

## **O2. Trainer's notes pack: curriculum design, basic principles and methodology**

A trainer's notes pack was produced, which outlined each of the modules (learning materials and THEWS protocol) in terms of overall content and methodology/approach for the trainers/staff to use when delivering the module.

The joint staff training event that took place in Herne, Germany led to this output. The way that the output was produced is the following: First, the trainers were informed by medical experts on current methods of clinical treatment for neck pain and key points for designing therapeutic protocols. Then, the trainers presented and discussed with physicians and physical therapists the contents of health promotion programs with emphasis on those addressing neck pain symptoms. Second, specific learning modules according to exercise experts' knowledge and topics for each module were defined by all the partners. These topics were adjusted to those initially referred in the submission of the project (initially the topics were 6) following the discussion with the physicians and physical therapists (finally the topics became 8). This difference is related to the partners concern about adding also a topic about: i) how to incorporate the THEWS protocol into the health program of companies and ii) a literature review of current concepts of exercise for prevention and rehabilitation of neck pain.

The final modules number and content (8 modules) that were decided during the joint staff training event (learning activity) and the 2nd transnational meeting held in Herne, using the results of the O1A1 (Needs analysis phase focus groups) were (hours of teaching and partner responsible for the development):

1. Health intervention programs at Workspace. (NOR) 1 hour
2. Functional anatomy and biomechanics of cervical spine. (GER, CY, GR) 1 hour
3. Neck pain: differential diagnoses, symptoms and treatment. (GER, CY, GR) 1hour
4. Literature review of current concepts of exercise for prevention and rehabilitation of neck pain. (GER, CY, GR) 3hours
5. Coping strategies for musculoskeletal pain at Workspace. 6hours NOR
6. Development of THEWS protocol (GER, CY, GR). 3 hours
7. Application of THEWS protocol to office employees. 6hours (GER, CY, GR)
8. Incorporating the THEWS protocol into the health program of companies. 1hour (NOR)

The main challenge encountered during this activity was the definition of term "therapeutic" and the way that had to be addressed in the project. The partners discussed thoroughly this issue in terms of "red flags" that had to be determined or preset for the office employees in order to apply any of the exercise protocols proposed. All the partners concluded that the exercise protocols would be beneficial only for office employees who feel discomfort in the neck and upper back region and not for those who need referral to clinical doctors and treatment.



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