

1 **1) Protocol Title**

2
3 Title: **Watchful Waiting as a Strategy for Reducing Low-value Spinal Imaging**

4
5 Protocol Version Date: *April 4, 2023*

6 **2) Objectives**

7
8 Spinal imaging in patients with acute low back pain poses risks from diagnostic
9 evaluation of false-positive findings, patient labeling and anxiety, and unnecessary
10 treatment (including spinal surgery) with potential downstream complications. Watchful
11 waiting advice has been found an effective strategy to reduce low-value *treatment* (e.g.,
12 pediatric ear infections), and some evidence suggests a watchful waiting approach
13 would be acceptable to many patients requesting tests. Meanwhile, psychological
14 theory suggests that clinician messages could be tailored to magnify patient acceptance
15 of a watchful waiting strategy.

16 We propose to refine and evaluate a novel simulated intervention using
17 standardized patients (SPs) -- or actors playing the roles of patients -- to teach clinicians
18 to endorse a watchful waiting approach when patients request low-value spinal imaging
19 for low back pain. Specific aims are:

20
21 ***Aim 1: To use key informant interviews of front-line clinicians and focus***
22 ***groups with patients to refine a theory-informed standardized patient-based***
23 ***intervention designed to teach practicing clinicians how to advise watchful***
24 ***waiting when patients request low-value spinal imaging for low back pain.***

25
26 ***Aim 2: To test the effectiveness of standardized patient instructor (SPI)-***
27 ***delivered clinician training in the use of watchful waiting in a randomized clinical***
28 ***trial.***

29 We hypothesize that the intervention will: a) reduce rates of low-value spinal
30 imaging among actual patients with acute back pain seen by clinicians post-intervention
31 (adjusting for pre-RCT rates); b) increase clinician advice to pursue watchful waiting
32 during a followup visit with a SP; c) increase clinician self-reported use and efficacy of
33 advising watchful waiting with actual low back pain patients; and d) have no adverse
34 impact on actual patient trust and satisfaction with clinicians.

35
36 ***Aim 3: To assess whether the intervention effects generalize to other high-***
37 ***cost, low-value imaging tests.***

38 We hypothesize that the SP intervention will: a) decrease rates of advanced neck
39 imaging among actual patients with neck pain seen by study clinicians during the follow-
40 up period (adjusting for baseline rates), and b) increase clinician self-reported use and
41 efficacy of advising watchful waiting rather than imaging for patients with neck pain and
42 other musculoskeletal pain.

43
44 **3) Background**

45 Early spinal imaging to evaluate acute back pain has become an
46 accepted indicator of low-value care. Early spinal imaging provides no benefit

47 but poses potential patient safety risks deriving from the evaluation of false-
48 positive tests and may pose the risk of unnecessary spinal surgery.

49 Primary care-based interventions to encourage a “watchful waiting”
50 approach have shown promise in the setting of acute urinary infections, prostate
51 cancer treatment, and in the diagnosis and evaluation of non-specific symptoms
52 such as fatigue. We have collected promising preliminary data that a watchful
53 waiting message is strongly associated with reduced likelihood of ordering low-
54 value spinal imaging in primary care visits with standardized patients with low
55 back pain. The current study would test a standardized patient-based
56 intervention designed specifically to promote clinician use of a watchful waiting
57 message for patients with acute or subacute low back pain.

58

59 **4) Inclusion and Exclusion Criteria**

60 To accomplish our specific aims, we use the following inclusion and
61 exclusion criteria to recruit or to sample subjects for the following study phases:

62 **A) Pre-trial key informant interviews focus groups**

63 We will conduct clinician key informant interviews and patient focus
64 groups to assist in intervention development prior to the randomized clinical trial
65 (RCT).

