

# Management of adult patients consulting their general practitioner for low back pain (LBP)

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## **Low Back Pain (LBP) :**

- **One of the most frequent reasons for encounter in general practice**
- **Recommandations exist but uncertain evolution**  
**= difficult management for GPs**
- **Direct and indirect costs**
- **Lack of data on management of LBP in France**

Aim

**Description of the management of patients  
from 18 to 65  
consulting their GP for LBP in France.**

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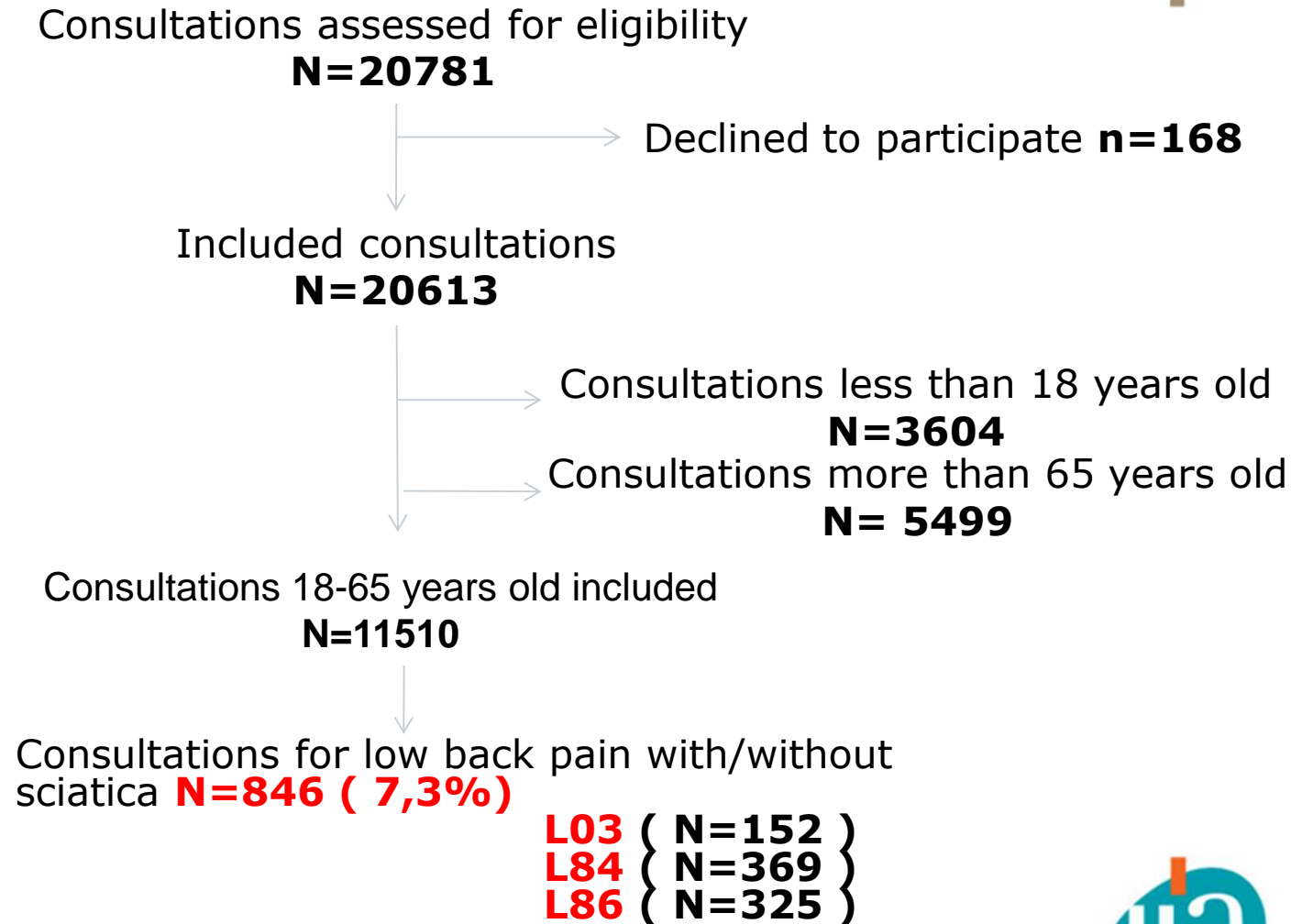
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# Methods « Ecogen »

- **National French cross sectional study**
- **Collection of content of the consultation of GPs**
- **128 GPs, observed by their 54 medical interns**
- **1 day per week for 5 months**
- **ICPC-2 :**
  - **Reasons for encounter**
  - **Results of consultation / diagnosis**
  - **Procedures:**  
diagnostic, therapeutic, preventive, administrative
- **Socio-demographic characteristics of patients  
and GPs**

