

Improving Quality of Life Through Alternative Treatments for Chronic Low Back Pain Patients: A quality improvement project

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Introduction

~ Chronic Low Back Pain (CLBP)



#1 Reason Patients Seek Pain Relief

- Limits Mobility
- Decreases Quality of Life

Past Treatments – Opioids

- Worldwide Epidemic
- Several negative side effects



~ Consequences and Cost ~

- Pain Affects -
 - Physical Daily Functions
 - Family and Home Life
 - Absences from Work and Community Functions
 - Misuse or Addiction to Opioids
 - Causes Depression, Anxiety, Anger, Worry, and Possible Suicides

- Estimated Annual Cost in the U.S. -
 - Costs for Direct Medical Care
 - Loss of Productivity
 - Disability Programs
 - ≈ \$560-635 billion



***Exceeds expenditures of heart disease, cancer, and diabetes combined.**

Project's Purpose

Improve Patient's Quality of Life Through CAM

- Assist Healthcare Providers
- increase provider knowledge and comfort levels
- disseminate information to local rural community



Evidenced-Based Interventions

- Complementary and Alternative Medicines (CAM)
- Magnesium (Mg) supplementation
- Acupuncture

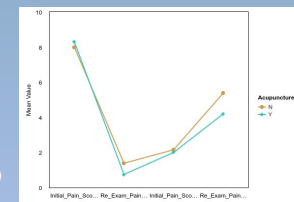


Data from Retrospective Analysis

Patients' Pain Level Scores - Attained Pre-and Post-Treatment

Using the Numeric Pain Rating Scale (NRPS) measurement tool
Data Obtained Reviewing Two Sample Groups - an average NRPS

- Acupuncture-only - sample size 13
 - max. NRPS pre-treatment - 8/10
 - max. NRPS post-treatment - 5.38/10
- Acupuncture + Mg - samples size 20
 - max. NRPS pre-treatment - 8.30/10
 - max. NRPS post-treatment - 4.20/10



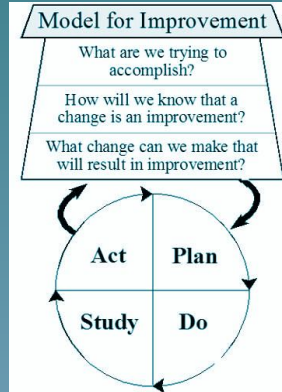
*** Data supported the implementation of Mg supplementation from primary providers in conjunction with referrals for acupuncture treatments in decreasing CLBP.**

Methods

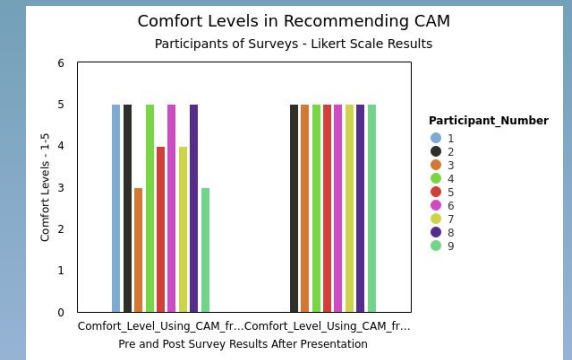
Plan, Do, Study, Act (PDSA) cycle

Tools and Instruments

- Pre-surveys
- Poster Board Presentation
- PowerPoint Presentation
- Brochures
- Post-surveys
- Intellectus Statistics Website



Results of Surveys



Practice Implications

This QI project focused on increasing healthcare staff and providers' knowledge of CAM and educating the local patients on the benefits of CAM for those suffering from CLBP to *Improve the Quality of Life* in this patient population.



QR code may be scanned to link presented material to the full manuscript and references.

