

This article is part of a CME/CE certified activity. The complete activity is available at:
<http://cme.medscape.com/viewprogram/31426>

CME/CE Information

CME/CE Released: 09/02/2010; Valid for credit through 09/02/2011

Target Audience

This activity is designed for physicians, psychologists, nurses, pharmacists, and other healthcare professionals and research scientists interested in the evaluation and management of chronic low back pain, including those specializing in pain management, anesthesiology, rheumatology, psychiatry, neurology, and internal medicine.

Goal

This activity will bring together clinical and research experts to review and discuss the evaluation, treatment, and prognosis of patients presenting with low back pain. The activity will consist of 3 lectures and a question and answer session to provide an in-depth and comprehensive discussion of the epidemiology, disparate etiologies, and clinical assessment of both acute and chronic low back pain. Evidence-based treatment strategies, including pharmacologic and nonpharmacologic therapies, and the evolving research into early interventions for patients at high risk for transitioning from acute low back pain to chronic low back pain will also be presented.

Learning Objectives

Upon completion of this activity, participants will be able to:

1. Discuss the differential diagnosis for low back pain and the importance of clinical red and yellow flags in evaluation of low back pain.
2. Integrate evidence-based pharmacologic and nonpharmacologic therapies into a comprehensive treatment plan for chronic low back pain.
3. Evaluate early interventions for acute back pain in patients considered at high risk for transition to chronic low back pain.

Credits Available

Physicians - maximum of 1.50 *AMA PRA Category 1 Credit(s)*TM

Nurses - 1.50 *ANCC Contact Hour(s)* (1.5 contact hours are in the area of pharmacology)

Pharmacists - 1.50 *ACPE Contact Hour(s)* (0.150 CEUs)

Psychologists* - 1.5 *CE credit*

*Psychologists may claim their credit by faxing their Certificate of Completion to Elena Gilliam at (949) 824-3037.

All other healthcare professionals completing continuing education credit for this activity will be issued a certificate of participation.

Physicians should only claim credit commensurate with the extent of their participation in the activity.

Accreditation Statements

For Physicians



This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of University of California, Irvine School of Medicine and The Physicians Academy for Clinical and Management Excellence.

University of California, Irvine School of Medicine is accredited by the ACCME to provide continuing medical

education for physicians.

The University of California, Irvine School of Medicine, designates this educational activity for a maximum of 1.5 **AMA PRA Category 1 Credits**™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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Alliant International University (AIU) is approved by the American Psychological Association to sponsor continuing education for psychologists. AIU maintains responsibility for the program and its content. Up to 1.5 hours for CE credit is granted for completion of this program.

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For Nurses



Purdue University Continuing Nursing Education (CNEP-09, 06/01/2011) is an approved provider of continuing nursing education by the Indiana State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This activity has been approved for 1.5 contact hours.

[Contact this provider](#)

For Pharmacists



Purdue University College of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This is a knowledge-based, continuing education activity of Purdue University, an equal access/equal opportunity institution. Universal Activity Number (UAN): 0018-9999-10-002-H01-P, 1.5 contact hours (1.5 CEU).

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For questions regarding the content of this activity, contact the accredited provider for this CME/CE activity noted above. For technical assistance, contact CME@medscape.net

Instructions for Participation and Credit

There are no fees for participating in or receiving credit for this online educational activity. For information on applicability and acceptance of continuing education credit for this activity, please consult your professional licensing board.

This activity is designed to be completed within the time designated on the title page; physicians should claim only those credits that reflect the time actually spent in the activity. To successfully earn credit, participants must complete the activity online during the valid credit period that is noted on the title page.

Follow these steps to earn CME/CE credit*:

1. Read the target audience, learning objectives, and author disclosures.
2. Study the educational content online or printed out.
3. Online, choose the best answer to each test question. To receive a certificate, you must receive a passing score as designated at the top of the test. In addition, you must complete the Activity Evaluation to provide feedback for future programming.

You may now view or print the certificate from your CME/CE Tracker. You may print the certificate but you cannot alter it. Credits will be tallied in your CME/CE Tracker and archived for 6 years; at any point within this time period you can print out the tally as well as the certificates by accessing "Edit Your Profile" at the top of your Medscape homepage.

*The credit that you receive is based on your user profile. Psychologists may claim their credit by completing the activity evaluation and posttest and faxing their Certificate of Completion to Elena Gilliam at (949) 824-3037.

Hardware/Software Requirements

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This activity is supported by an educational grant from Lilly USA, LLC.

The Lilly logo is written in a red, cursive script font.

