

Back Pack: a secondary prevention programme for people with LBP with relevant Yellow Flags. Typically the patient will struggle with recurrent flare-ups of pain, with on-going symptoms in between.

Back Pack referral criteria

The Backpack service is a separate part of the pain management service. It is not within the pain clinic.

The service aims to avoid worsening function, disability and chronicity of persistent or relapsing-remitting back trouble by targeting modifiable psychosocial risk factors. Most people are working or maintaining a level of function, but are struggling with this and at risk of worsening functional levels. Some have multiple flare-up episodes that are problematic. The Back pack service is linked with primary care and physiotherapy services.

The Backpack service mainly consists of a full Biopsychosocial specialist pain physiotherapy assessment and a 5 week programme. The programme uses behavioural change strategies to support individuals in reducing risk and is run by a physiotherapist and clinical psychologist. This includes an exercise component and functional goals.

Inclusion criteria

1. Low back / thoracic / neck pain over 3 months duration or with regular relapsing-remitting pattern. This is inclusive of cause ie. radicular pain, structural; provided it does not fall within exclusion criteria above.
2. Start Back Tool- moderate / high score (4-9) – to be used as a clinical guide.
3. Psychosocial risk factors present; psychological wellbeing impacted. This includes low mood, depression, anxiety, stress and distress.
4. Abnormal health beliefs ie. hurt = harm, pain = damage.
5. High initial pain levels and distress.
6. Individual struggling to maintain work / reduced hours / on lighter duties / struggling with sickness / off work. Distress and dissatisfaction surrounding work issues.

Exclusion Criteria

1. Awaiting spinal surgery.
2. Red flags / medical concerns requiring further investigation.
3. Awaiting the start of injection therapy.
4. **High level of disability / low function;**

- a. -Use of walking aids, adaptations in the house, scooters.
 - b. -Unable to walk over 50 metres.
 - c. -Fast onset of high disability levels and movement dysfunctions.
5. High psychological risk component would indicate referral to pain management / community psychological services.
 6. Multiple medications including opiates.

Numbers 4 – 6- may indicate Pain clinic or pain management assessment with potential appropriateness for Self-management of pain programme or intensive pain management programme.

Referrals should be made on e-RS to NBT for courses at Cossham

Back Pack is also delivered at Weston General Hospital. Referrals should be made to WAHT Physiotherapy via e-RS and request for Back Pack stated in the referral.