

The Keele STarT Back Screening Tool

Patient name: _____ Date: _____

Thinking about the **last 2 weeks** tick your response to the following questions:

Disagree	Agree
0	1

1 My back pain has **spread down my leg(s)** at some time in the last 2 weeks

2 I have had pain in the **shoulder** or **neck** at some time in the last 2 weeks

3 I have only **walked short distances** because of my back pain

4 In the last 2 weeks, I have **dressed more slowly** than usual because of back pain

5 It's not really safe for a person with a condition like mine to be physically active

6 **Worrying thoughts** have been going through my mind a lot of the time

7 I feel that **my back pain is terrible** and **it's never going to get any better**

8 In general I have **not enjoyed** all the things I used to enjoy

9. Overall, how **bothersome** has your back pain been in the **last 2 weeks**?

Not at all

0

Slightly

0

Moderately

0

Very much

1

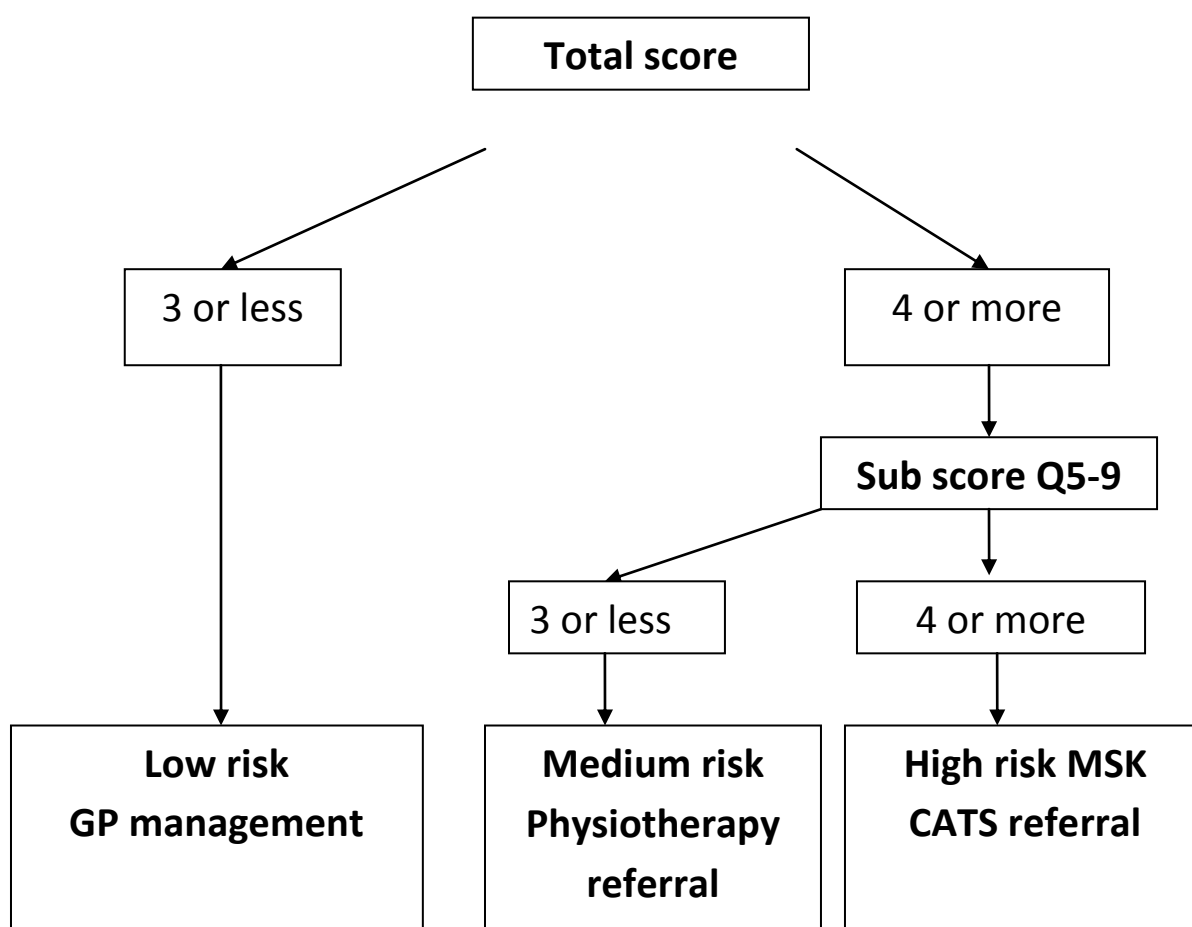
Extremely

1

Total score (all 9): _____

Sub Score (Q5-9): _____

The STarT Back Tool Scoring System



Appendix

The Keele university STarT back screening tool is a risk stratification tool designed for GP's to empower decision making in the management of patients with Low back pain. Completion of the tool will enable which patients can be successfully managed without referral and which patients will require referral and to which service. Stratified care improves both clinical outcomes, patient satisfaction, and is both cheaper in both health costs and the cost to society. It also has resulted in patient's having a 50% reduction in time off work, a 30% reduction in GP sick certificates, and reduction in GP consultations, compared to non stratified management of Low back pain.

The 9 item tool is available to download online www.keele.ac.uk/sbst/downloadthetool Once completed by the patient their management and if necessary the appropriate referral can be made immediately. Please sent the whole questionnaire either electronically or hard copy through the post with your referral.