

Summary of the workshop to provide training in the use of the BetterBack[©] model of care.

Schedule	Content		Brief description	Learning objectives	BCTs used
Day 1 08:15-08:30	Presentation		Welcome and introduction		
Day 1 08:30-08:50	Questionnaire	Participating physiotherapists record background information, PABQ, PCQ, DIBQ	Participants receive 20 minutes to complete the questionnaire	To generate descriptions recorded by physiotherapists before and after BetterBack [©] model of care	
Day 1 08:50-09:40	Presentation	LBP clinical guidelines	Present evidence based guideline recommendations and the development process behind the recommendations	To understand current evidence based recommendations for primary care of LBP and stakeholder involvement in their development	- Instruction on how to perform the behavior - Credible source - Information about other's approval
Day 1 09:40-10:00	Presentation	Background to BetterBack [©] model of care	Outlines the goals for the day, defines and conceptualizes the BetterBack [©] model of care and communicates need for the model of care	To understand aims, objectives and learning outcomes for the practitioner education	- Credible source - Social reward - Pros and cons - Comparative imagining of future outcomes
Day 1 10:00-10:20	Swedish fika	Reflection	Informal discussion about aims of the BetterBack [©] model of care compared to current practice	To evaluate the practical aims of the BetterBack [©] model	- Social support
Day 1 10:20-11:40	Demonstration	Use of implementation tools	Demonstration of how evidence based recommendations can be practically applied in the BetterBack [©] model of care	To understand how to practically use implementation tools to assist clinical reasoning for matching assessment findings with appropriate diagnosis and treatment	- Instruction on how to perform the behaviour - Demonstration of behaviour - Problem-solving - Feedback on behaviour
Day 1 11:45-12:00	Reflection	Use of implementation tools	In pairs, participants discuss reflections upon how they can practically apply the implementation tools into their clinical practice	To evaluate the practical use of the BetterBack [©] model clinical reasoning tools	- Behavioural practice/rehearsal - Framing/reframing
Day 1 12:00-13:00	Lunch break				
Day 1 13:00-14:30	Task	Use of implementation tools	Participants are divided into 3 work groups who each transition between 3x30min patient scenario workstations. Participants practice the application of the BetterBack [©] model implementation tools using therapist-	To develop practical skills in the use of the BetterBack [©] model clinical reasoning tools	- Behavioural practice/rehearsal - Feedback on behaviour - Social support

			patient role-play. Feedback is provided from the tutor and between peers		
Day 1 14:30-15:00	Task	Feedback on work with patient scenarios	Each group discuss and give feedback on their work with the first patient scenario station (10min per group)	To learn how peers used BetterBack© model clinical reasoning tools	- Graded task - Verbal persuasion about capability
Day 1 15:00-15:20	Swedish fika	Reflection	Informal discussion about the practical use of the BetterBack© model of care compared to current practice	To evaluate the practical use of the BetterBack© model clinical reasoning tools	- Social support
Day 1 15:20-15:40	Summary of the day	Question and answer session and close	Learning outcomes are summarised		- Feedback on behaviour
Day 2 08:15-08:30	Discussion		Reflections after the first day of the workshop		
Day 2 08:30-09:00	Presentation		Benefits of using the implementation tools for assessment, diagnosis and intervention	To appreciate how to practically use implementation tools to assist clinical reasoning for aligning assessment, diagnostics and treatment	- Instruction on how to perform the behaviour - Information about social and environmental Consequences - Credible source - Information about other's approval
Day 2 09:00-09:20	Demonstration	BetterBack© model treatment tools	Patient education (brochure)	To understand how to use the implementation tools for LBP patient education	- Instruction on how to perform the behaviour
Day 2 09:20-10:00	Demonstration	BetterBack© model treatment tools	Group education	To understand how to use the implementation tools for LBP patient education	- Instruction on how to perform the behaviour
Day 2 10:00-10:20	Swedish fika	Reflection	Informal discussion about which patients group education is relevant	To reflect on the practical use of the BetterBack© model	- Social support
Day 2 10:20-11:00	Demonstration	BetterBack© model treatment tools	Exercise program	To understand how to use the implementation tools for an exercise program for LBP	- Instruction on how to perform the behaviour
Day 2 11:00-12:00	Task	Use of implementation tools	Participants are divided into 3 work groups who each transition between 3x30min patient scenario workstations. Participants practice the application of the BetterBack© model treatment tools using therapist-patient role-play. Feedback is provided from the tutor and between peers	To develop practical skills in the use of the BetterBack© model treatment tools	- Behavioural practice/rehearsal - Feedback on behaviour - Social support

Day 2 12:00-13:00	Lunch break				
Day 2 13:00-13:30	Task continued	Use of implementation tools	Participants are divided into 3 work groups who each transition between 3x30min patient scenario workstations. Participants practice the application of the BetterBack SM model treatment tools using therapist-patient role-play. Feedback is provided from the tutor and between peers	To develop practical skills in the use of the BetterBack SM model treatment tools	- Behavioural practice/rehearsal - Feedback on behaviour - Social support
Day 2 13:30-14:00	Task	Feedback on work with patient scenarios	Each group discuss and give feedback on their work with the first patient scenario station (10min per group)	To develop practical skills in the use of the BetterBack SM model treatment tools	- Graded task - Verbal persuasion about capability
Day 2 14:00-14:30	Demonstration	BetterBack SM model of care website	Display of to navigate the BetterBack SM model of care website	To understand how to use the BetterBack SM model of care website	- Instruction on how to perform the behaviour
Day 2 14:30-15:00	Task	Potential future outcomes of the BetterBack SM model of care implementation	Participants write on post-it notes the most important future outcomes of the BetterBack SM model of care implementation based on: 1. A professional perspective 2. A patient perspective	To appreciate the potential outcomes of the BetterBack SM model of care	- Comparative imagining of future outcomes
Day 2 15:00-15:30	Presentation		Clinical champion presents an administrative action plan (designed earlier in consensus with clinical colleagues) for the implementation of the BetterBack SM model of care at their clinic	To reflect on the practical use of the BetterBack SM model of care website	- Action planning
Day 2 15:30-15:50	Questionnaire	Participating physiotherapists record background information, PABQ, PCQ, DIBQ	Participants receive 20 minutes to complete the questionnaire	To generate descriptions recorded by physiotherapists before and after BetterBack SM model of care	
Day 2 15:50-16:00	Diploma		Participants completing the workshop receive a CME diploma		- Incentive