



# HOT TOPIC

Originally Posted on 09.10.2019

Updated on 10.07.2019

## UPDATE: 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 **Conservative Treatment for 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.