66 For clinicians, we will recruit 10-12 clinicians who are in active primary or
67 urgent care practice, serving adult patients. The principal investigator will identify
68 eligible clinicians and invite them to participate by word or mouth or email. We
69 will recruit clinicians both inside and outside the UCD system. We will ask the
70 clinicians to participate in a 30-60 minute phone discussion about the preliminary
71 intervention to assist us in its design.

72 To achieve data saturation with the patient focus groups, we will recruit
73 up to 72 patients aged 18 to 65 years who have seen a clinician for back pain in
74 the past 2 years. We anticipate the number of participants per focus group will
75 vary due to attrition, but aim to enroll 6-12 participants per group. Recruitment
76 flyers may be posted in local clinics or other public spaces as well as Craigslist
77 online. Recruited patients will be asked to participate in a focus group to discuss
78 the general issue of imaging for low back pain and specifically potential patient
79 reactions to watchful waiting messages, as described in the patient focus group
80 telephone screener script. We will not recruit patients over the age 65 years,
81 because the prevalence of higher-risk back pain conditions rises with age, for
82 which early spinal imaging may often be appropriate. Likewise, we will exclude
83 patients with a history of spinal surgery or chronic, persistent back pain as
84 imaging is generally appropriate. Because we want to elicit patient opinions
85 about omitting imaging when it is low-value, we expect it will most useful to elicit
86 opinions from younger patients with acute or subacute back pain.

87 In addition to age greater than 65 years, patients will be excluded if they
88 cannot speak and understand English or lack the cognitive ability to engage in a
89 focus group.

90

91 **B) Randomized trial of the standardized patient (SP) intervention**

92 Using our findings from the pre-trial clinician key informant interviews and
93 patient focus groups, we have developed a standardized patient (SP)
94 intervention designed to improve clinician skill and confidence in implementing a
95 watchful waiting approach to spinal imaging among patients with acute low back
96 pain. To test the effectiveness of the SP intervention, we will recruit 55 clinicians
97 in active practice within the UC Davis or Sutter health systems. Clinicians will be
98 eligible if they intend to practice either full-time or at least 50% full-time
99 equivalent (FTE) in adult primary or urgent care in one of the target clinics for the
100 trial duration and have been in active full-time or 50% FTE practice within the
101 health system for at least two years prior to enrollment (to enable collection of
102 baseline testing rates). We will not include clinicians practicing <50% FTE
103 because of the need to accrue sufficient numbers of actual back pain patients
104 during pre- and post-intervention phases for well-powered analyses of the
105 primary outcome of any spinal imaging within 28 days among patients seen (in-
106 person or remotely, e.g. video visit) with acute low back pain by study clinicians.
107 We will exclude clinicians if they participated in pre-RCT key informant
108 interviews. To achieve the desired sample size, we anticipate recruiting
109 clinicians from up to 10 total primary care or urgent care clinics in the two
110 systems.

111

112 **C) Inclusion criteria for outcome assessment among actual patients**
113 **of study clinicians**

114 Primary outcomes will be spinal imaging ordering and completion rates
115 among actual acute low back pain patients seen by study clinicians (in-person or
116 remotely (e.g. video visits)) during the 18 month follow-up period after the study
117 intervention. Secondary outcomes will include neck imaging ordering and
118 completion among patients with neck pain diagnoses, and among all adult
119 patients seen during the study period, the ordering and completion of any
120 diagnostic test. Diagnostic tests for this latter outcome will consist of any test on
121 a list of the most commonly ordered 498 diagnostic by UCD primary care
122 clinicians, as we have identified using SlicerDicer. We will use electronic medical
123 record (EMR) data to identify patients seen by study clinicians during this period
124 as well as during a 2-year baseline period (to allow adjustment for baseline
125 rates). We will submit a request to Bioinformatics for EMR data retrieval services
126 for patients who meet the following criteria: age 18-90 years on the visit date,
127 having a visit (in-person or video visit) with a study clinician, and an ICD-9/10
128 diagnosis for back pain with not similar diagnosis within the past 6 months (ICD-
129 9-CM: 723.1, 724.x, or ICD-10: M54.2, M54.5, M54.6, M54.89), consistent with
130 the HEDIS overuse measure related to low back pain imaging. Patients will be
131 considered to have had spinal imaging if they completed plain spinal x-rays or
132 lumbar MRI or CT within 28 days of their initial low back pain encounter. We will
133 similarly request information on: 1) patients seen in-person or remotely by each
134 clinician for acute neck pain to assess post-intervention rates of any diagnostic
135 imaging (including laboratory, imaging, or other diagnostic tests). We will
136 measure neck imaging and any diagnostic testing to examine the potential for the
137 intervention effects to generalize beyond the management of low back pain (Aim
138 3).

