

-----Original Message-----

From: Pigott Steve (Swindon PCT)

Sent: 25 November 2003 08:53

Subject: [SwindonBathDRC] DRC 10th Dec

Dear All

Just so you don't twiddle your thumbs for 2 whole weeks, herewith some thoughts on the morning session for 10th Dec. Do you have any challenging cases? Let me know if you have other learning wants. Good luck Steve

Bath/Swindon DRC. 10th December 2003
Learning Outcomes

Low Back Pain – an illness in search of a disease?

By the end of this session, GP Registrars will be able to...

1. Understand the epidemiology of Back Pain
 - Annual cost to country of £500 million
 - 12 million GP consultations
 - More working days lost than for any other cause, including colds and flu.
2. Understand the uncertainties regarding the relative significance of physical (tissue damage) factors and psychosocial factors in the causation of back pain, its continuation and progression to chronic pain.
3. Understand how the attitudes and beliefs shown by the GP and the Primary Health Care System, in their early management of patients with acute and recurrent back pain, can influence the outcome.
4. Demonstrate an evidence-based approach to the management of Acute Low Back Pain.
 - Diagnostic Triage to differentiate
 - Simple Back Ache
 - Nerve Root Pain
 - Red Flags for possible serious spinal pathology
 - Cauda Equina Syndrome
5. Implement evidence-based management of Simple Back Ache.
6. Identify Psychosocial Yellow Flags
7. Identify risk factors for long term disability and practice Primary Prevention of Disability through positive coping strategies.
8. Demonstrate an evidence-based approach to Secondary Prevention and Rehabilitation in patients with chronic back pain (pain behaviour, sick role, inactivity syndromes, re-injury, psychosocial sequelae, long- term disability and work loss – adapting to residual disability)

References

1. New Zealand Guidelines (excellent. comprehensive, good on psycho-social aspects)
<http://www.nzgg.org.nz>
2. RCGP- summary developed from original Clinical Standards Advisory Group report and incorporating elements of NZ guidelines.
<http://www.rcgp.org.uk/clinspec/guidelines/backpain/index.asp>
3. The Back Book HMSO (ISBN 011 702 0788)
4. Abrahma I, Killackey-Jones B. *Arch Intern Med* 2002;162;1442-1444
Deyo R. *Arch Intern Med* 2002;162;1444-1447