

CAP3 Acute back pain

The trainee will be able to assess a patient with a new presentation of back pain to produce a valid differential diagnosis, investigate appropriately, formulate and implement a management plan		
Knowledge	Assessment Methods	GMP Domains
<p>Know the causes of acute back pain including but not limited to – malignant, septic, musculoskeletal, urological, neurological, AAA</p> <p>Be able to outline features that raise concerns as to a sinister cause (red flags) and those that lead to a consideration of chronic causes (yellow flags)</p> <p>Understand and recognise the cauda equina syndrome</p>	E, C, Mi, ACAT	1
Specify abdominal pathology that may present with back pain	E, C, Mi, ACAT	1
Recall the indications of an urgent MRI of spine	E, C, Mi, ACAT	1
Outline indications for hospital admission	E, C, Mi, ACAT	1
Outline secondary prevention measures in osteoporosis	E, C, Mi, ACAT	1
Skills		
Perform examination and elicit signs of spinal cord/cauda equina compromise	Mi, C, D	1
Practise safe prescribing of analgesics/anxiolytics to provide symptomatic relief	Mi, C	1
Order, interpret and act on initial investigations appropriately: blood tests and x-rays	Mi, C	1
Behaviour		
Involve neurosurgical unit promptly in event of neurological symptoms or signs	ACAT, C, Mi	2
Ask for senior help when critical abdominal pathology is suspected	ACAT, C, Mi	2, 3
Recognise the socio-economic impact of chronic lower back pain	ACAT, C, Mi	2, 3
Participate in multi-disciplinary approach: physio, OT	C, M	3, 4
Recognise impact of osteoporosis and encourage bone protection in all patients at risk	C	1