139

140 **5) Study Timelines**

141 Our overall study has a four-year timeline, but participants in each of the
142 phases above will have the following durations of participation.

143 1) Clinicians and patients in interviews and focus groups will participate
144 only for the duration of the interview or focus group.

145 2) Clinicians enrolled in the RCT will participate for approximately one
146 year from the date of consent, allowing time for SP training and evaluation visits
147 and a six-month post-RCT survey.

148 3) Patients with back or neck pain identified retrospectively using EMR
149 will not actively participate in the research.

150 We estimate that study data will be collected within 2.5 years of project
151 beginning and that the primary analyses will be completed by 3.5 years after
152 study commencement.

153

154 **6) Study Endpoints**

155

156 We will assess study outcomes using four data sources: 1) electronic medical
157 records of actual patients managed in-person or remotely by study clinicians; 2) audio-
158 recordings of SP visits during the followup period; 3) a post-RCT survey of study
159 clinicians; and 4) patient experience data collected from actual patients of study
160 clinicians by each healthcare institution.

161 ***Spinal imaging among actual clinician patients seen in-person or remotely***
162 ***via video visit:*** The primary outcome will be the rate of spinal imaging (xray, CT,
163 or MRI) ordered and completed among patients aged 18-65 years with acute
164 back pain seen by study clinicians during the 18 month followup period adjusted
165 for the baseline imaging rate during the 24 month pre-randomization phase. To
166 identify this outcome, we will collect automated data from the electronic medical
167 records of all patients seen during an in-person office visit or via video visit by
168 study clinicians during the 18 month post-intervention followup period, as well as
169 the two year period prior to the intervention (to allow for adjustment for baseline
170 utilization). We will also collect longitudinal data on ICD-9/10 diagnoses to allow
171 identification of subsets of patients presenting with acute back pain based on the
172 absence of back pain diagnoses on visits in the prior six months (ICD-9-CM:
173 723.1, 724.x, or ICD-10: M54.2, M54.5, M54.6, M54.89), consistent with the
174 HEDIS overuse measure related to low back pain imaging. We will also collect
175 patient-level covariates to enable stratified analyses and adjustment (e.g. age,
176 sex, available race/ethnicity, any Medicaid insurance). We will also assess post-
177 intervention rates of clinician ordering of both plain film and advanced neck
178 imaging (MRI/CT) for patients seen in-person or remotely. The primary and
179 secondary study endpoints will be assessed by abstracting automated visit data
180 received from the study sites' EMR data analysts. An additional secondary
181 outcome will be the rate of any diagnostic testing during the follow-up period
182 among adult patients aged 18 years and older, including the 498 most commonly
183 ordered tests by primary care clinicians, adjusted for baseline rates. Both UC
184 Davis and Sutter utilize the same EMR system (Epic 2016), and so we expect to
185 be able to harmonize patient and visit EMR data extracted from the two systems.

186 **Audio-recordings of SP visits:** We will interpret clinician implementation of watchful
187 waiting advice during SP visits as a *secondary outcome*. For enrolled clinicians, we will
188 audiorecord a single post-intervention SP encounter within 3-6 months of final SPI visit
189 among intervention clinicians. Intervention standardized patient instructor (SPI) visits will
190 also be audiorecorded to monitor SPI fidelity to the intervention, but SPI visits will not be
191 used to assess outcomes.

