international equivalent, or
- Have ≥ 2 peer reviewed publications in the field of lumbosacral radicular pain

\*Advanced practice is a level of practice in which a practitioner has demonstrated their ability to work autonomously at a high level (level 7/ Masters level) across all four pillars of advanced practice. The four pillars of advanced practice are clinical practice, leadership and management, education, and research.

# **Study Participation**

Participation in this study will involve:

- Reviewing a summary of national and international guidelines.
- Completing three rounds of questionnaires using a Delphi protocol, each spaced 1-2 weeks apart.
- Round 1 questions need to be completed by Monday 9<sup>th</sup> June

Prior to taking part in the study we request that you:

- Read the information sheet <u>CLICK HERE</u>
- Sign and return the consent form to either contact addresses below <u>CLICK HERE</u>
- Read a summary of national and international guidelines CLICK HERE

Once completed we invite you to <u>CLICK HERE</u>, which will take you to the MS forms page where you can complete the survey. As mentioned above we request you to have completed this by **Monday 9<sup>th</sup> June**.

Please feel free to reach out if you have any questions about the study. We look forward to your participation.

Many thanks



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