

Patient-centered care for persistent back pain (virtual)

Invited Lectures

Faculty:

Kieran O'Sullivan

International guidelines consistently recommend that musculoskeletal pain disorders like persistent low back pain are viewed and managed using a biopsychosocial approach. Typically such guidelines recommend treatment that incorporates exercise, education, and psychological and lifestyle support. There is also general agreement that people with low back pain should be supported to self-manage their health over time, with less dependence on or need for clinician input. A critical part of facilitating self-management in this manner is making sure a person's care is patient-centered. However, there is often less agreement, and considerable confusion, over how to implement such principles into daily clinical practice. This talk will reference one patient-centered approach (Cognitive Functional Therapy) to low back pain, which aims to support patient self-management using a biopsychosocial framework to implement evidence-based, patient-centered care. This talk will discuss the 4 randomised clinical trials which have tested this approach and the implications this might have for (i) the training of healthcare professionals, including competence and ongoing fidelity assessment and (ii) healthcare design and delivery.

About Our Speaker:

Kieran O'Sullivan

Kieran O'Sullivan is an Associate Professor in Physiotherapy at the University of Limerick, Ireland. He completed his PhD on low back pain in 2012. He has published over 170 journal articles, including two randomised clinical trials on low back pain. He was awarded the 2021 President's Award for research excellence and impact at UL. His research on LBP has been chosen as an exemplar of research impact. He is currently involved in several research projects on musculoskeletal pain, nationally and internationally.