

# Acute Low Back Injuries Program of Care (ALBI POC)

The Acute Low Back Injuries Program of Care includes the collection of complete, consistent and accurate information. You will note that much of the requested information is standard demographic and clinical information commonly recorded for people with an acute low back injury.

**\* Note: Erratum**  
*Spine*, 2001, April 1; 26(7): 847. In Appendix 1, item 18 should read "I sleep less well because of my back."

Included is a Numeric Pain Rating Scale and the Roland-Morris Disability Questionnaire (RMDQ) (Roland & Fairbank, 2000)\*. Please have your patients complete these and record the results on the **Initial Assessment Report** and again on the **Care and Outcomes Summary**. Report the pain score out of 10 and report the RMDQ as a total score out of 24. **Please do not send copies of the actual scales to the WSIB, simply retain them for your records.**

You can use these as your originals and copy as needed (permission from the authors to use or reproduce the instrument is not required). References are also included for your review.

## References

Roland M., & Fairbank J. (2000). The Roland-Morris Disability Questionnaire and the Oswestry Disability Questionnaire. *Spine*, 25(24), 3115-3124.

**Numeric Pain Rating Scale**

Indicate your level of pain by choosing the appropriate number on the scale below.

0 1 2 3 4 5 6 7 8 9 10

No Pain Moderate Pain Worst Possible Pain (this episode)