

# Primary Health Networks Implementation Guide

## Low Back Pain

### Clinical Care Standard

The care described in the *Low Back Pain Clinical Care Standard* will improve the early assessment and management of low back pain and benefit local communities by contributing to:

- Reduced disability and need for ongoing care
- Improvements in the extent and rate of recovery for people with low back pain
- Reductions in the unnecessary use of imaging
- More appropriate use of opioids and other medicines.

Primary Health Networks (PHNs) are ideally placed to help bring about improvements in care for people with low back pain and address variations in care at a local level. The following activities and resources are recommended for PHNs supporting local services and clinicians to implement the *Low Back Pain Clinical Care Standard*.

#### Social media

Promote the standard and [GP Learning Activity](#) using the *Low Back Pain Clinical Care Standard* [campaign materials for PHNs](#) which include Twitter, Facebook and LinkedIn posts that can be adopted, or adapted, for your region.

#### Newsletter content

Publish an article using the sample newsletter content from the [campaign materials for PHNs](#). Consider incorporating a local patient story, or interview with a local clinician.

#### HealthPathways

Encourage local HealthPathways programs to prioritise the localisation or review of low back pain pathways to ensure they reflect the care described in the standard and incorporate available resources for consumers and clinicians.

#### Multidisciplinary education session

Consider engaging local clinical expertise – e.g. a physiotherapist, or psychologist with pain management expertise – to facilitate an education session using the [presentation for clinicians](#) provided. Incorporating information on local pathways and services may increase relevance and engagement.

#### Website content

Host our freely available resources and links on the PHN website as/ if appropriate – such as links to [implementation resources](#) including [GP learning activity](#), a Quick Guide for General Practitioners, brief educational videos for clinicians and a consumer story illustrating the importance of the care described in the standard.

#### Dissemination through networks

Identify local initiatives and networks that may benefit from learning more about the standard and target communications accordingly – e.g. chronic pain initiatives or musculoskeletal or allied health networks.

#### Feature in clinical forums

Show our [brief educational videos](#) for clinicians and our consumer story at relevant clinician forums to generate discussion about local quality improvement.

## Resources

### Low Back Pain Clinical Care Standard

- [Low Back Pain Clinical Care Standard](#) available to download
- [National launch webcast](#) hosted by Geraldine Doogue and featuring a panel discussion with experts in pain management, physiotherapy, emergency medicine and general practice

### For PHNs

- [Campaign materials for PHNs](#) including sample social media content and images, newsletter content, links to key resources, and an infographic
- [Presentation for clinicians](#) on the *Low Back Pain Clinical Care Standard* including slides with speaker notes that can be adapted for local audiences
- [Brief educational videos](#) including four clinician segments on key aspects of the standard, and a consumer story about one person's experience of low back pain

### For clinicians

- [Low Back Pain Clinical Care Standard – Information for clinicians](#) summarising the eight quality statements from the standard
- [Quick guide for general practitioners](#) providing an overview of the care described in the standard with key actions and communications tips for GPs
- [Low Back Pain Brief Learning Activity for GPs](#) – A brief educational activity including case studies available to GP members of the RACGP

### For consumers

- [Low Back Pain Clinical Care Standard – Guide for consumers](#) explaining what each quality statement means for consumers and how consumers can play an active role in their care
- [Common questions about low back pain – Information for Consumers](#) providing answers to frequently asked questions about low back pain
- [How to manage your low back pain – Information for Consumers](#) with information for patients on simple strategies to manage low back pain

### Background information

- [Evidence sources – Low Back Pain Clinical Care Standard](#) containing a high-level summary and detailed list of the key evidence sources for each of the quality statements
- [Literature review](#) commissioned during the development of the *Low Back Pain Clinical Care Standard – Rapid review report: diagnosis, investigation and management of low back pain*

## More information

Find out more about the *Low Back Pain Clinical Care Standard* and implementation resources at [safetyandquality.gov.au/lowbackpain-ccs](https://safetyandquality.gov.au/lowbackpain-ccs) or email the clinical care standards team at [ccs@safetyandquality.gov.au](mailto:ccs@safetyandquality.gov.au).

