Improving Low-Back Pain Care in rural Uganda: Developing the BACKTACK Screening App

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INTRODUCTION

Digital health tools have the potential to improve the accessibility, availability, affordability and quality of care.

This study follows the development of the BACKTRACK screening app for managing Low Back Pain (LBP) in rural communities in Uganda.

AIM

This study aimed to co-develop, with Clinical Officers and Registered Nurses, a mobile health app to assist clinicians managing patients with Low-Back Pain in a rural setting.

ACKNOWLEDGEMENT

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ETHICAL APPROVAL

This study received an ethical approval from MUST (MUST-2022-540) and UCD (LS-LR-22-227)

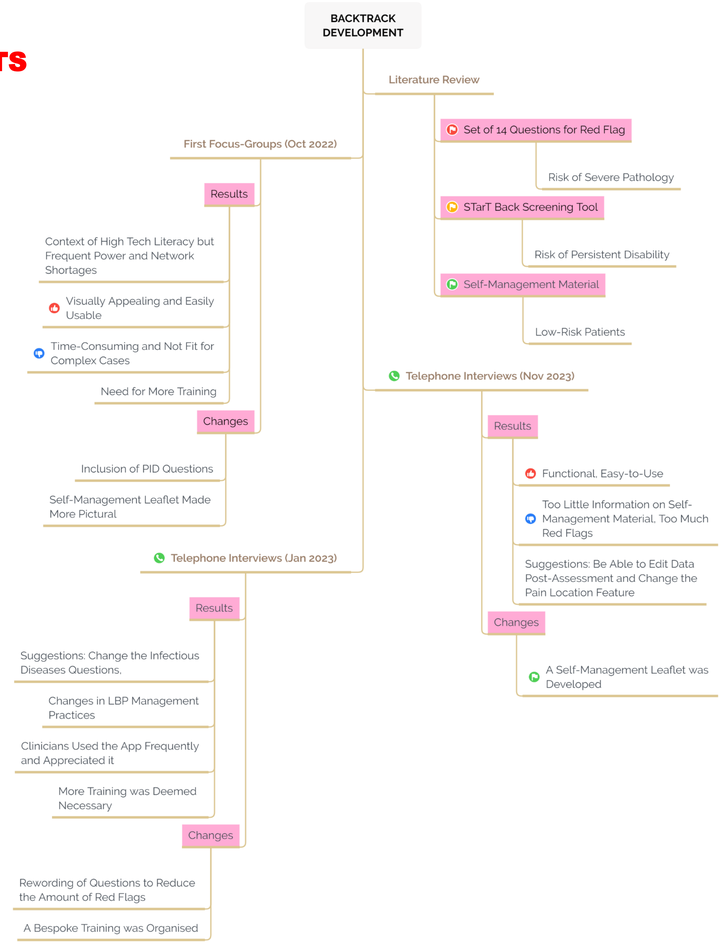
METHOD

We conducted a literature review of the literature focusing on LBP triage. The results were used to create a first version of the app content.

Next, we used an iterative co-design approach whereby participating clinical officers and nurses (n=19) were introduced to the app and given basic information about LBP and its management. Participants were invited to use the app with two patients per week and gave cyclical feedback on 3 occasions via face-to-face focus-group discussions (FGD) and telephone interviews on their experiences.

Each feedback cycle led to changes in the app format. Clinicians had the opportunity to reflect on the changes made during the following cycle.

RESULTS



CONCLUSIONS

The need for education and training of users to underpin app usage is essential.

The app development process showed that the early versions of the app had to be adapted for the Ugandan context.

The steps undertaken led to changes that made the app fit-for-purpose and contextually relevant.

The feasibility testing of the app are developed in the next poster (ectmih2023.20e0ee1)

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