



A study exploring the potential role of the Biopsychosocial (BPS) assessment in the management of patients with Chronic Low Back Pain (CLBP) attending a pain clinic.

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# AIM

- To undertake a BPS profile of patients with CLBP attending a tertiary pain service.
- To use this profile to identify the most appropriate care pathway for the participants based on an international clinical practice guideline (Chou et al 2009).

## ■ **Interventional Therapies, Surgery, and Interdisciplinary Rehabilitation for Low Back Pain**

An Evidence-Based Clinical Practice Guideline From the American Pain Society

Roger Chou, MD,\* John D. Loeser, MD,† Douglas K. Owens, MD, MS,‡§  
Richard W. Rosenquist, MD,¶|| Steven J. Atlas, MD, MPH,|| Jamie Baisden, MD, FACS,\*\*  
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Daniel K. Resnick, MD,¶¶|| Steven P. Stanos, DO,||| William O. Shaffer, MD,\*\*\* and  
Eric M. Wall, MD, MPH,††† For the American Pain Society Low Back Pain Guideline Panel

# METHODS

## BIOLOGICAL

- DIAGNOSTIC TRIAGE
- LBP AND LEG PAIN SEVERITY (VAS)
- BACK PAIN RELATED DISABILITY (OSWESTRY)
- HEALTH RELATED QUALITY OF LIFE (EQ 5D)

## PSYCHOLOGICAL

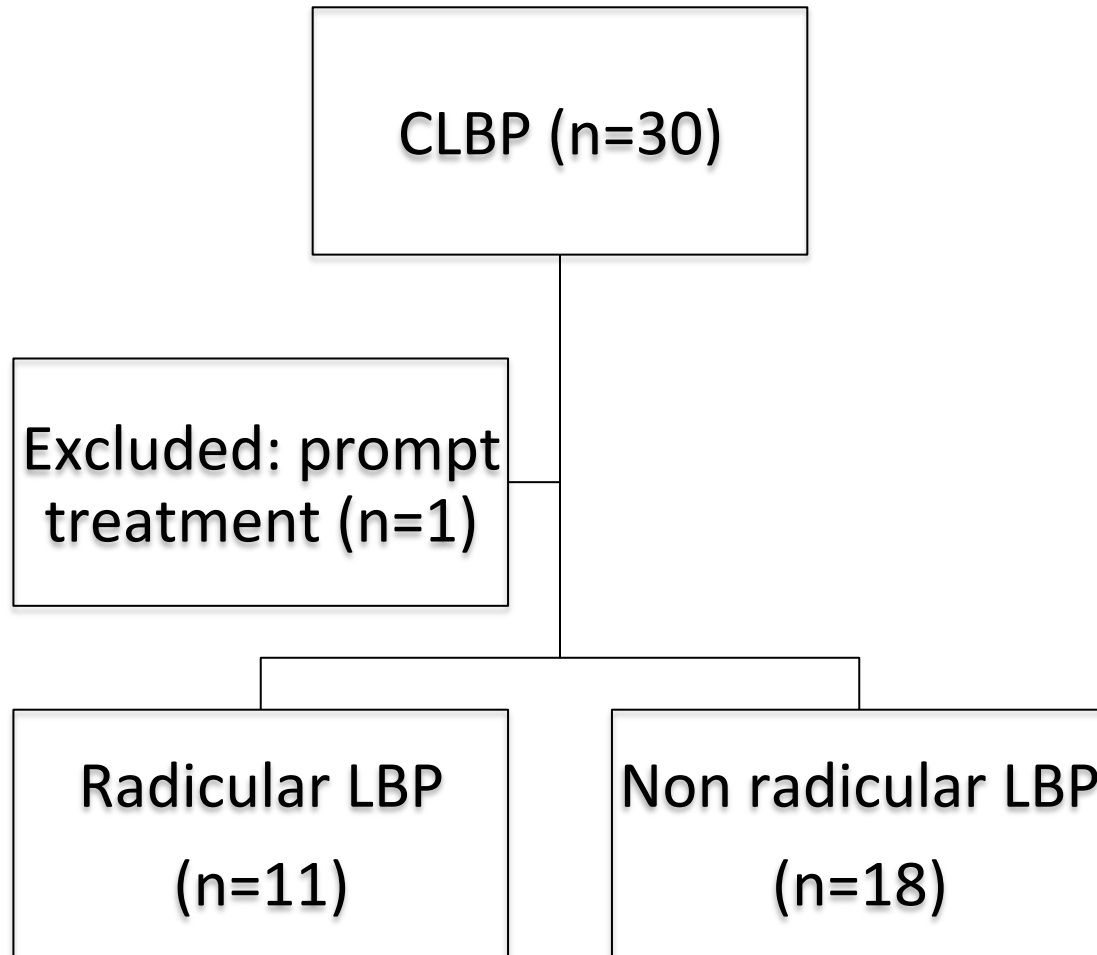
- MENTAL HEALTH HISTORY
- ANXIETY (HADS)
- DEPRESSION( HADS AND NICE GUIDELINES)
- SOMATISATION (PHQ 15)

