

LOW BACK PAIN STRATEGY

Patient Education Inventory

This tool is an inventory for primary care providers to help identify useful patient education material. It provides a list, including references and where available direct links, of tools or materials that have been created for Low Back Pain patients. It includes a brief description of the tool and identifies where it aligns with patient key messages consistent with the primary care provider curriculum and tools. It is up to the discretion of the provider to determine the appropriate tool to use in educating patients. The following is a comprehensive but not exhaustive list based on a jurisdictional scan across Canada, appraisal by a Primary Care Working Group and focus groups with primary care providers.

MECHANICAL PATTERN MANAGEMENT

Back Pain Exercises for the 4 patterns

Reference	Saskatchewan Ministry of Health. Pattern 1 exercises for back pain. (2010). April. Saskatchewan Ministry of Health. Pattern 2 exercises for back pain. (2010). April. Saskatchewan Ministry of Health. Pattern 3 exercises for back pain. (2010). April. Saskatchewan Ministry of Health. Pattern 4 exercises for back pain. (2010). April. Above material is provided in PDF and accessed through: www.health.gov.sk.ca/back-pain
Description	These are specific information sheets for patients regarding positioning and exercises for Patterns # 1, #2, #3 or #4.

GENERAL PATIENT EDUCATION MATERIAL

1. The Back Book

Reference	Kim Burton et al. The Back Book. 2nd Edition. (2002). The Stationary Office.
Description	25 page booklet providing information for patients based on recent evidence including American guidelines. It provides information on red flags, yellow flags, diagnostic imaging, medication and staying active/patient self-management. This Back Book is also used in the WSIB program in Ontario. It is available for purchase from http://www.tsoshop.co.uk or for viewing only through WSIB's website: http://www.wsib.on.ca/files/Content/DownloadableFileTheBackBook/BackBookEnglish.pdf

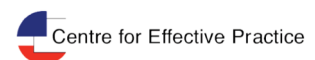
2. General Recommendations for Maintaining a Healthy Back: Patient Information

Reference	Saskatchewan Ministry of Health. General Recommendations for maintaining a healthy back. (2010). April. www.health.gov.sk.ca/healthy-back-info
Description	2 page handout discussing proper posture, and demonstrating a number of strengthening exercises for the abdominals and back extensors. It mentions the negative impact of smoking and being overweight.

3. So Your Back Hurts...

Reference	Institute for Work and Health. So Your Back Hurts... (2009). http://www.iwh.on.ca/physicians-network-tool-kit
Description	Revised and maintained by Institute for Work and Health. 28 page booklet that focuses on supporting patients through short-term (acute) low back pain. It includes information on staying active and how to manage your low back pain. It also discusses modifying duties at work. Does not address yellow flags/barriers explicitly.

This tool is a supporting tool in the Low Back Pain Toolkit for Primary Care Providers (January 2013). The toolkit has been developed as part of the Government of Ontario's Provincial Low Back Pain Strategy, by Centre for Effective Practice, with the review and advice of the Education Planning Committee and primary care focus groups. This tool and further information on the toolkit are available at www.effectivepractice.org/lowbackpain and ontario.ca/lowbackpain.



4. What you should know about Acute Pain	
Reference	Towards Optimized Practice (TOP). What you should know about Acute Low Back Pain. (Revised 2011). http://www.topalbertadoctors.org/
Description	Patient education handout for Acute Low Back Pain that is consistent with the evidence and messages contained in TOP's full text clinical practice guideline on Low Back Pain Revised 2011.

5. What you should know about Chronic Pain	
Reference	Towards Optimized Practice (TOP). What you should know about Chronic Low Back Pain. (Revised 2011). http://www.topalbertadoctors.org/
Description	Patient education handout for Chronic Low Back Pain that is consistent with the evidence and messages contained in TOP's full text clinical practice guideline on Low Back Pain Revised 2011.

Additional tools or websites you find helpful for your patients:	
1.	e.g. www.backcarecanada.com
2.	
3.	
4.	
5.	