

ASSESSMENT AND MANAGEMENT OF LOW BACK PAIN AND DISABILITY MODULE

Detailed Schedule

TOPIC	ELEMENTS	LEARNING METHOD	TIME ALLOCATION
Introduction	<ul style="list-style-type: none"> • Housekeeping • Outline of LOs 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	To occur at 10.30 am during the session on physical examination		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/FNST/SLR • Neurological – power/reflexes/sensation • Palpation- tissue texture change/spinous processes/paraspinal tissues/SIJs/muscle/trigger points 	Limited demonstration Followed by practice of examination techniques on each other with review by tutors. Discussion of signs found on participants.	100 minutes

	<ul style="list-style-type: none"> • 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 		
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 – WA 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"> • 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 PA mobes and indirect rotational mobilization, post-isometric relaxation with stretching • Exercises 5-6 targeted exercises. What not to do • Medication • Injections <ul style="list-style-type: none"> ○ Types ○ Indications ○ Demonstration of injection of muscle trigger points • Others 	Interactive discussion of prereading Demonstration and practice of manual techniques on each other Trial of exercises Case discussions on management from participants	140 minutes
Afternoon tea	To start at 3.15 pm, during the session on management		15 minutes
Followup and monitoring	<ul style="list-style-type: none"> • Illustrations of simple tools that can be used efficiently in general practice • Discussion of timing of followup 		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 • Encouragement to join AAMM • 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 supplementary teaching at end of day. • 15 MCQs on theoretical material including prereading 	During physical examination segment Post-workshop activity	

Timing

Proposed timeframe – 8.30 am to 5 pm (8 ½ hours) comprised of

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

Prereading on

Prereading

- Presentation on basic definitions including diagnostic framework
- Presentation on pathoanatomical causes
- Presentation on pain referral patterns
- Prognosis for LBP (Summary of article by Maher)
- What can history tell us – Deyo article
- Manual therapy document by Paul
- StarTBack questionnaire summary
- Physical examination video link
- Lumbar surface anatomy video link
- SIJ cluster of signs article
- Presentation on WA guidelines for radiology
- Therapeutic failure paper by Andrew Moore
- Practical article on medications for back pain including the analgesic ladder
- Exercise handout
- New patient questionnaire with pain diagram and pain/disability score
- Follow up pain diagram and pain/disability score