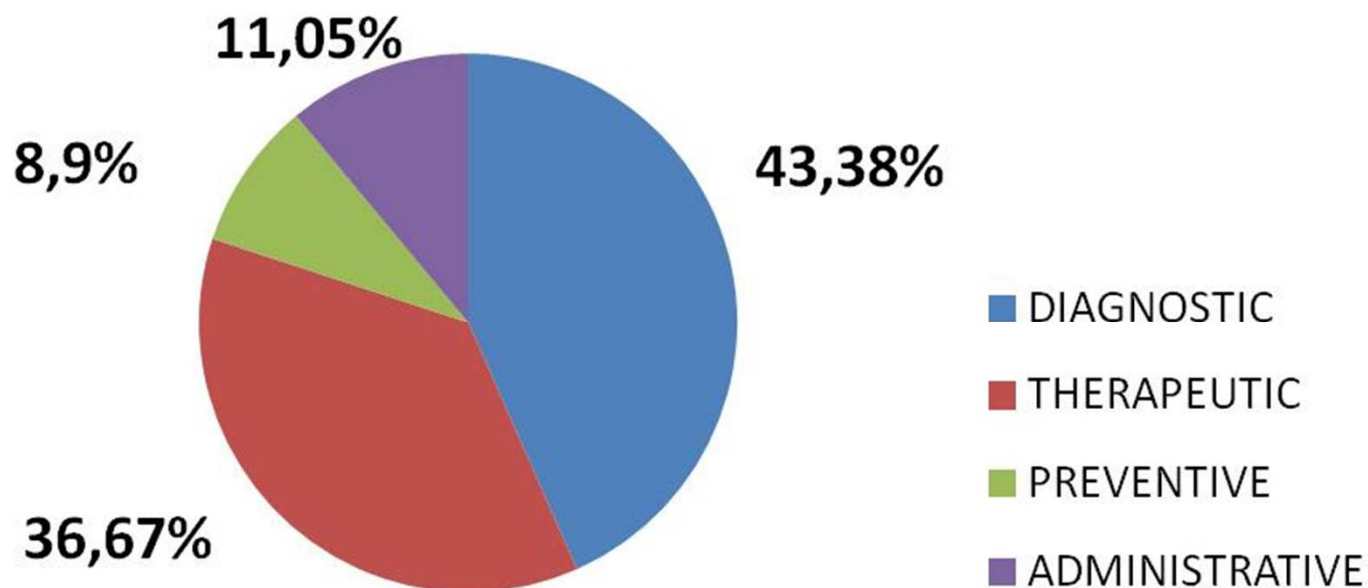
- **Extraction of data from Ecogen**
  - **18-65 years old**
  - **LBP = L03 or L84 or L86 as a result of consultation**
    - *L03= low back symptoms*
    - *L84= back syndrome without radiating pain*
    - *L86= back syndrome with radiating pain*
- **Analysis**
  - **Distribution of all the procedures prescribed or done by the GP during the consultation**
  - **Relative frequencies among consultations**

# Results



# Results

**2471** procedures = 2.92 per consultation



# Diagnostic procedures

Procedures	N procedures	% procedure /cons
<b>Medical examination</b>	776	<b>91,73</b>
Blood or urine test	34	4,02
<b>Imaging</b>	113	<b>13,36</b>
<i>X-Ray</i>	69	8,16
<i>Scan</i>	23	2,72
<i>RMI</i>	18	2,13
<i>Other (echography, doppler...)</i>	3	0,35
EMG	3	0,35
Explanation test results	68	8,04
<i>Blood or urine test</i>	6	0,71
<i>Imaging</i>	65	7,69
<i>Consultation with other care provider</i>	13	1,54
Referral to specialist	45	5,32
<i>Rheumatologist</i>	23	2,72
<i>Surgeon (neuro/ orthopedic)</i>	10	1,18
<i>Referent doctor</i>	8	0,95
<i>Other</i>	4	0,47



# Therapeutic procedures

Procedures	N Procedures	% Procedures/cons
<b>Medication</b>	634	<b>74,94</b>
<b>Physiotherapy</b>	190	<b>22,46</b>
Alternative medicine	52	6,15
<i>Osteopathy</i>	29	3,43
<i>Mesotherapy</i>	11	1,30
<i>Acupuncture</i>	2	0,23
<i>Homeopathy</i>	1	0,12
Material	30	3,55
<i>Back brace</i>	21	2,48
<i>Orthopedic sole</i>	8	0,95
<i>Crutch</i>	1	0,12

# Preventive procedures

Procedures	N Procedures	% Procedure /cons
Education/ advice/ diet	220	26,00

# Administrative procedures

Procedures	N procedures	% Procedure /cons
<b>Sick leave</b>	203	<b>23,99</b>
Occupational injuries	23	2,72
Certificate related to a sick leave or an occupational injurie	27	3,19
Other certificate	20	2,36

# Discussion

- **Ecogen= Original data for French primary care research**
  - **Good exhaustiveness and representativity**
- **Prevalence of LBP in consultations : 7,3%**
- **Too many prescriptions of imaging**
  - = Coherence with litterature**
- **Advice and explanations... reassurance**
  - **what really happens in the consultations: not only costly prescriptions**

# Discussion - Limits

- **Ecogen =not designed for LBP  
= transversal data collection**
  - **Duration of LBP: acute, chronic, recurrent episode**
  - **No medical past history**
  - **No « red-flags »**

**Determinants of the management in LBP: duration of episode, intensity of pain and radiating pain**

*(Kovacs BMC HSR 2006 / Webster J Gen Intern Med 2005)*

# Perspectives

- **Preliminary results**
- **Procedures in fonction of**
  - **socio-demographic characteristics**
  - **radiating pain or not**
- **Comparisons to other chronic pains**

**Thank you for your  
attention!!**

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