

# LOW BACK PAIN STRATEGY

## Toolkit for Primary Care Providers: OVERVIEW

**This toolkit was developed to assist with the assessment and management of patients with low back pain in primary care settings.**

The toolkit was developed as part of the Government of Ontario's Provincial Low Back Pain Strategy, by Centre for Effective Practice with the review and advice of an expert committee, Education Planning Committee and primary care focus groups. It includes a new tool, which was developed in response to the needs identified by primary care providers to integrate multiple existing tools and evidence into a comprehensive single tool for use in practice. This toolkit is also available in French from [www.effectivepractice.org/lowbackpain](http://www.effectivepractice.org/lowbackpain) and [ontario.ca/lowbackpain](http://ontario.ca/lowbackpain).

### Components of the toolkit include:

CLINICAL TOOLS	
<b>CORE Back Tool</b>	This tool will guide the clinician to recognize common mechanical back pain syndromes and screen for other conditions where management may include investigations, referral and specific medications. This is a focused examination for clinical decision-making in primary care.
<b>CORE Back Tool: A Guide</b>	This tool is an educational guide for primary care providers on the appropriate use of the CORE (Clinically Organized Relevant Exam) Back Tool. This guide is intended to provide clinicians with quick reminders, context and any necessary clarification for appropriate use of the tool.

SUPPORTING TOOLS	
<b>Opioid Risk Tool</b>	This tool identifies patients who may be at risk for opioid dependency so that appropriate medication management can be planned.
<b>Patient Education Inventory</b>	This tool is an inventory for primary care providers to help identify useful patient education material. It provides a list, including references and where available direct links, of tools or materials that have been created for Low Back Pain patients. It includes a brief description of the tool and identifies where it aligns with patient key messages consistent with the primary care provider curriculum and tools. It is up to the discretion of the provider to determine the appropriate tool to use in educating patients. The tool includes a comprehensive but not exhaustive list based on a jurisdictional scan across Canada, appraisal by a Primary Care Working Group and focus groups with primary care providers.
<b>Personal Action Planning for Patient Self Management</b>	This tool provides 3 key questions for effective goal setting with patients as well as a quick guide to engage patients in defining a self-management action plan.
<b>The Keele STarT Back Screening Tool</b>	This screening tool categorizes patients by risk of persistent symptoms (low, medium or high), which allows the clinician to tailor interventions appropriately.

Where existing tools were used and/or modified for the CORE Back Tool, the developers and authors were contacted for permission. All supporting tools have been included in this toolkit with the permission of the developers and appropriate acknowledgement is indicated on each tool. The complete toolkit is available at [www.effectivepractice.org/lowbackpain](http://www.effectivepractice.org/lowbackpain) and [ontario.ca/lowbackpain](http://ontario.ca/lowbackpain).



**In addition to the above toolkit, the following reference tools are available for additional information.**

*Note that the following tools are available through the websites of external organizations/groups. The developers of these reference tools are responsible for the currency, accuracy and completeness of the content published. Tools below have not been translated as part of the Provincial Strategy and are currently available in English only, unless otherwise indicated.*

## REFERENCE TOOLS

### Practitioner Tools

- **Pharmacy Tables: St. Michael's Hospital, Department of Family and Community Medicine**
  - Acute and Subacute Low Back Pain (LBP) - Pharmacological Alternatives
  - Acute and Subacute Low Back Pain (LBP) - Topical and Herbal Products
- **Evidence Summary for Management of Non-specific Chronic Low Back Pain (POCKET)**
- **Opioid Manager** (also available in French here)
- **Switching Opioids Form**

### Patient Tools

- **Back Book (UK)** (available for viewing online only or for purchase at <http://www.tsoshop.co.uk/bookstore.asp?FO=1292343>)
- **Back Exercises for all 4 patterns (Saskatchewan)**
  - Pattern #1 Patient Education
  - Pattern #2 Patient Education
  - Pattern #3 Patient Education
  - Pattern #4 Patient Education
- **General Recommendations for Maintaining a Healthy Back: Patient Information (Saskatchewan)**
- **So Your Back Hurts... (POCKET)**
- **What you should know about Acute Pain (TOP)**
- **What you should know about Chronic Pain (TOP)**

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