



Evidence Supported Approach to Treatment of Low Back Pain

Spine Focus Team 2006/2007



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■ Questions:

- Are VOI clinicians treating patients with low back pain consistent and evidence based?
- Are VOI clinicians competent in all the evidence-supported treatment options for this diagnosis?
- Are there adequate education materials for this patient population?

■ Methodology:

- Performed systematic literature review and identification of evidence supported treatment options.
- Created educational material for staff cross training and patient education.

■ Results:

- Established evidence supported treatment guidelines
- Developed exercise sheets and educational materials
- Included basic interventions on 2007 competency manual for clinicians

■ Assessment:

- Evidence supported guidelines and Spine Focus Team outcomes will lead to a more consistent, efficient and effective practice among VOI clinicians.

■ Recommendations and Plan:

- Guidelines for treatment of patients with LBP will be accessible for all VOI clinicians.
- Patient exercise sheets and education material for LBP patients will be implemented.
- Staff training on treatment guidelines and basic techniques.
- Basic techniques will be added to the Clinical Competency checklist for the VOI clinicians.
- Patient outcomes will be followed during the next year when outcomes tracking will be possible.

