

Clinically Organized Relevant Exam (CORE) Back Toolkit | User Tips & Tricks

Improving the quality of treatment can make a life-changing difference to patients suffering from low back pain. Recognize common mechanical back pain syndromes and screen for conditions where management may include investigations, referral and specific medications using the Clinically Organized Relevant Exam (CORE) Back EMR Toolkit. To use the tool simply search for "Core Back" in your forms library and select the *CEP Providers – Clinically Organized Relevant Exam (CORE) Back Tool* form.

Key Features of the Clinically Organized Relevant Exam (CORE) Back EMR Toolkit

<ul style="list-style-type: none"> Throughout the tool, instructions providing tool details and/or to assist you in completing the form are contained within a grey and yellow bordered text box. 	<p>For example:</p> <div style="border: 1px solid grey; background-color: #f0f0f0; padding: 5px;"> <p>Section A: History complete. Please proceed to Section B: Physical Examination below to refute or support the back pain pattern identified.</p> </div>																				
<ul style="list-style-type: none"> Throughout the tool, key messages for patients are embedded in each section as indicated by a key symbol,  and contained within a grey and blue bordered text box. 	<p>For example:</p> <div style="border: 1px solid blue; background-color: #e0e0e0; padding: 5px;"> <p> Imaging tests like X-rays, CT scans and MRIs are not helpful for recovery or management of acute or recurring low back pain unless there are signs of serious pathology. Close</p> </div>																				
<ul style="list-style-type: none"> Select  or  to expand or collapse the tool's various sections. 																					
<ul style="list-style-type: none"> If prompted to rule out low back pain red flags and/or review yellow flags, select Close Table to collapse upon completion. To reopen the tables simply select Open Red Flags Table or Open Yellow Flags Table 																					
<ul style="list-style-type: none"> Based on the patient's history and physical examination one of four pain patterns will be identified with tailored initial management recommendations. Customize recommendations to the patient by selecting the specific recommendation checkboxes and entering any additional notes. 	<p>For example:</p> <table border="1" data-bbox="922 1171 1474 1642"> <thead> <tr> <th colspan="2" style="background-color: #0056b3; color: white;">Pattern 2</th> </tr> </thead> <tbody> <tr> <td style="background-color: #0056b3; color: white;">Commonly Called</td> <td>Facet Joint Pain</td> </tr> <tr> <td style="background-color: #0056b3; color: white;">Medication</td> <td> <input type="checkbox"/> Acetaminophen <input checked="" type="checkbox"/> NSAID  </td> </tr> <tr> <td style="background-color: #0056b3; color: white;">Recovery Positions</td> <td> Remember that all recovery positions and/or exercises should be customized to the individual patient.  </td> </tr> <tr> <td style="background-color: #0056b3; color: white;">Starter Exercises</td> <td>Sitting in a chair, bend forward and stretch in flexion. Use hands on knees to push trunk upright. Small frequent repetitions through the day</td> </tr> <tr> <td style="background-color: #0056b3; color: white;">Exercises</td> <td>Click to review the following exercises and print for patient: ISAEC, HealthLink BC, SASK Pattern 2</td> </tr> <tr> <td style="background-color: #0056b3; color: white;">Functional Activities</td> <td> <input checked="" type="checkbox"/> Encourage sitting or standing with foot stool <input checked="" type="checkbox"/> Reduce back extension and overhead reach </td> </tr> <tr> <td style="background-color: #0056b3; color: white;">Follow-up</td> <td> <input type="checkbox"/> 2-4 weeks if referred to therapy, or prescribed medication <input checked="" type="checkbox"/> PRN if given home program and relief noted in office visit </td> </tr> <tr> <td style="background-color: #0056b3; color: white;">Self Management</td> <td> Self management involves patient driven goals for motivating behaviour change like exercise, medication compliance or activity modification Self management can be initiated in 1st or 2nd session with most patients Goals may include "to reduce pain" and "to increase activity"  </td> </tr> <tr> <td style="background-color: #0056b3; color: white;">Additional Notes</td> <td> Visit these websites: https://choosingwiselycanada.org/imaging-tests-low-back-pain/ https://www.iwh.on.ca/tools-and-guides/so-your-back-hurts https://www.youtube.com/watch?v=BDJTeg9RUf </td> </tr> </tbody> </table>	Pattern 2		Commonly Called	Facet Joint Pain	Medication	<input type="checkbox"/> Acetaminophen <input checked="" type="checkbox"/> NSAID 	Recovery Positions	Remember that all recovery positions and/or exercises should be customized to the individual patient. 	Starter Exercises	Sitting in a chair, bend forward and stretch in flexion. Use hands on knees to push trunk upright. Small frequent repetitions through the day	Exercises	Click to review the following exercises and print for patient: ISAEC , HealthLink BC , SASK Pattern 2	Functional Activities	<input checked="" type="checkbox"/> Encourage sitting or standing with foot stool <input checked="" type="checkbox"/> Reduce back extension and overhead reach	Follow-up	<input type="checkbox"/> 2-4 weeks if referred to therapy, or prescribed medication <input checked="" type="checkbox"/> PRN if given home program and relief noted in office visit	Self Management	Self management involves patient driven goals for motivating behaviour change like exercise, medication compliance or activity modification Self management can be initiated in 1st or 2nd session with most patients Goals may include "to reduce pain" and "to increase activity" 	Additional Notes	Visit these websites: https://choosingwiselycanada.org/imaging-tests-low-back-pain/ https://www.iwh.on.ca/tools-and-guides/so-your-back-hurts https://www.youtube.com/watch?v=BDJTeg9RUf
Pattern 2																					
Commonly Called	Facet Joint Pain																				
Medication	<input type="checkbox"/> Acetaminophen <input checked="" type="checkbox"/> NSAID 																				
Recovery Positions	Remember that all recovery positions and/or exercises should be customized to the individual patient. 																				
Starter Exercises	Sitting in a chair, bend forward and stretch in flexion. Use hands on knees to push trunk upright. Small frequent repetitions through the day																				
Exercises	Click to review the following exercises and print for patient: ISAEC , HealthLink BC , SASK Pattern 2																				
Functional Activities	<input checked="" type="checkbox"/> Encourage sitting or standing with foot stool <input checked="" type="checkbox"/> Reduce back extension and overhead reach																				
Follow-up	<input type="checkbox"/> 2-4 weeks if referred to therapy, or prescribed medication <input checked="" type="checkbox"/> PRN if given home program and relief noted in office visit																				
Self Management	Self management involves patient driven goals for motivating behaviour change like exercise, medication compliance or activity modification Self management can be initiated in 1st or 2nd session with most patients Goals may include "to reduce pain" and "to increase activity" 																				
Additional Notes	Visit these websites: https://choosingwiselycanada.org/imaging-tests-low-back-pain/ https://www.iwh.on.ca/tools-and-guides/so-your-back-hurts https://www.youtube.com/watch?v=BDJTeg9RUf																				
<ul style="list-style-type: none"> Click on Print Pain Pattern 1 Initial Management Recommendations, Print Pain Pattern 2 Initial Management Recommendations, Print Pain Pattern 3 Initial Management Recommendations or Print Pain Pattern 4 Initial Management Recommendations to generate a printable patient handout with tailored recommendations. 																					

