INTERVENTION MAP

Products
- Program Objectives
  - Performance objective
  - Changeable determinant
  - Target population

Theoretical methods
- Literature review

Program plan
- Transform methods into strategies
- Strategy into plans
  - Instruction materials
  - Pretest materials
  - Produce materials

Adoption and Linkage system
- Linkage system

Implemenation plan
- Adoption and Implementation objectives
- Adoption and Implementation determinants

Monitoring and evaluation plan
- Evaluation model
  - Effect evaluation
  - Process evaluation

Tasks
- prevent and reduce low back pain and consequences
- physical exposure or physical exertion at work, knowledge
- nurses’ aides
- participatory ergonomics (PE), physical training (PT), cognitive behavioral training (CBT)
- workplace-adjusted integrated intervention
- facilitating specific workplace groups involving organizational and employee representatives, and researchers
- intervention protocol for PE, PT and CBT to local instructors
- in collaboration with the workplace
- education of local instructors
- obtaining organizational commitment
- local steering group and working group
- integration to the organizational health system
- activities conducted as planned
- target group participation
- logistic planning of work and activities
- collaboration between organization and researchers
- focus on supervisors
- local implementation planning groups
- employee ambassador
- questionnaires, TEXT messages monthly and quarterly
- Low back pain
- consequences (work-related, leisure)
- participation in intervention activities
- reach of eligible target group
- adoption among eligible workplaces
- % delivery of activities according to a protocol
- receipt of activities