

# New scale useful for predicting sick leave for back pain

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(HealthDay)—A new user-friendly 10-item rating scale is useful for predicting the duration of sick leave in patients with acute lumbar back pain, according to a study published in the April 20 issue of *Spine*.

Robert Pind, M.D., from Klinikgaarden in Bjerringbro, Denmark, developed a user-friendly 10-item questionnaire to predict duration of [sick leave](#). Patients were compared based on ratings of no sick leave or a few days of sick leave; one week of sick leave; and more than two weeks of sick leave.

The researcher found that, based on 23 doctors' examinations of the 114 working patients that completed the follow-up questionnaire, the 10-item scale showed a good correlation between the total score at the first general practitioner visit and predictable time of sick leave. There was

low frequency of [bed rest](#) and referral to radiographical examination, and this may have been as a consequence of using the scale.

"The specially developed short and user-friendly 10-item [low back pain](#) scale was a good predictor of the duration of sick leave," the authors write.

**More information:** [Abstract](#)  
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