192 For follow-up SP visits, we will use iterative systematic content analysis of
193 transcripts from audio-recorded visits to quantify how frequently clinicians engaged in
194 the specific steps emphasized in the watchful waiting intervention, as well as the overall
195 extent to which clinicians implemented watchful waiting. To guide coding, Drs. Gosdin
196 and Fenton will develop a manual to guide trained research assistants in coding
197 transcriptions while simultaneously listening to audio-recorded visits. Coders will be
198 blinded to allocation of clinicians to intervention and control. Inter-observer agreement
199 for coding targeted behaviors will be assessed using Cohen's kappa, and disagreements
200 will be resolved by consensus or by review of the audio-recording by a third party. We
201 have successfully used this process to assess clinician-patient interaction in other
202 studies. Ultimately, this process will likely generate a summary scale expressing the
203 extent to which clinicians engaged in watchful waiting during SP visits.

204 **iii) Post-RCT clinician surveys:** Six months after final SPI visits, we will survey
205 randomized clinicians regarding the use of watchful waiting when actual back pain
206 patients requested low-value spinal imaging. We will also survey clinicians regarding the
207 use of watchful waiting for neck pain, other regional musculoskeletal pain syndromes
208 (e.g., shoulder and knee pain), and in other contexts (e.g., when patients request
209 antibiotics for sinusitis). For intervention clinicians, the survey will also inquire regarding
210 clinicians views on the quality, acceptability, utility of the SPI training and their openness
211 to receiving similar SPI training in the future to address challenges in patient-doctor
212 communication. Clinician self-reported use of watchful waiting during the follow-up
213 period will constitute a *secondary outcome* of the RCT.

214 **iv) Intervention effects on patient experience:** To address concerns that a
215 watchful waiting strategy might undermine patient trust and confidence in clinicians, we
216 will assess for potential adverse impacts of the intervention on patient experience. We
217 will specifically link study clinicians to pre- and post-intervention patient experience data
218 collected by the health systems as part of routine care. We have confirmed the feasibility
219 of such linkage with UC Davis executives and the Sutter system. At UCD, these
220 measures include visit-level Consumer Assessment of Healthcare Providers and
221 Systems (CAHPS) or Press-Ganey survey results, which we will use to develop pre- and
222 post-intervention summary measures of patient experience. At Sutter, patient
223 satisfaction ratings are based on responses from surveys gathered by an independent
224 surveyor, NRC Health, shortly after a person's doctor visit. Analyses will assess for
225 adjusted differences in post-intervention patient experience measures among
226 intervention clinicians as compared to control clinicians, after adjustment for baseline
227 patient experience.

228

229 **7) Procedures Involved**

230 We will initially conduct a series of key informant interviews with front-
231 line clinicians to understand the barriers and facilitators to implementing a
232 watchful waiting approach to diagnostic imaging in patients with low back pain
233 (Aim 1). The goal of these interviews is to ensure that the study intervention is
234 feasible, acceptable, and relevant to patients. Simultaneously we will conduct

235 focus groups with patients with the goal of understanding how patients' may react
236 to clinician recommendations to pursue a watchful waiting approach and
237 specifically to elicit patient response to draft watchful waiting messages. Pre-RCT
238 clinician key informant interview and patient focus group guides are attached;
239 however, since qualitative research is an inherently inductive process, some of
240 the questions are likely to be modified on the fly, and additional follow-up or
241 probing questions are likely to arise, building on responses to previous questions.
242 We will share focus group findings with clinicians and vice versa, in hopes of
243 deepening insights, and will use emerging qualitative findings to to refine the
244 intervention.

