



Back and Neck Pain

Developed by Executive Editor:

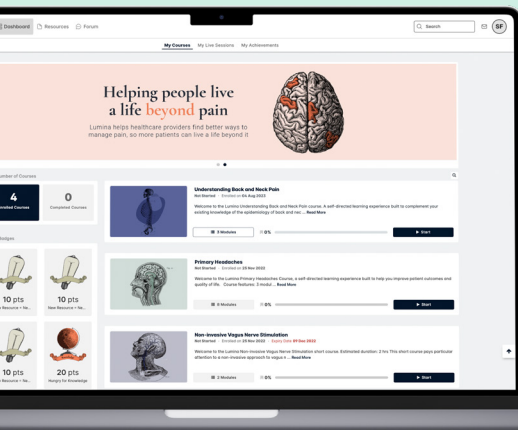
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Program Overview

Back and neck pain is a common and debilitating condition affecting the nerves, muscles, joints, discs, and bones of the spine. A complex anatomy and the biopsychosocial nature of pain make diagnosing and treating back pain a challenge many primary practitioners prefer to avoid.

The Lumina Back and Neck Program provides healthcare providers with the insights, tools, and approaches they need to tackle this generally mismanaged pain condition. Pairing the latest understanding in spinal pathophysiology with a revised classification system for back and neck pain, both supported by peer-reviewed scientific evidence and years of clinical experience, this multifaceted solution incorporates practitioner education and advanced tools to help healthcare providers improve patient outcomes and quality of life.



Assessments:

- Knowledge checks
- Four module exams for certification

Resources:

- Lumina-curated content relevant to back and neck pain

Total duration: 30 hours

Target audience:

Primary healthcare providers, pain specialists, physical therapists, occupational therapists, chiropractors, neurologists and nurses.

Products included

1. Diagnostic Aid

You will receive access to a proprietary, condition-specific online tool developed by Lumina to assess the symptoms and characteristics of a patient's current back and neck pain, pre-consultation. The diagnostic aid suggests an accurate diagnosis, which the healthcare provider confirms, allowing them to present a treatment plan for the patient at the end of their first consultation.

2. Patient Companion

Designed to empower patients in their pain management journey, this continuous care solution tracks symptoms and educates patients.

3. Lumina Collaborative

A dedicated online forum healthcare providers can join to discuss back and neck pain with peers and get feedback from Lumina Sages.

4. Lumina Medical Academy

The goal of the Lumina Medical Academy is to improve patient outcomes by enhancing diagnostics, clinical steps, and treatment modalities. The Back and Neck Pain course is available on the Medical Academy and has been developed by Executive Editor, Prof. René Przkora M.D., Ph.D., M.M.S.

Lumina Back and Neck Pain Course:

Module 1

Understanding Back and Neck Pain

- Master your understanding of the anatomy of the spine
- Learn about the pathophysiology of back and neck pain
- Revisit the biopsychosocial model of pain
- Explore the differences between axial and radicular pain
- Understand the Lumina classification of back and neck pain conditions

Module 2

Diagnosing Back and Neck Pain

- Unpack the Lumina classification of back and neck pain in depth
- Get to know the Lumina classification system and how to use it
- Explore different diagnostic tools available for improving diagnostic accuracy, including the Lumina Diagnostic Aid for Back and Neck Pain
- Learn how to rule out secondary conditions and red flags
- Understand the role patient-doctor partnerships and patient education play in starting back and neck pain treatment
- Know when it is best to refer a patient and to who they should be referred

Module 3

Treating Back and Neck Pain

- Unpack the condition-specific Lumina Care Plans for common back and neck pain conditions
- Understand why these care plans are so effective
- Explore treatments like nerve blocks, neurostimulation, pharmacotherapy, and rehabilitation in detail
- See detailed treatment strategies for each class of back and neck pain

Module 4

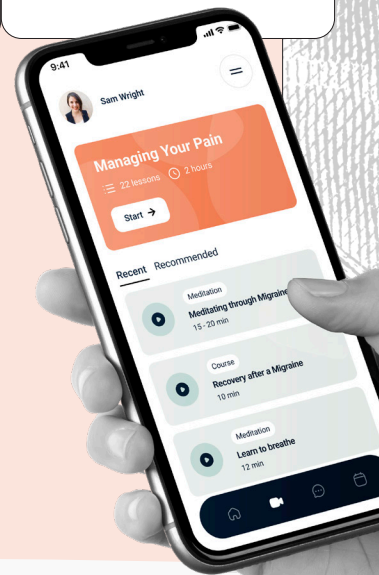
Continuous Care for Back and Neck Pain

- Understand the importance and fundamental role of patient continuous care
- Learn how to refine diagnosis based on patient information gathered during continuous care
- Explore the challenges involved
- Learn how to implement continuous patient care
- Get to know the Lumina Patient Companion and how to use it
- Know what to do when treatment isn't working

What Makes Lumina Different?

The community of pain management experts and their drive to positively affect patient outcomes is the real differentiator. This community and their commitment to adding their expertise to a vast body of mainstream peer-reviewed body of evidence-based knowledge will change the face of pain management.

Lumina healthcare providers get access to the wisdom of the community, accurate diagnostic tools, and clinically-proven care plans. Improved patient outcomes is the 'why' and technology is the enabler.



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To find out more, go to www.luminapain.com or email questions@luminapain.com

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