

Quality statement **2** Assess for psychosocial factors



SCREEN using risk assessment tools (STaRT Back or Örebro).



ASSESS for factors that may delay recovery on first assessment:

- use findings from risk assessment tools to identify risk status and prompt discussion
- explore the patient's concerns, beliefs, pain-related fears, avoidance and protective behaviours, pain-related distress, lifestyle factors and social stressors
- consider any history of mental health problems



DOCUMENT findings and repeat the assessment at subsequent visits to measure progress.



The Low Back Pain Clinical Care Standard was developed by the Australian Commission on Safety and Quality in Health Care.

**AUSTRALIAN
COMMISSION
ON SAFETY AND
QUALITY IN
HEALTH CARE**

The Australian Physiotherapy Association endorses the Low Back Pain Clinical Care Standard



The Low Back Pain Clinical Care Standard and supporting resources are available at safetyandquality.gov.au/lowbackpain-ccs

For more information about what the Low Back Pain Clinical Care Standard means for physiotherapists, visit australian.physio/inmotion/low-back-pain-standard-opportunity-physios