

PHS

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Pima Health System - Office of Medical Management

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**Pima Health System
Clinical Practice Guideline for
Adult Low Back Pain**

October 2009

Pima Health System Clinical Practice Guideline/Medical Management Committee Membership

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Purpose of this Document

Pima Health System has adopted the Institute for Clinical Systems Improvement's *Health Care Guideline: Adult Low Back Pain, November 2008*, to serve as an evidence-based framework for practitioners' clinical decision making with adult patients who have low back pain. Extensive literature review on Adult Low Back Pain and Practice/Clinical Guidelines developed for adult low back pain suggests that the Institute for Clinical Systems Improvement's guideline is among the most comprehensive, evidence-based clinical practice guideline for this condition. The comprehensive guideline focuses on adult patients age 18 and over in the primary care setting who have symptoms of low back pain or sciatica. This guideline focuses on acute and chronic management, including indications for medical, non-surgical, or surgical referral.

As with all guidelines, this adopted clinical guideline is designed to assist practitioners by providing an analytical framework for the evaluation and management of members and is not intended to either replace the practitioners' judgment or to establish a protocol for all members with a particular condition. Clinical practice guidelines need to be revised periodically based upon changes identified in both local and national practice patterns and standards. This allows deviation in unique clinical situations as long as the reason for variation is clearly documented in the medical record.

Obtaining Copies of the Institute for Clinical Systems Improvement's Guideline

Copies of the ICSI Health Care Guideline (November 2008) for Adult Low Back Pain may be obtained through the Institute for Clinical Systems Improvement at www.icsi.org.

Provider Feedback

Pima Health System welcomes feedback on all of our practice guidelines. All suggestions and recommendations are taken into consideration by the health plan's Clinical Practice Guideline/Medical Management Committee in our ongoing review and revision of the guidelines. Comments may be submitted to:

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Guideline Approval

Guideline: Adult Low Back Pain	PHS CLINICAL PRACTICE GUIDELINES
Applicable To: Ambulatory, Long Term Care	
Effective Date: 10/2009 Approved By: <i>Fred Miller, MD, PhD</i>	
Supersedes: 7/97, 7/98, 4/02, 4/04, 10/07, 10/08	