

Patient Details

User ID	DR-IQ-487069
First Name	colin
Middle Name	james
Last Name	kerr
Reason	Back Pain
Practice Name	The Loxford Practice
NHS Number	N/A
Gender	Male
DOB	29-11-1979 (43 years)
Email Address	colinkerr881@gmail.com
Contact Number	07555 585 417

Clinical Annotations**DR IQ - BACK PAIN**

NO reported cauda equina red flags, bilateral lower limb neurology or serious injury.
NO malignancy red flags, current pregnancy or obvious features of infection.

Back pain ongoing for >1 year.

Patient speculated cause of back pain: "I have had problems with my lower back for sometime, I try not to take medication for it I 2as once put on cocodamol which helped. the pain is getting worse as I get older"

Stated radiation of pain: "yes I get shooting pains down the back of my legs"

Pain gets worse with exercise or activity.

No morning stiffness present.

Pain not worst in bed, when getting up in the morning, or present at rest.

NO reported history of IBD, psoriasis, anterior uveitis/iritis, ankylosing spondylitis or psoriatic arthritis.

NO reported FAMILY history of IBD, psoriasis, anterior uveitis/iritis, ankylosing spondylitis or psoriatic arthritis.

Pain is located in the left/midline/right lower back.

Patient reports a prior history of back pain or historic back injury.

Re: their historic back issue, patient states they were diagnosed with "possible sciatica given cocodamol and another drug I can't remember the name off which numbed nerves"

Re: their historic back issue, patient states they were treated with "medication as before"

For their back pain, patient has tried self-treatment with: "hot water bottle and over the counter painkillers ibuprofen paracetamol".

CURRENTLY employed or working.

Regarding their work, patient states that their work is quite physical.

Regarding their pain, patient states it interferes with their ability to undertake their usual physical activities.

Patient states in general, they are not enjoying the things they used to.

Patient provided the additional information: "this has been ongoing for 10 or so years getting worse with age. the only time it got better was with medication".

Dr. iQ outcome: Formal TC with Physio

Dr. iQ message: Our clinician will contact you today between 1-4pm.

Consultation Summary

Before we begin, please can you tell us who this e-consultation is for:

- This e-consultation is for myself
- This e-consultation is for someone else registered at the practice

This e-consultation is for myself

This e-consultation enables you to tell us about your joint problem.

Once we have assessed your answers, we will take some of the following actions:

1. Refer you directly to the physiotherapist/specialist joint clinic
2. Offer you advice on how to self manage with physio exercises and pain killers
3. Refer you for imaging
4. Invite you for a telephone/face to face assessment

Please select any symptoms that apply to you. If none apply please choose the last option by scrolling down.

- Numbness/loss of feeling around the buttocks, back passage or genitalia
- Inability/increasing difficulty in emptying your bladder
- Inability to stop a bowel movement or anal leakage
- Loss of sensation when passing urine/opening bowels
- Change in ability to achieve an erection/orgasm
- Loss of sensation in genitals during intercourse
- Numbness, weakness and/or tingling in both legs
- I have back pain following a serious accident or injury
- None of the above

None of the above

Please select any of the following statements that apply to your condition.

You can select more than one option:

- I have lost weight without trying
- I am having treatment for cancer
- I am over 50, my back pain is of recent onset, and I have not experienced a recent injury to my back
- I am currently pregnant
- I have back pain with fever, redness, feeling very unwell, or night sweats
- None of the above

None of the above

How long have you had your back pain for?

- Less than 1 month
- 1-3 months
- More than 3 months
- More than 1 year

More than 1 year

Please tell us about your back pain covering the following areas:

1- How it may have happened: I have had problems with my lower back for sometime , I try not to take medication for it I as once put on cocodamol which helped . the pain is getting worse as I get older .
2- Does the pain radiate to any other part of the body ? e g arms legs other part of back: yes I get shooting pains down the back of my legs .

Please select any of the statements that apply to you.

- My pain is made worse by exercise or activity
- My pain gets better with exercise or activity
- My pain does not change with exercise or activity

My pain is made worse by exercise or activity

Please select any of the statements that apply to you.

- My back is stiff when I get up in the morning, and this mostly eases off within 30 minutes
- My back is stiff when I get up in the morning, and this takes several hours to go away
- My back is not stiff in the morning

My back is **not** stiff in the morning

Please select any of the statements that apply to you.

- My pain is usually worse in bed at night, or first thing in the morning
- My pain is present at rest, even when I am not moving
- None of the above

None of the above

Please select any of the following conditions that you are aware you suffer with:

- Crohn's disease, ulcerative colitis (inflammatory bowel disease / IBD)
- Psoriasis
- Anterior uveitis / iritis
- Ankylosing spondylitis or psoriatic arthritis
- None of the above

None of the above

Please select any of the following conditions that you are aware a family member suffers with:

- Crohn's disease, ulcerative colitis (inflammatory bowel disease / IBD)
- Psoriasis
- Anterior uveitis / iritis
- Ankylosing spondylitis or psoriatic arthritis
- None of the above

None of the above

Please use the grid below to show the site of your pain.

You may select more than 1 area

- Left lower back
- Midline lower back
- Right lower back

Have you ever had pain or injured your back in the past?

- Yes
- No

Yes

If you were seen by a clinician for this problem previously, what was the diagnosis you were given?

possible sciatica given cocodamol and another drug I can't remember the name off which numbed nerves

If you were seen by a clinician for this problem previously, were you given any specific treatment for this problem?

medication as before

Please tell us if you have tried anything to help with the back problem you are currently having:

hot water bottle an over the counter painkillers ibuprofen paracetamol

Please select one of the following statements:

- I am currently not employed/working
- I am currently employed/working

I am currently employed/working

Please select any of the statements that apply to you.

You can select more than one option:

- My work is of a highly physical nature
- My work is desk based/office based
- My work involves doing repetitive tasks for long hours
- I think my work has made my back pain worse
- None of the above

My work is of a highly physical nature

Please select all that apply.

This problem interferes with my ability to:

- Perform my daily tasks
- Eat normally
- Sleep normally
- Undertake my usual physical activities
- Socialize
- Carry on with hobbies
- My back pain does not interfere with my ability to carry out my daily activities

Undertake my usual physical activities

Please read the following statements and select all those that apply.

Because of my back pain:

- I don't think it is safe for me to be physically active
- I have had worrying thoughts go through my mind a lot of the time
- I feel my back pain is terrible and it's never going to get better
- In general I am not enjoying the things I used to
- None of the above

In general I am not enjoying the things I used to

Is there any other information you would like to give us?

this has been ongoing for 10 or so years getting worse with age . the 9nky time it got better was with medication

Status	Processed
Submitted Date	11-10-2023 08:36 AM
Processed Date	11-10-2023 09:51 AM
Action By	Saarah Khan Practice Admin
Outcome	Formal TC with Physio
Message	Our clinician will contact you today between 1-4pm.

Dr. iQ