

ASSESSMENT AND MANAGEMENT OF LOW BACK PAIN MODULE

DATE: Saturday 4 August, 2018 from 8.30 am – 5.00 pm

VENUE Room 325, Mayne Medical School, UQ, Herston Rd, Herston, Brisbane

TUTORS: Dr Michael Yelland – GP & Musculoskeletal Medicine Practitioner, Arana Hills
 - Associate Professor, School of Medicine, Griffith University

Dr Geoff Harding – Musculoskeletal Medicine Practitioner, Sandgate

Dr Paul Cleary – Lecturer, Faculty of Medicine, University of Queensland.

Dr Chris Homan - Musculoskeletal Medicine Practitioner, Spring Hill

Dr Bruce Jones - Musculoskeletal Medicine Practitioner, Indooroopilly

Detailed Schedule

TOPIC	ELEMENTS	LEARNING METHOD	TIME ALLOCATION
Introduction	<ul style="list-style-type: none"> • Housekeeping • Outline of learning objectives and schedule for the day • Emphasise requirement to examine each other 	Lecture	10 minutes
Basic knowledge and principles	<ul style="list-style-type: none"> • Diagnostic frameworks <ul style="list-style-type: none"> ○ Dysfunction ○ Pathoanatomical • Kellgren diagrams • Pain referral patterns – dermatomal/myotomal/peripheral nerve /myofascial/discogenic/facet joint 	Interactive discussion of prereading	20 minutes
History	<ul style="list-style-type: none"> • Introduction of low back pain case • Pain diagram • Red flags • Best questions for mechanical symptoms • Best questions for neurological symptoms • Assessment of disability/loss of function - questions and questionnaires • Present and past treatments and responses to them • Past investigations/blocks • Occupation/hobbies/sports • Yellow flags/psychosocial assessment – questions and questionnaires 	Interactive discussion of prereading	30 minutes

Morning tea			15 minutes
Examination	<ul style="list-style-type: none"> • Inspection • Gross range of movements +/- overpressure • Provocative tests (eg quadrant tests/SIJ stress tests) • Slump test/Femoral Nerve stretch Test/Straight Leg Raising Test • Neurological – power/reflexes/sensation • Palpation- tissue texture change/spinous processes/paraspinal tissues/SIJs/muscle/trigger points • Debrief on positive findings after completion of examinations • Explain examination findings of low back pain case but introduce alternative examination findings to illustrate differences between somatic referred pain and radicular pain etc 	Limited demonstration Followed by practice of examination techniques on each other with review by tutors. Discussion of signs found on participants.	100 minutes
Investigation	<ul style="list-style-type: none"> • Guiding principles <ul style="list-style-type: none"> ○ Benefits vs risks ○ pretest probabilities ○ tailoring investigations to specific presentations ○ Interpretation of results in context • Xray vs CT vs MRI vs other – West Australian guidelines • Blood tests • Workcover and medicolegal aspects • Use of injections as an investigation after briefing patient about them • Explain investigation findings of low back pain case but introduce illustrative alternatives 	Interactive discussion of prereading	30 minutes
Clinical reasoning and diagnosis	<ul style="list-style-type: none"> • Case discussions • Flow diagrams illustrating key features of common and/or important syndromes • Trials of treatment informing diagnostic probabilities 	Interactive discussion of prereading Case discussions	40 minutes
Lunch			30 minutes
Management	<ul style="list-style-type: none"> • Education • Manual techniques - teach postero-anterior and indirect rotational mobilization, post-isometric relaxation with stretching • Exercises 5-6 targeted exercises. 	Interactive discussion of prereading Demonstration and practice of manual	140 minutes

	<p>What not to do</p> <ul style="list-style-type: none"> • Medication • Injections <ul style="list-style-type: none"> ○ Types ○ Indications ○ Demonstration of injection of muscle trigger points • Others 	<p>techniques on each other</p> <p>Trial of exercises</p>	
Afternoon tea	To start at 3.15 pm, during the session on management		15 minutes
Follow-up and monitoring	<ul style="list-style-type: none"> • Illustrations of simple tools that can be used efficiently in general practice • Discussion of timing of follow-up 		10 minutes
Review of the workshop and next steps	<ul style="list-style-type: none"> • Key learning points in each section • Outline of post workshop activities and ALM and certificate requirements • Future modules and learning opportunities • Completion of evaluation forms 	Lecture	20 minutes
Assessment of competency	<ul style="list-style-type: none"> • Examination skills assessed on the day. Need to participate to pass. Offer of supplementary teaching at end of day. • 15 MCQs on theoretical material including prereading 	<p>During physical examination segment</p> <p>Post-workshop activity</p>	

Timing

- Teaching/learning time - 6 hours and 40 mins
- Meal breaks – 1 hour
- Additional discussion time – 50 mins

Prereading on

- Basic definitions including diagnostic framework
- Pain referral patterns
- Surface anatomy of the lumbopelvic region
- Prognosis for LBP
- What can history tell us
- Physical examination tests including videos
- Rational use of investigations
- Clinical reasoning in diagnosis
- Explaining diagnosis
- Assessing and predicting outcomes
- Manual therapy
- Exercise therapy
- Medication
- Injection therapies