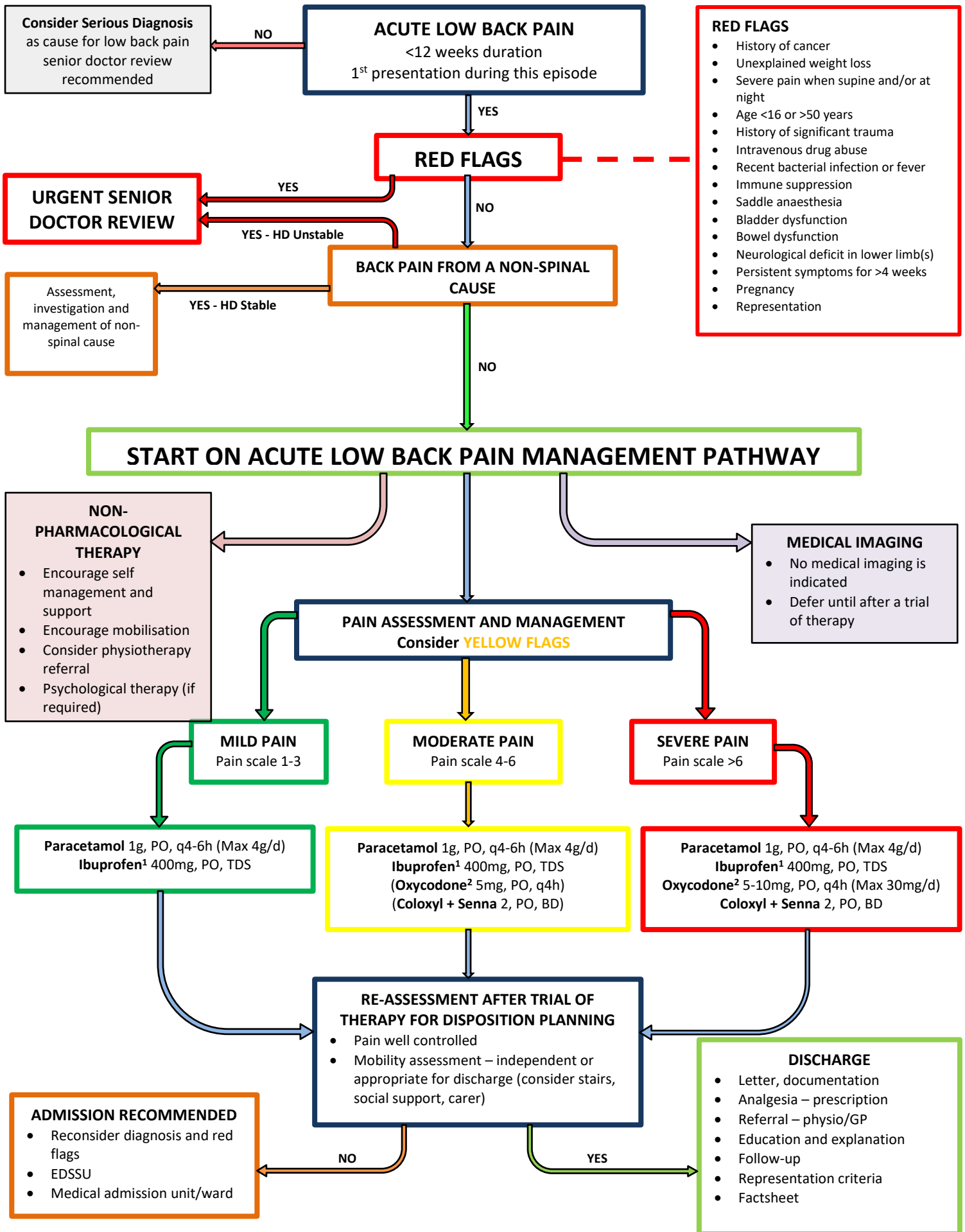


ACUTE LOW BACK PAIN FLOWCHART



- RED FLAGS**
- History of cancer
 - Unexplained weight loss
 - Severe pain when supine and/or at night
 - Age <16 or >50 years
 - History of significant trauma
 - Intravenous drug abuse
 - Recent bacterial infection or fever
 - Immune suppression
 - Saddle anaesthesia
 - Bladder dysfunction
 - Bowel dysfunction
 - Neurological deficit in lower limb(s)
 - Persistent symptoms for >4 weeks
 - Pregnancy
 - Representation

- NON-PHARMACOLOGICAL THERAPY**
- Encourage self management and support
 - Encourage mobilisation
 - Consider physiotherapy referral
 - Psychological therapy (if required)

- MEDICAL IMAGING**
- No medical imaging is indicated
 - Defer until after a trial of therapy

- ADMISSION RECOMMENDED**
- Reconsider diagnosis and red flags
 - EDSSU
 - Medical admission unit/ward

- DISCHARGE**
- Letter, documentation
 - Analgesia – prescription
 - Referral – physio/GP
 - Education and explanation
 - Follow-up
 - Representation criteria
 - Factsheet

¹ Caution with non-steroidal anti-inflammatory drug prescription in elderly (>75 years), renal dysfunction, peptic ulcer disease, asthma. Alternatively a COX-2 (cyclooxygenase 2) inhibitor may be used. Caution in patients with congestive cardiac failure in addition to the above cautions.
² Reduce dose to Oxycodone 2.5mg, orally, q4-6h, in elderly, >75 years