245 We will then test the intervention in a randomized trial among
246 community clinicians, comparing rates of advanced imaging for low back pain
247 among real patients and clinician use of watchful waiting during the post-
248 intervention period (Aim 2). Clinicians will be randomized 1:1 to intervention and
249 control groups.

250 Clinicians randomized to intervention will receive three visits over 3-6
251 months with a standardized patient instructor (SPI), an actor portraying a patient
252 who is trained to instruct clinicians in how to deliver a compelling watchful
253 waiting message that satisfies patients' needs for reassurance and information
254 (see attached SPI script). To remain flexible during the COVID-19 pandemic, all
255 SP and SPI visits will be made available in two modalities (in-person or remote
256 video visit) and will be conducted in accordance with current guidelines. All SPIs
257 will be trained to portray a patient presenting with acute back pain, describe their
258 symptoms, know and deny any "red flags," and will make a request for imaging
259 (see attached role descriptions). Each SPI visit will focus on a particular step (or
260 steps) in the watchful waiting approach (see attached figure). Both intervention
261 and control clinicians will receive an evaluative SP visit during which the SP will
262 portray a patient with acute back pain but without delivering any instruction; this
263 visit will be used to assess for intervention effects on clinician communication
264 behaviors and recommendations. Imaging rates will be computed for each
265 clinician during the follow-up period (with adjustment for baseline rates). All
266 clinicians will be asked to complete a baseline and post-RCT survey (both
267 surveys are attached). Clinicians randomized to the control group will be offered,
268 but not required to receive a truncated version of the training following the post-
269 intervention period.

270 To assess for generalization of intervention effects (Aim 3), we will
271 examine whether intervention is associated with reduced use of imaging for neck
272 pain and overall diagnostic testing among real patients and clinician report of
273 using watchful waiting for patients with conditions other than back pain as
274 described in section 4C above.

275 **8) Data and/or Specimen Management and Confidentiality**

276 I understand that the UC Davis Health Electronic Health Record
277 (EMR/EPIC) also contains the clinical data for Marshall Medical
278 Center (MMC). I understand that MMC patient data cannot be accessed
279 for research purposes and that I must take the necessary steps to ensure
280 that MMC data is not accessed, used, or disclosed for UC Davis Health
281 research purposes.
282

- 283 a) If any identifiers will be stored, how long will they be kept?
284
285 Identifiers will be stored 5 years beyond the project period.
286
287 b) For data that is coded with a linking key, at what point will the linking key be
288 destroyed?
289
290 A linking key will be destroyed 5 years beyond the project period, once all
291 analysis is complete and data are no longer being stored.
292
293 c) If this research is both federally funded and you are using identifiable
294 data/specimens, please explain why this research cannot be completed using de-
295 identified data/specimens:
296
297 The identifiers (i.e. dates) are needed for analysis. This will allow us to stratify
298 the outcomes by varying interval (e.g. 0-6 months post intervention, 7-12, or 13-
299 18 month post intervention). This is scientifically important, as if we detect any
300 intervention effects, it will be essential to determine if intervention effects are
301 durable and persist throughout the follow-up period.
302

303 **A. Clinicians.** We will obtain the following research material from each clinician: key
304 informant interview information prior to the trial; a brief baseline survey of trial clinicians
305 collecting demographic information and practice experience data; clinician use of
306 watchful waiting during study SP visits, ascertained via coding of visit audio recordings;
307 and clinician responses to post-RCT visit surveys. We will request from the patient
308 experience department patient responses to six items derived from the individual visit
309 version of the CAHPS Clinician & Group Survey or Press-Ganey outpatient surveys, as
310 available. Four items derived from the CAHPS Physician Communication Composite
311 and inquired respectively about whether the PCP: 1) gave easy to understand
312 information; 2) knew important information about the patients' medical history; 3) showed
313 respect for what the patient had to say; and 4) spent enough time with the patient. A fifth
314 item inquired about whether the patient would recommend the PCP to family and friends,
315 while the sixth item requested that the patient rate the doctor from 0 to 10 from worse to
316 best possible doctor. The Press-Ganey and NRC Health surveys include similar
317 questions related to the provider's level of concern for the patient's questions/worries,
318 explanations for the problem/condition, effort to include the patient in decision-making,
319 discussion about treatment, and the likelihood of recommending the provider to others,
320 We will provide the department a list of participating clinician names. The patient
321 experience department will provide an encrypted, password protected file with patient-
322 level responses to these or similar items for each participating clinician during the pre-
323 and post-intervention periods. The dates of patient responses will also be included for
324 proper assignment to study period (pre- or post-intervention). We will also request the
325 following demographic data on the responding patients: age, sex, race/ethnicity,
326 education, self-rated physical and mental health, and whether anyone assisted the
327 patient in responding to the survey.

