

BACK PAIN

TRANSFER CRITERIA

- Back pain without significant trauma (i.e., strain)
- Normal x-ray (if obtained)
- Inability to ambulate because of pain
- Inability to control pain by po medications
- Normal neurological exam
- No bowel or bladder control problems
- R/O metastatic disease if appropriate
- No paraspinal mass

EXCLUSION CRITERIA

- Back pain with significant trauma
- Abnormal x-rays (if obtained) (burst fracture, spine canal involvement)
- Abnormal neurological exam (motor)
- Bowel or bladder control problems
- Metastatic disease
- Fever

OBSERVATION UNIT INTERVENTIONS

- Serial exams
- Parenteral analgesics
- Physical therapy (assessment)
- Consultation as needed – PMR, Ortho, continuing care nurse

DISPOSITION CRITERIA

- Home -
 - Ability to tolerate pain on po medication
 - Ability to ambulate and care for self at home or continuing care arrangements made
 - No change in neurologic exam
- Hospital -
 - Inability to tolerate pain on po medications
 - Inability to ambulate or care for self at home
 - Change in neurological exam