

CEU Institute

Chronic Back- Pain Management- Incidence, Cause, and Treatment Options

Category of Course and Audience:	Medical: Optional This course is designed for all licensed healthcare and insurance related professionals.
Location:	On-Site Course (No fee charged)
Contributing Faculty:	Pat Salem, RN, CRRN, Nurse Consultant Steven Tucci, MD
Designation of Credit:	CEU Institute designates this continuing education activity for 1 contact hour.

About the Sponsor:

The purpose of CEU Institute is to provide challenging curricula that assists nurses, adjusters, attorneys, and allied healthcare professionals gain professional expertise while fulfilling their continuing education requirements, thereby improving the quality of healthcare and effectiveness of the workers compensation system.

Our contributing faculty members have taken all measures to ensure that the information and recommendations are accurate and compatible with the standards generally accepted at the time written. The sponsor disclaims any liability, loss or damage incurred as a consequence, directly or indirectly, of the use and application of any of the contents.

Target Audience:

Attorneys
Workers Compensation Adjusters
Nurse Case Managers
Automobile (First and Third Party) Adjusters
General Liability and Health Insurance Adjusters

Introduction:

Back pain is a common issue for the nurse case manager and adjuster. Back cases are often some of the most difficult cases to move through the curriculum of care and progress toward reinstatement to work.

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Introduction Continued:

This course generously outlines from incidence and cause to anatomy, diagnosis, and then follows with example treatment options and directs the case manager and adjuster to understand situations where a specific diagnosis or treatment option may not be most effective for the patient/client.

Program Learning Objectives:

1. Identify the incidence of Back Pain in the general population. 10 mins
2. Understand the causes related to back pain. 20 mins
 - Heredity
 - Longevity
 - Environmental Exposure
 - Trauma
 - Sprain/Strain/Muscle Spasms
 - Infection
 - Fractures
 - Spondylolisthesis
 - Disc Herniations
 - Osteophytes
 - Osteoarthritis
3. Understand basic spinal anatomy. 10 mins
 - Vertebrae
 - Intervertebral Discs
4. Identify options that assist in diagnosing the symptoms: Physical exams, MRI/CT, EMG/NCV, Lab tests, Bone scans, Bone density, Discography. 10 mins
5. Identify and recognize the differences in treatment options. (ie. Medications, Injections, PT, Acupuncture, Biofeedback, Psychological counseling, Chiropractic. 10 mins

Adult Education Methods Utilized:

- Handouts
- Overhead Projection or Power Point Presentation

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- Example Case Studies
- Question/Answer Session

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