328 Risks associated with participation include:

- 329 (1) Disclosure of information. Because of our method for maintaining strict
330 confidentiality, the risk is extremely low for clinician participants. Research materials will

331 be kept under lock and key in a secure location at the research coordinating site. Only a
332 study ID will identify individual research material, and names of participants will be kept
333 under lock and key in a separate room to assure confidentiality. All computerized
334 information will be kept on password-protected, physically secured study computers.

335 (2) Adverse effects of participation. Clinicians may experience some stress or
336 emotional discomfort when learning new interviewing approaches. Given that this is a
337 “low stakes” intervention, and since study clinicians will be volunteers, we anticipate this
338 effect will be minimal. It is also possible that clinician participation will result in a small
339 adverse impact on clinical productivity and time efficiency on days when study SPs are
340 inserted into the clinician schedules. Because the intervention will be tightly scripted and
341 was developed to be delivered within the confines of usual outpatient visit lengths, these
342 effects are again anticipated to be minimal. We have also arranged with the
343 participating health systems to compensate clinicians for lost productivity by providing
344 relative value unit (RVU) credits for research visits.

345

346 **B. Patients.** Patients who participate in focus groups will be asked to fill out a
347 brief health/demographic questionnaire and answer general questions about their
348 impressions of deferring imaging in the setting of acute back or neck pain. We will
349 obtain a limited data set from EMR data on diagnostic testing among actual patients
350 seen in-person or remotely by study clinicians in up to two years prior to enrollment and
351 two years after the SPI intervention. EMR data variables will include: visit date, age, sex,
352 available race/ethnicity, any Medicaid insurance, whether imaging tests were ordered
353 and completed during visits with participating clinicians, and ICD-9-CM: 723.1, 724.x, or
354 ICD-10-CM diagnostic codes: M54.2, M54.5, M54.6, M54.89. The EMR data will include
355 visit dates and the clinician name to allow linkage to all other clinician data
356 obtained/collected (e.g. patient experience data and clinician pre- and post-intervention
357 surveys).

358

359 Risks associated with the study include:

360 (1) Disclosure of information. Questionnaires will not contain or ask for any
361 identifiers. Focus group responses will be transcribed, and all patient identifying data (if
362 disclosed during the focus group) will not be transcribed. All computerized information
363 will be kept on password-protected, physically secured study computers. Any files linking
364 study IDs to participant names will be saved separately from datasets and accessible
365 only to appropriate study personnel. Datasets will be abstracted by Biomedical
366 informatics analysts and will be transferred to the study team using encrypted file
367 transfer protocols. The EMR data will be a limited data set that includes visit dates.
368 Public reports of results will only include aggregate data and therefore, will not contain
369 any identifiable information. Because we anticipate all cell sizes in public reports to be
370 large, we do not anticipate any significant risks that results could inadvertently be used
371 to identify the health information of individual patients.

372

373 **C. Participant consent or waivers thereof**

374 We will obtain verbal informed consent from clinicians and patients who
375 participate in the pre-RCT key informant interview or focus groups (see relevant
376 HRP-502 consent forms).

