



Inter-professional Spine Assessment and Education Clinics (ISAEC) Pilot

ISAEC Quick Stats...

Pilot days remaining: **243**
 Patient referrals to date: **2,108**
 Average wait time: **6.0 days**
 Patients needing Imaging/Specialist: **151**

As mentioned last issue, the Ministry of Health and Long-term Care (MoHLTC) gave ISAEC the green light to continue operating until the end of February 2015. We also received approval to increase the number of primary care providers (PCPs) with referring privileges to ISAEC. If you know a PCP (family physician, general practitioner and nurse practitioner) with a family practice in one of ISAEC's pilot cities (Hamilton, Thunder Bay and Toronto or surrounding areas) and who is interested in attaining referring privileges to ISAEC, please encourage them to complete and submit an online Expression of Interest form. (Link: www.isaec.org/refer-to-isaec.html) Our goal is to grant referring privileges to an additional 50 to 70 PCPs by the end of the Summer, so please get the word out as soon as possible. Also, in 2014-15, ISAEC will be piloting a new chronicity prevention clinic within the ISAEC model of care for patients at high risk of chronicity. Please keep reading to learn more.



ISAEC's new Chronicity Prevention Clinic opens this July!

New Chronicity Prevention Clinic...



By Henry Candelaria, DC
 Chronicity Prevention Lead
 Questions?
 <removed>

MoHLTC has recognized ISAEC's impact over the last 18 months and, as such, has extended the ISAEC pilot until February, 2015. With this funding, we intend to make targeted improvements to the program based on our ongoing research findings and your feedback. Specifically, a need has been identified to help patients that are at high risk of chronicity. Our research indicates that even with ISAEC's upstream management approach, at six months post ISAEC consultation, 16% of patients remain at high risk of chronicity. If left untreated, these patients may go on to develop chronic low back pain, a condition that is a significant economic burden to the healthcare system as this relatively small patient population can account for 75% of the costs associated with low back pain management. In response to this, we have developed a Chronicity Prevention Clinic to provide upstream care to those patients that are at higher risk of developing chronic low back pain. This program of care will be led by one of our Advanced Practice Clinicians (APCs), Henry Candelaria, DC. Through this program, we will identify those patients who are at highest risk and provide them with the right care at the right time.

The ISAEC Chronicity Prevention Clinic is designed to build on the current ISAEC model as patients will continue to be initially assessed and risk stratified by community APCs. Those that are identified as moderate or high risk for chronicity will be managed with ISAEC's traditional treatment protocol (assessment, diagnosis, education, reassurance and self-management). However, at follow-up (approximately six weeks), if their risk of chronicity has not decreased (i.e., high→moderate) or has increased (i.e., moderate→high), they will be referred to see Dr. Candelaria at the Toronto Western Hospital. Referred patients will undergo a thorough assessment using the principles of physical medicine and psychology to identify barriers to recovery. Treatment will include motivational interviewing, cognitive behavioural therapy as well as pain management strategies. The program is designed to provide patients with comprehensive care as early as possible in order to prevent chronicity. Patients will be seen a maximum of five times approximately six weeks apart. If there is no improvement after five visits, the patient's care will be escalated to networked specialists in Chronic Pain/Physical Medicine in a shared-care model. This program will initially be offered as an in-person service in Toronto beginning this July, but we intend to utilize the Telehealth Network to reach Thunder Bay by the Fall of 2014.

The ISAEC Chronicity Prevention Clinic could not have been achieved without the help of Dr. Michael Cheng and Dr. John Flannery, our Clinic Sponsors, and your continued support and feedback. We are confident that with your help we will ultimately reduce the burden of disease of Low Back Pain in Ontario and our healthcare system.