

Practising Well Community of Practice

Helping patients manage low back pain

August 24, 2022

The Practising Well Community of Practice is an intentional conversation for shared learning hosted by the OCFP in collaboration with the U of T DFCM. The Practising Well Community of Practice is one component of the **OCFP's Practising Well Program**. You can reach us by email at practisingwell@ocfp.on.ca.

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**. It is an active and engaged online community that gives you access to a deep well of knowledge to make your practice easier today, and to improve it in the future.

At the core of Practising Well are three distinct, yet interrelated, parts:

- Community of Practice
- Information Exchange: An easy-to-navigate online repository of information.
- Peer to Peer Connect: An opportunity to partner with another family physician in a one-on-one setting and share experiences and best practices.

General Resources

- Practising Well - <https://www.ontariofamilyphysicians.ca/education/practising-well>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

Practice Resources

Resource	Source	Link
Low Back Pain QS	Health Quality Ontario	https://www.hqontario.ca/evidence-to-improve-care/quality-standards/view-all-quality-standards/low-back-pain
Low Back Pain QS Placemat	Health Quality Ontario	https://www.hqontario.ca/Portals/0/documents/evidence/quality-standards/qs-low-back-pain-placemat-en.pdf
PEER simplified chronic pain guideline	Canadian Family Physician – CFPC	https://www.cfp.ca/content/68/3/179
CORE Back Tool	Centre for Effective Practice (CEP)	https://cep.health/media/uploaded/CEP_CORE_Back_2016.pdf

Managing Pain Through Mindfulness	Neuronova	https://neuronovacentre.com/
Gentle Movement @ Home	Pain BC	https://painbc.ca/gentle-movement-at-home
Impairment Scale	American Spinal Cord Injury Association	https://www.physio-pedia.com/American Spinal Cord Injury Association (ASIA) Impairment Scale
Imaging Tests for Lower Back Pain	Choosing Wisely Canada	https://choosingwiselycanada.org/pamphlet/imaging-tests-for-lower-back-pain/
Effect of Opioid vs Nonopioid Medications on Pain-Related Function in Patients With Chronic Back Pain or Hip or Knee Osteoarthritis Pain	JAMA Network	https://jamanetwork.com/journals/jama/fullarticle/2673971
Opioid vs Nonopioid Medications on Pain-Related Function in Chronic Pain (Back, OA-Hip/Knee) Critical Appraisal & Insights from the SPACE RCT	Rx Files	https://www.rxfiles.ca/rxfiles/uploads/documents/SPACE%20Trial%20Summary.pdf

Patient Resources

Resource	Source	Link
Low Back Pain Patient Resources	Rapid Access Clinic for Low Back Pain – UHN	https://www.lowbackrac.ca/patient-materials.html
Pattern #1-4 – Patient Education	Saskatchewan Spine Pathway	https://www.hhfht.com/wp-content/uploads/2020/05/back-exercises.pdf
Tame the Beast – It's time to rethink persistent pain	Lorimer Moseley	https://www.youtube.com/watch?v=ikUzvSph7Z4
Low Back Pain	Dr. Mike Evans	https://www.youtube.com/watch?v=BOjTegn9RuY
Free ICBT Programs	AFHTO	https://www.afhto.ca/news-events/news/free-icbt-programs-supported-ontario-government-during-covid-19-pandemic

Education

Resource	Source	Link
Peer to Peer Connect	Ontario College of Family Physicians – Practising Well	https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/peer-to-peer-connect
Low Back Pain Assessment and Management Training Course	Saskatchewan Spine Pathway	http://spinepathwaysk.ca/Home/Register

ECHO Ontario Chronic Pain and Opioid Stewardship	University Health Network	https://uhn.echoontario.ca/
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Supports for you and those you care about

Resource	Source	Link
Physician Health Program	OMA	https://php.oma.org/
Health Care Provider Resource Site	CAMH	http://www.camh.ca/covid19hcw