



HOT TOPIC

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GUIDING PATIENTS WITH LOWER BACK PAIN

Treatment Goal

The goal in the primary treatment of lower back pain is symptomatic relief, or an acute reduction of pain with attention to the following:

- The exclusion of serious disease
- The detection of clues that might suggest a specific diagnosis
- The early detection of psychosocial factors that promote chronification

Did You Know?

- Lower back pain is one of the leading causes of primary care physician (PCP) visits, emergency room visits, and job-related disability in the United States.
- Men and women are equally affected by lower back pain, which can range in intensity from a dull constant ache to a sudden, sharp sensation that leaves the person incapacitated.
- Most patients with acute back pain have substantial improvements in pain and function in the first six weeks of occurrence
- Nationally accepted best practice guidelines from the American College of Physicians and The Academy of Family Physicians offer treatment alternatives that may help patients manage lower back pain.

How You Can Better Help Your Patients

There is a brochure on the **Provider Resource Center** to help you educate your patients on the realities and treatment of lower back pain.

Take the time to visit Health Plan Quality-Provider Resources:

- Access the **Provider Resource Center**
- Click **Education/Manuals**
- Select **Educational Resources – Member and Provider**
- Scroll down to **Track Tools**
- Select **Overuse of Imaging for Lower Back Pain Brochure**

Encourage your patient care staff to review the information with you, that way you can all work together to help meet your patients' needs.