

The STEMS pilot trial:

Bishop, Annette; Ogollah, Reuben O.; Jowett, Sue; Kigozi, Jesse; Tooth, Stephanie; Protheroe, Joanne; Hay, Elaine M.; Salisbury, Chris; Foster, Nadine E.

DOI:

[10.1136/bmjopen-2016-012987](https://doi.org/10.1136/bmjopen-2016-012987)

License:

Creative Commons: Attribution (CC BY)

Document Version

Peer reviewed version

Citation for published version (Harvard):

Bishop, A, Ogollah, RO, Jowett, S, Kigozi, J, Tooth, S, Protheroe, J, Hay, EM, Salisbury, C & Foster, NE 2017, 'The STEMS pilot trial: A pilot cluster randomised controlled trial to investigate the addition of patient direct access to physiotherapy to usual GP-led primary care for adults with musculoskeletal pain', *BMJ open*, vol. 7, e012987. <https://doi.org/10.1136/bmjopen-2016-012987>

[Link to publication on Research at Birmingham portal](#)

General rights

Unless a licence is specified above, all rights (including copyright and moral rights) in this document are retained by the authors and/or the copyright holders. The express permission of the copyright holder must be obtained for any use of this material other than for purposes permitted by law.

- Users may freely distribute the URL that is used to identify this publication.
- Users may download and/or print one copy of the publication from the University of Birmingham research portal for the purpose of private study or non-commercial research.
- User may use extracts from the document in line with the concept of 'fair dealing' under the Copyright, Designs and Patents Act 1988 (?)
- Users may not further distribute the material nor use it for the purposes of commercial gain.

Where a licence is displayed above, please note the terms and conditions of the licence govern your use of this document.

When citing, please reference the published version.

Take down policy

While the University of Birmingham exercises care and attention in making items available there are rare occasions when an item has been uploaded in error or has been deemed to be commercially or otherwise sensitive.

If you believe that this is the case for this document, please contact UBIRA@lists.bham.ac.uk providing details and we will remove access to the work immediately and investigate.

Supplementary Table S3: Healthcare resource use by trial arm over 12 months. Results are number of patients (%) reporting each resource use type and mean (SD) number of visits/treatments per patient unless otherwise stated.

| Resource use category | Control (n=318) | | Intervention (n=237) | |
|--|--------------------|------------------------|-------------------------|-------------|
| | n (%) | Mean (SD) ^a | n (%) | Mean (SD) |
| NHS | | | | |
| GP | 218 (68%) | 3.13 (3.95) | 153 (64%) | 2.85 (3.95) |
| Practice nurse | 82 (26%) | 0.87 (3.72) | 52 (22%) | 0.93 (4.21) |
| Physiotherapist | 106 (33%) | 1.93 (5.19) | 96 (41%) | 2.33 (5.10) |
| Orthopaedic surgeon | 67 (21%) | 0.47 (1.12) | 36 (15%) | 0.36 (1.01) |
| Rheumatologist | 26 (8%) | 0.16 (0.66) | 12 (6%) | 0.08 (0.39) |
| Acupuncturist | 8 (3%) | 0.13 (1.15) | 5 (2%) | 0.04 (0.31) |
| Chiropractor | 7 (2%) | 0.09 (0.81) | 4 (2%) | 0.03 (0.34) |
| Occupational therapist | 15 (5%) | 0.18 (1.16) | 12 (5%) | 0.11 (0.56) |
| Other healthcare professionals | 29 (9%) | 0.27 (1.06) | 20 (8%) | 0.20 (0.81) |
| Private | | | | |
| Physiotherapist | 18 (6%) | 0.29 (1.72) | 14 (6%) | 0.71 (4.86) |
| Orthopaedic surgeon | 7 (2%) | 0.04 (0.33) | 4 (2%) | 0.03 (0.23) |
| Rheumatologist | 0 | 0.00 (-) | 1 (0.5%) | 0.01 (0.13) |
| Acupuncturist | 4 (1%) | 0.07 (0.70) | 8 (3%) | 0.13 (0.92) |
| Chiropractor | 9 (3%) | 0.21 (1.94) | 5 (2%) | 0.15 (1.09) |
| Occupational therapist | 0 | 0.00 (-) | 1 (0.5%) | 0.02 (0.25) |
| Other healthcare professionals | 6 (2%) | 0.08 (0.73) | 3 (1%) | 0.17 (2.22) |
| Other resource use | | | | |
| Investigations (MRI, CT, X-rays, “scan”) | 124 (39%) | 1.88 (8.67) | 86 (36%) | 0.81 (1.52) |
| Injections | 27 (8%) | 0.16 (0.56) | 19 (8%) | 0.19 (0.93) |
| Inpatient stay in days | 29 (9%) | 0.65 (3.12) | 22 (9%) | 0.56 (3.82) |
| Prescribed Medication (n, %) | 255 (80%) | - | 185 (78%) | - |
| ‘Over the counter’ treatments (n, %) | 203 (63%) | - | 141 (59%) | - |
| Work-related outcomes | | | | |
| Time-off work due to musculoskeletal condition | 20 (18%) | - | 19 (19%) | - |
| Work absence days due to musculoskeletal condition | 10.28 | - | 8.34 | - |

^a Data is based on patients reporting resource utilisation and includes resource use data from patients who returned a questionnaire at both follow-up time points