



Australian Association of Musculoskeletal Medicine

Assessment and Management of Low Back Pain

- ***the first module of the Certificate in Musculoskeletal Medicine***

Aims

This module aims to outline an efficient and careful approach to the assessment and management of patients with lumbar and sacral spinal pain seen in a general practice setting. It aims to teach the clinical features that offer the best route to a specific diagnosis and to teach practical management options. It aims to cover the key elements of history taking and examination by providing registrants with the opportunity to practice examination tests on each other under supervision. Tests will include movement assessment, palpation of key surface anatomy landmarks in the spine and special tests to make an accurate diagnosis. There will also be discussion of the benefits and limitations of spinal investigations and demonstration and practice of general and condition-specific management strategies for use in general practice. Small group case discussions and personal feedback on the approach to history, examination, investigation and management techniques will be used to enhance learning.

Learning Outcomes

1. Develop a systems based approach aimed at avoiding missed clinical features in the assessment of back complaints that may lead to misdiagnosis and inappropriate/unnecessary investigations and/or management
2. Utilise evidence-informed history taking methods for patients with back complaints
3. Conduct a reliable and valid physical examination of patients with back complaints
4. Outline clinical reasoning skills utilised in the diagnosis of back complaints
5. Effectively and appropriately manage patients with back complaints, including the provision of evidence based advice

Module Components and Enrolment

The module comprises a prereading component requiring approximately 6 hours and including an open book multiple choice examination for completion and submission prior to the workshop

Prereading on low back pain

- Importance
- Differential diagnosis and natural history
- Referred pain patterns
- History taking including for red and yellow flag conditions
- Physical examination
- Responsible use of investigations
- Assessment of pain and disability
- Clinical reasoning
- Management
 - o Education
 - o Pharmacological therapy
 - o Nonpharmacological therapies
 - o Posture, ergonomics and body pain
 - o Treatment of radiculopathy
 - o Manual therapy
 - o Trigger point therapy
 - o Prolotherapy injections
 - o Perineural injection treatment

Workshop

Workshop day Saturday 28 March 2020, 8.30 am – 5.00 pm

Venue College House, 15 Gover St, Adelaide SA 5006

Tutors Dr Ramona Chryssidis – Musculoskeletal Medicine Practitioner, Adelaide
 Dr Jennie Wright – GP & Musculoskeletal Medicine Practitioner, Adelaide
 Dr Michael Yelland – GP & Musculoskeletal Medicine Practitioner, Brisbane
 - Associate Professor, School of Medicine, Griffith University

Module cost	GPs- \$640; AAMM members- \$540; Registrars - \$440; Repeat modules- \$340
Contact person	Carmela Rodier at aamm.sa.cert@gmail.com for bookings or visit https://aamm.org.au/courses-conference/ for further details
Workshop Timing	Teaching/learning time exclusive of meal breaks- 7 hours and 30 mins Total time in hands-on, discussion and participation activities for participants – 6 hours and 50 minutes Meal breaks <ul style="list-style-type: none">- 15 minutes for morning tea- 30 minutes for lunch- 15 minutes for afternoon tea

Assessment of Competency

- 15 MCQs based on the prereading to be performed as part of the predisposing activity and submitted before the workshop
- Adequate participation in small group work
- Adequate physical examination skills assessed at the workshop

Detailed Workshop Schedule

TOPIC	ELEMENTS	LEARNING METHOD	TIME ALLOCATION
Introduction	<ul style="list-style-type: none"> Housekeeping including allocation to small groups for remainder of workshop Outline of learning objectives and schedule for the day Emphasise requirement to examine each other 	Presentation by convenor	8.30 – 8.50 am (20 minutes)
History	Targeted history for <ul style="list-style-type: none"> Low back pain Low back + lower limb pain Low back + lower limb pain + neurological symptoms Red flags Yellow flags/psychosocial assessment – questions and questionnaires Assessment of disability/loss of function - questions and questionnaires Present and past treatments and responses to them Past investigations/blocks Occupation/hobbies/sports 	Interactive discussion of cases and prereading	8.50 – 10.00 am (70 minutes)
Morning tea			10.00- 10.15 am (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/sensatiion Palpation- tissue texture change/spinous processes/paraspinal tissues/SIJs/muscle/trigger points Discussion of clusters of signs seen with <ul style="list-style-type: none"> low back pain low back + lower limb pain low back + lower limb pain + neurological symptoms red flags yellow flags Debrief on positive findings in participants after completion of examinations 	Limited demonstration Followed by practice of examination techniques on each other with review by tutors. Discussion of signs found on participants.	10.15 am – 11.45 am (90 minutes)

TOPIC	ELEMENTS	LEARNING METHOD	TIME ALLOCATION
Investigation and clinical reasoning	<ul style="list-style-type: none"> • Benefits vs risks • Tailoring investigations to specific presentations <ul style="list-style-type: none"> • low back pain • low back + lower limb pain • low back + lower limb pain + neurological symptoms • red flags • 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 • Reaching a working diagnosis based on history, examination +/- investigations 	Interactive discussion of prereading applied to cases discussed earlier.	11.45 – 12.20 pm (35 minutes)
Lunch			12.20 – 12.50 pm (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. What not to do • Medication • Injections <ul style="list-style-type: none"> ○ Types ○ Indications ○ Focus on muscle trigger points • Others 	Interactive discussion of prereading Demonstration and practice of manual techniques on each other Trial of exercises Demonstration and practice of injections using capped needles.	12.50 - 3.00 pm and 3.15 - 4.00 pm (175 minutes)
Afternoon tea			3.00 – 3.15 pm (15 minutes)

TOPIC	ELEMENTS	LEARNING METHOD	TIME ALLOCATION
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 		4.00 – 4.10 pm (10 minutes)
Case discussions	<ul style="list-style-type: none"> • Cases provided by participants and tutors • Case details revealed progressively with questions to encourage participants to apply their knowledge and skills about low back pain 	Interactive discussion of cases.	4.10 – 4.40 pm (30 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 	Presentation by convenor Completion of evaluation forms by participants	20 minutes including 10 minutes completion of evaluation forms