377 We will obtain verbal informed consent from clinicians who participate in
378 the RCT of the SP intervention. Due to the minimal risk nature of this study and
379 uncertainty around COVID-19, we request a waiver of the requirement for signed
380 consent,

381 We request a waiver of informed consent for patient EMR data as the
382 data received from the Biomedical informatics analyst will contain identifiers and
383 would be impracticable to obtain consent.

384

385 **D. Data analysis and statistical power**

386 Analyses of the primary and secondary outcomes will be conducted using
387 the intention-to-treat principle. Visits among actual patients seen in-person or
388 remotely during the post-intervention period (nested within clinicians) will be the
389 units of analyses. The primary outcome will be within-visit counts of imaging or
390 diagnostic studies (i.e., plain lumbar x-rays, MRI or CT scans) ordered and
391 completed among patients during the post-intervention period. We will similarly
392 obtain baseline data for patients seen by randomized clinicians during a two-year
393 pre-intervention period. Using a Generalized Linear Model (GLM) with a Poisson
394 distribution and log link, we will test for intervention effects by testing for the
395 significance of an interaction term between a categorical variable for intervention
396 group and a covariate distinguishing pre- and post-intervention periods. Analyses
397 will account for nesting of patients within clinicians and clinics.

398 We used the exemplary dataset method in SAS to assess the power for a
399 difference-in-difference analysis for a binary outcome that is assumed to have a 25%
400 incidence in the control condition and that the effect of the intervention would be to lower
401 the incidence by 5 percentage points. On the basis of empirical analysis of related data,
402 we assumed that the outcome would have residual within-clinic and within-clinic/within-
403 doctor correlations of 1% and 4%, respectively. We assumed hypothesis testing would
404 be 2-tailed, with the type-1 error controlled at 5%. With 8 clinics, 6 clinicians per clinic,
405 and 92 patients per doctor (57 pre-intervention and 35 post-intervention, we would have
406 80.1% power to detect the effect of interest.

407 Study data will be retained for five years after the final publication that occurs at
408 end of the four year project period. We anticipate that all study publications will be
409 complete within five years of the end of the project period. So we anticipate preserving
410 the study data until 2033, at which point we will destroy the study data. Only the study
411 team will have access to the study data.

412

413 **9) Provisions to Monitor the Data to Ensure the Safety of Subjects**

414 Because this research poses minimal risk to subjects, we will not
415 establish a data monitoring committee.

416 **10) Withdrawal of Subjects**

417 Participants will be allowed to withdraw their consent for participation at
418 any time during the study. If a clinician withdraws from the trial, we will use data
419 already collected from the clinician, unless he or she requests that we rescind
420 data previously collected. The retention of as much study data as possible may
421 allow an intention-to-treat analysis where the clinician data is analyzed as
422 randomized.

423 If a clinician enrolls in the trial, completes one or more SP visits, but
424 wishes to no longer have additional SP visits, we will seek clinician permission to
425 retain the existing study data to allow an intention-to-treat analysis.

426

427 **11) Risks to Subjects**

428 As detailed in Section 8, this research poses minimal risk to subjects and
429 consist primarily of small risks of breach of confidentiality stemming from
430 disclosure of patient or participant information. We will undertake numerous
431 safeguards to minimize this already minimal risk. Most important, we will protect
432 the privacy of participants by safely guarding study data. Paper forms, such as
433 consent forms, will be stored in locked cabinets within locked and monitored
434 research offices. Electronic data and study documents will be stored on research
435 office computers with protections and UC Davis firewall protections. EMR
436 datasets will be developed by trained IT personnel and will be transmitted to
437 research staff using encrypted file transfer protocols and then stored on
438 protected, secured research computers.

439

440 **12) Potential Benefits to Subjects**

441 Pre-RCT subjects who participate in key informant interview or focus
442 groups will derive no direct benefits from participation. They will however be
443 compensated for their time with gift cards (\$100 for clinicians and \$30 for
444 patients).

