

## **Module 3: Lecture 1. Evidence based management of low back pain including stratification stratified care**

### **Introduction**

Low back pain is one of the most common causes of disability worldwide incurring significant costs to the patient, health services and the economy. This lecture outlines current best practice clinical recommendations for acute and chronic pain. Management approaches based on stratification of care according to the person's risk of chronicity using the Startback tool are outlined.

### **Learning Outcomes Mapped to EFIC Pain Physiotherapy Curriculum**

Knowledge of evidence based clinical recommendations for low back pain

Understanding of use of Startback tool for stratification of care

Individual and group based models of care for risk stratification

### **Preparation**

Participants should prepare by reading;

Maher C, Underwood M, Buchbinder R. Non-specific low back pain. *Lancet*. 2017 Feb 18;389(10070):736-747. doi: 10.1016/S0140-6736(16)30970-9. Epub 2016 Oct 11. PMID: 27745712.

### **Content**

The lecture offers participants an update on the consolidated best practical clinical recommendations for the management of low back pain. Through an interactive session The audience can discuss how these are implemented into teaching and clinical practice, barriers associated with them and strategies for integration.

### **Follow up / suggestions for processing and practice**

Reviewing the knowledge from this session and how it is / can be integrated into teaching and clinical education should be considered by participants.

### **Reference material**

Buchbinder R, van Tulder M, Öberg B, Costa LM, Woolf A, Schoene M, Croft P; Lancet Low Back Pain Series Working Group. Low back pain: a call for action. *Lancet*. 2018 Jun 9;391(10137):2384-2388.

Hill JC, Whitehurst DG, Lewis M, Bryan S, Dunn KM, Foster NE, Konstantinou K, Main CJ, Mason E, Somerville S, Sowden G, Vohora K, Hay EM. Comparison of stratified primary care management for low back pain with current best practice (STarT Back): a randomised controlled trial. *Lancet*. 2011 Oct 29;378(9802):1560-71.