Authors and Disclosures

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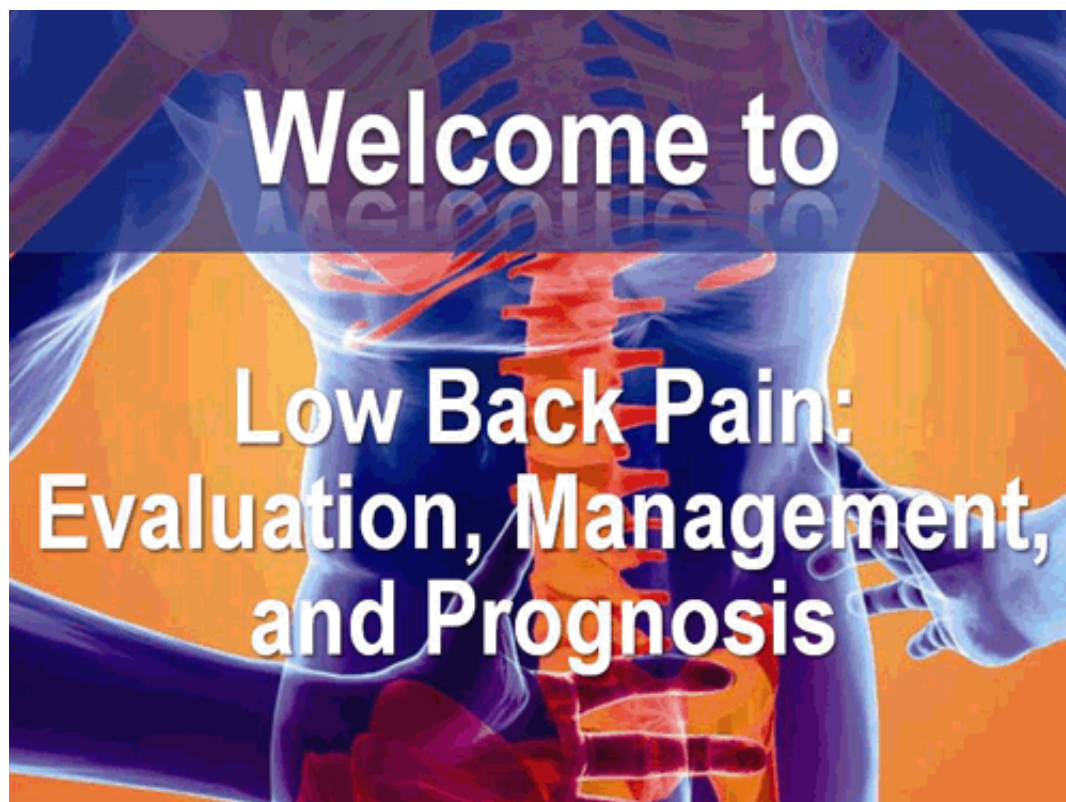
Disclosure: Consultant/Advisor: Eli Lilly and Company; Speakers' Bureau: Eli Lilly and Company Stock Shareholder: Johnson & Johnson; Employee: Aventine Company

Dr. Cole's presentation will not include discussion of off-label, experimental, and/or investigational uses of drugs or devices.

Welcome and Overview CME/CE

B. Eliot Cole, MD, MPA, Chair

Posted: 09/02/2010



Slide 1.

Good day. My name is Barry Cole, and we have a very rich curriculum for you: Low Back Pain: Evaluation, Management, and Prognosis.

I'll be first speaking about the "Evidence-Based Evaluation of Patients With Lower Back Pain."

**Slide 2.**

Roger Chou will be joining us to talk about "Treatment of Lower Back Pain: Pharmacologic and Nonpharmacologic." Then, Dr Bill McCarberg will be speaking about "Current Understanding of the Prevention of Chronicity Associated With Lower Back Pain." This activity has been planned in accordance with the essential areas and policies of the ACCME through a joint sponsorship of the University of California, Irvine (UCI) School of Medicine and CME Enterprise. The UCI School of Medicine is accredited by the ACCME to provide such education for physicians.

We also have credit for many of you from nursing. We have credit for you from pharmacy, credit for psychologists. Relative to those specialties, Purdue University will be providing the credit for you if you are a pharmacist. Contact hours for nurses will be coming from UC, Irvine College of Health Sciences. Alliant International University will be providing credit for psychologists through the American Psychological Association.

California Assembly Bill 1195 requires that we provide education about cultural and linguistic competency relative—since this is a clinical presentation—relative to lower back pain.

I want to acknowledge that this activity is supported by an educational grant from Lilly USA, LLC. We thank them very much for helping us. In terms of faculty disclosures, they will be shown early in everyone's presentations. We wish to make you aware of everyone's conflicts of interest and let you know when medications that are not FDA approved are being spoken about so there'll be no doubt in your mind what is FDA approved and what is not.

As I said, my name is Barry Cole. I am a neurologist/psychiatrist with a fellowship in pain management. I've been in this field for about 25 years, am the former Executive Director of the American Society of Pain Educators, and was formerly involved with the University of Nevada. My colleagues joining me today are Dr Roger Chou, Associate Professor of Internal Medicine in the Department of Medicine and the Department of Medical Informatics and Clinical Epidemiology at Oregon Health and Sciences University in Portland, Oregon. More importantly, he is Scientific Director of the Oregon Evidence Based Practice Center, and also director of the

My other colleague, Dr Bill McCarberg, most of you know, is the founder of the Chronic Pain Management Program for Kaiser Permanente in San Diego, California, Adjunct Assistant Clinical Professor at the University of California San Diego, and is also President of the Western Pain Society, which is the western regional APS affiliate—so everything west of the Rockies is the Western Pain Society. So, we'll be talking together for about the next 55-60 minutes about some relevant information I think you'll want to know.

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Contents of *Low Back Pain: Evaluation, Management, and Prognosis* [<http://cme.medscape.com/viewprogram/31426>]

All sections of this activity are required for credit.

1. Welcome and Overview
[<http://cme.medscape.com/viewarticle/726138>]
2. Evidence-Based Evaluation of Patients With Low Back Pain
[<http://cme.medscape.com/viewarticle/726140>]
3. Treatment of Low Back Pain: Pharmacologic and Nonpharmacologic Options
[<http://cme.medscape.com/viewarticle/726139>]
4. Current Understanding of the Prevention of Chronicity of Low Back Pain
[<http://cme.medscape.com/viewarticle/726141>]
5. Question and Answer Session
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