- To include either of the patient key messages in the printable patient handout make sure to click on the  to display the message(s) before printing.

For example:

Pattern 2 Print	
Commonly Called	Facet Joint Pain
Medication	<input type="checkbox"/> Acetaminophen <input checked="" type="checkbox"/> NSAID 
Recovery Positions	Remember that all recovery positions and/or exercises should be customized to the individual patient. 
Starter Exercises	Sitting in a chair, bend forward and stretch in flexion. Use hands on knees to push trunk upright. Small frequent repetitions through the day
Exercises	Click to review the following exercises and print for patient: ISAEC, HealthLink BC, SASK Pattern 2
Functional Activities	<input checked="" type="checkbox"/> Encourage sitting or standing with foot stool <input checked="" type="checkbox"/> Reduce back extension and overhead reach
Follow-up	<input type="checkbox"/> 2-4 weeks if referred to therapy, or prescribed medication <input checked="" type="checkbox"/> PRN if given home program and relief noted in office visit
Self Management	- Self management involves patient driven goals for motivating behaviour change like exercise, medication compliance or activity modification - Self management can be initiated in 1st or 2nd session with most patients - Goals may include "to reduce pain" and "to increase activity" 
Additional Notes	Visit these websites: https://choosingwiselycanada.org/imaging-tests-low-back-pain/ https://www.lwh.on.ca/tools-and-guides/so-your-back-hurts https://www.youtube.com/watch?v=BOJTeg9RuY

ISAEC = Inter-professional Spine Assessment and Education Clinics;
 SASK = Saskatchewan Spine Pathway Group Healthy Back Exercises

 You may need pain medication to help you return to your daily activities and initiate exercise more comfortably. It is activity, however, and not the medication that will help you recover more quickly. Close

 Low back pain is often recurring and recovery can happen without needing to see a healthcare provider. You can learn how to manage low back pain when it happens and use this information to help you recover next time. Close

- Additional resources for the patient and provider are available beside the Pain Pattern Initial Management Recommendations table. The designation of the hyperlink is provided between the []. I.e. FORM, PDF or WEBLINK.

For example:

Click to review the following resources and print for patients:

- Patient Education Inventory [FORM]
- Personal Action Planning for Self Management [FORM]
- Evaluating Responses to Treatment [PDF]
- General Recommendations for Maintaining a Healthy Back [PDF]
- So Your Back Hurts...[WEBLINK]
- What You Should Know About Acute Pain [PDF]
- What You Should Know About Chronic Pain [PDF]
- Imaging Tests for Lower Back Pain: When You Need Them And When You Don't [WEBLINK]
- Dr. Mike Evans' LBP Patient Self-Management Video [WEBLINK]

Additional Tools for Providers:

- Pharmacy Table: Acute and Subacute Low Back Pain - Pharmacological Alternatives [PDF]
- Pharmacy Table: Acute and Subacute Low Back Pain – Topical and Herbal Products [PDF]
- Evidence Summary for Management of Non-specific Chronic Low Back Pain [PDF]
- Opioid Risk Tool [FORM]
- Opioid Manager [PDF]
- The Keele STarT Back Screening Tool [FORM]

- Where provided, click [send reminder message](#) to send an email reminder to schedule patient for a follow up and/or complete referral(s). For example, under the Next Steps section, if you intend to refer the patient for rehabilitation and want to be reminded to complete the task, click [send reminder message](#). This will automatically send a reminder to your inbox to review the patient's CORE Back Tool and refer.

PSM→PSM Refer Patient for Rehabilitation Jan 31, 2019 12:21

Review patient's CORE Back Tool and refer for rehabilitation.

Quick Archive
Archive
Reply
Forward
Append