

A PROGRAM EVALUATION OF PATIENT EDUCATION: MAKING AN INFORMED
DECISION ON TREATING CHRONIC LOWER BACK PAIN WITH ACUPUNCTURE

A Capstone Project

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Abstract

Background

Chronic Lower Back pain (CLBP) is the second most frequent cause of a visit to the doctor, the fifth most common cause for hospitalization and third most frequent reason for surgery. Eight out of 10 Americans experience back pain throughout some period in their lives. Despite the evidence and research that supports the positive effects of acupuncture in the treatment of chronic lower back pain (CLBP) there have been no studies for program evaluation of patient classroom education for acupuncture to treat CLBP.

Purpose

The purpose of this study is to conduct a program evaluation of a class on acupuncture to treat CLBP. The program evaluation will determine if education has prepared the student with the knowledge to make an informed decision on acupuncture to treat CLBP.

Methods

The instrumentation used is a researcher-designed study with subjects attending an educational class on acupuncture to treat CLBP. Each student was asked to answer a pre-class survey and a post-class survey regarding general information and knowledge on the subject of acupuncture to treat CLBP.

Results

Results from this study indicate, with pre-class and post-class surveys done by the students, an increase in knowledge about the use of acupuncture to treat CLBP after a brief educational class.

Conclusions

A short class presentation on the benefits of acupuncture provides a treatment option for people who suffer from CLBP. Acupuncture has been proven to work on its own or integrated into usual care. This research reveals that teaching patients about the use of acupuncture to treat CLBP will arm them with the knowledge to make an informed decision on the best treatment path.

Keywords: chronic lower back pain, patient education, acupuncture