## SOCIAL

- Level of educational attainment (CSO)\*
- Sociodemographic Grouping (CSO)\*
- Employment status (CSO)\*

\* (CSO) Central Statistics Office  
Classification

# Results: Diagnostic triage



# Radicular LBP (n=11)

Advanced  
Imaging  
(n=3)

Persistent and  
disabling leg pain  
secondary to Spinal  
stenosis  
(n=0)

Surgery

Medical  
Management

Persistent and disabling  
radiculopathy due to  
prolapsed Intervertebral disc  
(>6 weeks duration)  
(n=3)

Epidural

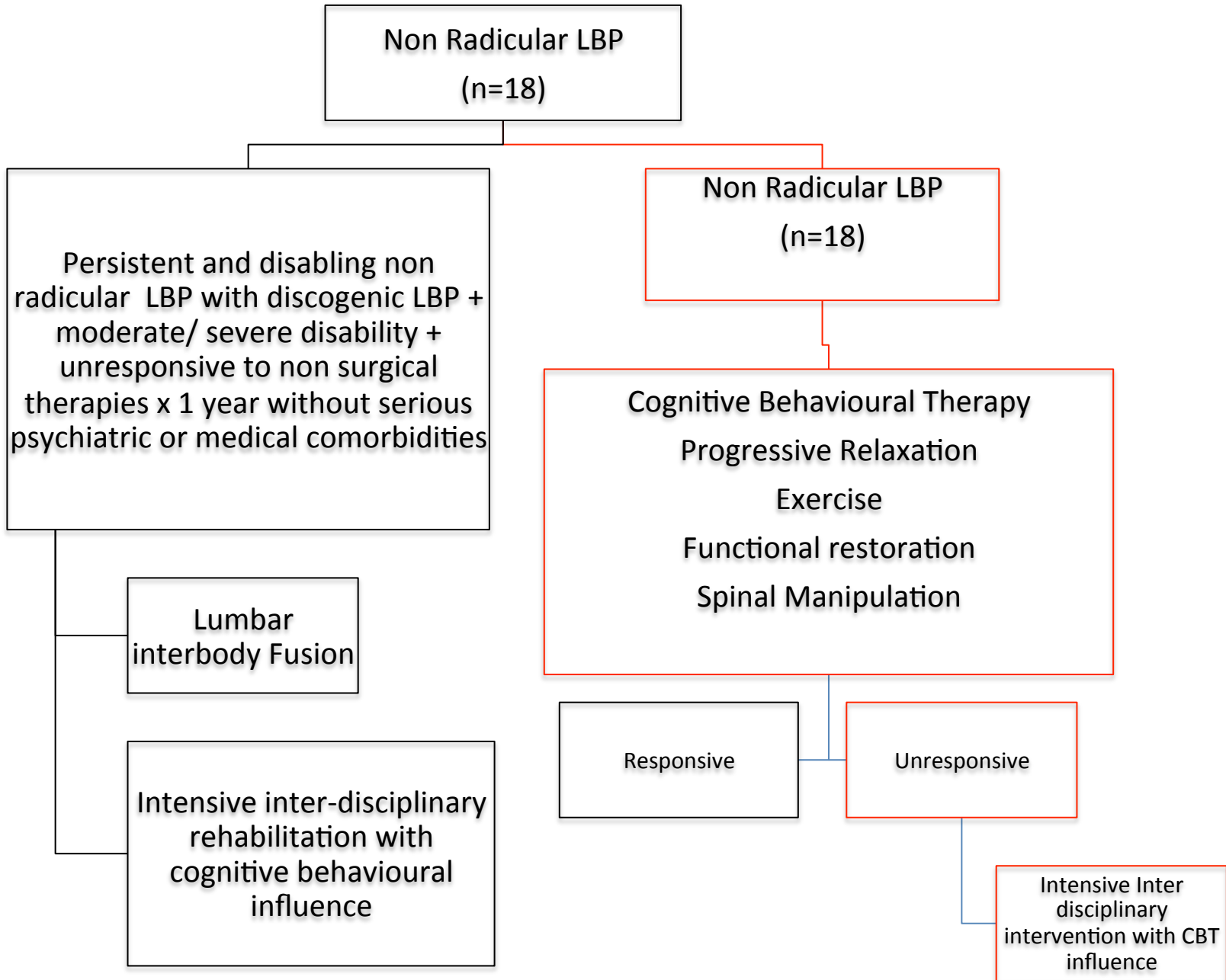
Surgery

Medical  
management

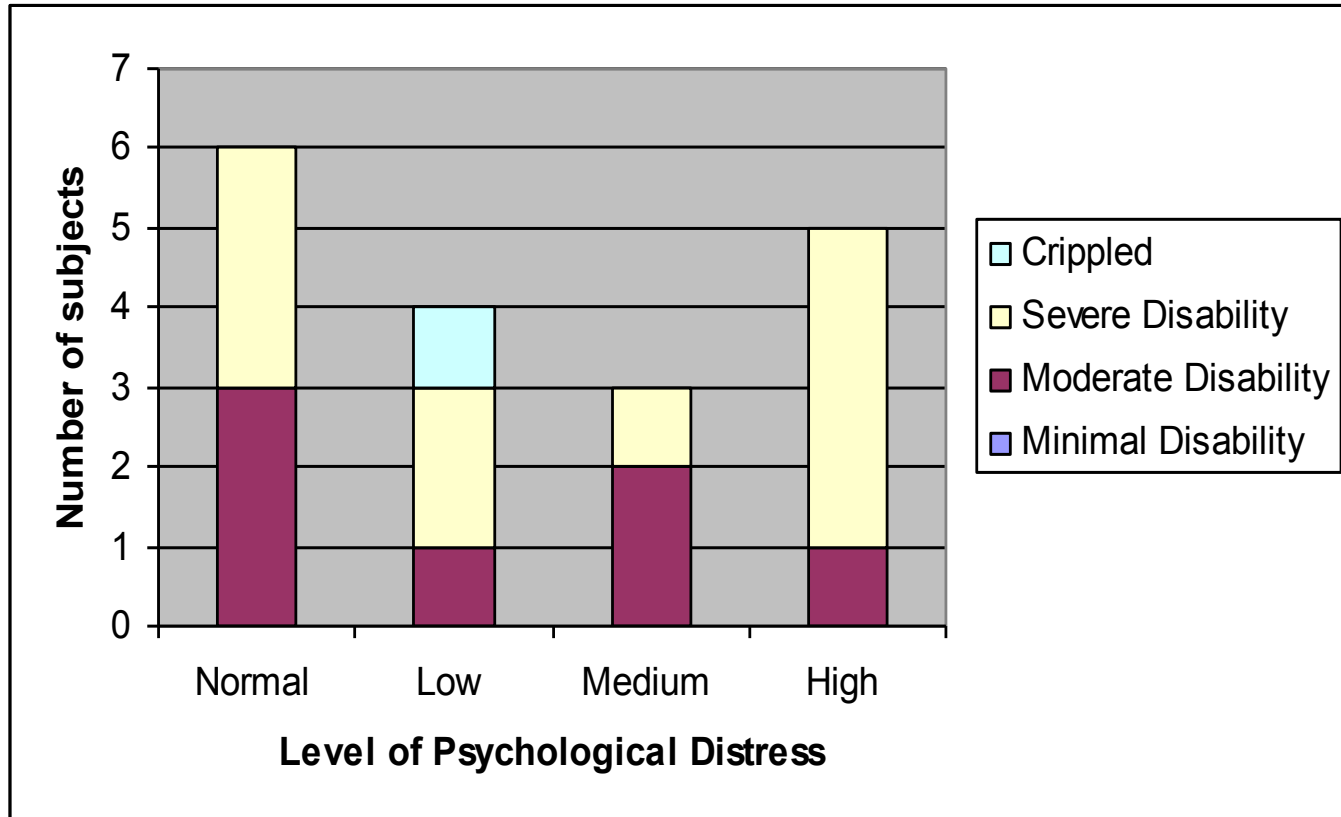
Persistent and disabling  
radicular leg pain following  
surgery for a herniated disc  
with no evidence of a  
persistently compressed nerve  
root  
(n=5)

Medical  
management

Spinal cord  
stimulator



# Psychological distress and disability profile (NSLBP group)



# Conclusion

- Patients with CLBP are a complex heterogeneous population.
- This biopsychosocial profile highlights the importance of pain services having access to a broad range of interdisciplinary therapeutic options.
- Absence of clear guidance from the evidence base:
  - Comprehensive biopsychosocial assessment has the potential to inform clinical decision making by identifying the balance of biological, psychological and social factors.



# Disclosures

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