445 Clinicians who participate in the randomized trial may benefit by receiving
446 instruction from SPIs in the watchful waiting techniques. This technique may
447 increase clinician confidence in communication with patients who are requesting
448 low-value diagnostic tests. Clinicians in the RCT will also be compensated in two
449 ways: 1) each will receive \$100 gift card on completion of the post-RCT survey
450 (Sutter clinicians will receive stipends in the amount of \$100 per their internal
451 policies and guidelines); 2) each will also receive the equivalent of ~\$125 per SP
452 visit to compensate for lost productivity on account of research visits. The
453 method of providing this compensation will be developed by Medical Directors at
454 each of the two study sites but may involve crediting clinicians with relative value
455 units (RVUs) as a means of ameliorating for missed clinical charges.

456

457 **13) Multi-Site Research**

458 This study will be conducted within the UC Davis Primary Care Network
459 and Sutter Health network, both in the Sacramento region. The primary site is
460 UC Davis, where the site PI is Dr. Joshua Fenton. The Sutter site PI is Dr.
461 Andrew Hudnut. Drs. Fenton and Hudnut will meet regularly throughout the
462 study to monitor research activities, assure adherence to IRB approved
463 protocols, and to communicate results.

464 UC Davis will be the repository of all study data. Sutter research staff will
465 collect some data items, including clinician baseline and post-RCT surveys and

466 patient imaging data. Completed survey forms will be hand-entered into
467 RedCAP by research staff if the clinician does not complete the surveys online.

468 Consistent with AHRQ's Single IRB policy, the project will rely on the UC
469 Davis IRB. All UC Davis and Sutter research staff will be up-to-date with CITI
470 training in human subjects research.

471 We will conduct regular meetings by conference call with site PIs and site
472 research coordinators. All project milestones including study closure will be
473 discussed and agreed upon during these meetings.

474

475 **14) Community-Based Participatory Research**

476 NA

477 **15) Sharing of Results with Subjects**

478 The study results will not be shared with participants, although results will
479 be published in publicly accessible journals.

480

481 **16) Prior Approvals**

482 The study will receive IRB approval from UC Davis.

483

484 **17) Provisions to Protect the Privacy Interests of Subjects**

485 Research staff will be trained to make an effort to respect patients' and
486 clinicians' privacy concerns both during recruitment and throughout the conduct
487 of the study.

488 During recruitment of clinicians (for key informant interviews and trial
489 participation) and patients (for focus groups), study staff will clearly explain that
490 participation is voluntary and will describe procedures designed to protect
491 participant privacy (e.g., use of study identification numbers on study documents,
492 that only study staff will have access to study documents, that transcripts of
493 interviews will contain no identifiers). Staff will also assure potential participants
494 that study reports will contain no identifying information.

495 While spinal imaging for low back pain is not an emotionally charged
496 topic, some patients may experience intense emotions during focus groups. Our
497 skilled, experienced focus group leaders will respond with sensitivity and tact and
498 guide discussions in a manner that put participants at ease.

499

500 **18) Compensation for Research-Related Injury**

501 NA

502 **19) Economic Burden to Subjects**

503 None

504 **20) Drugs or Devices**

505

506 Not applicable to this study

507

508 I confirm that all investigational drugs will be received by the Investigational
509 Drug Service (IDS). The IDS will store, handle, and administer those drugs so
510 that they will be used only on subjects and be used only by authorized
511 investigators.

512

513 I confirm that all investigational devices will be labelled in accordance with
514 FDA regulations and stored and dispensed in such a manner that they will be
515 used only on subjects and be used only by authorized investigators.

516

517 **21) Review Requirements**

518 **Are there any contractual obligations or other considerations that**
519 **require IRB review of this research, or review at intervals other**
520 **than those required by the Common Rule or FDA? If yes, check**
521 **box:**

522

523 Yes

524

525 No

526

527

528