

Why Rapid Access Clinic (RAC) - Low Back Pain?

You have been referred to a Rapid Access Clinic by your family doctor or nurse practitioner for initial assessment of your low back and/or low back related leg pain to determine the next steps in your care.

Rapid Access Clinics for Low Back Pain are clinics that are being implemented across the province to help improve the quality, access and appropriateness of low back care. A clinic team will assess your low back condition in a timely way and work with you to create a personalized care plan to help you better manage your low back pain. Rapid Access Clinics services are fully covered by the Ontario Health Insurance Plan (OHIP).

Preparing for Your Appointment: What Do I Need to Do?

- **IMPORTANT.** To optimize your time with your Advance Practice Provider, we recommend that you download and complete the **Patient Intake Form prior to your first appointment**. The Patient Intake Form can be found at www.isaec.org

If you scroll to the bottom of the home page at www.isaec.org you will see the link to the Patient Intake Form.

- If you need to cancel or reschedule your appointment, please contact our Central Intake office at 519-685-8500 ext. 37873. Please try and call 24 hours prior to your scheduled appointment if possible.
- If you have been unable to download and complete the Patient Intake Form at home, please arrive at least 30 minutes prior to your scheduled appointment time.
- Please bring your Health Card (OHIP card) and another piece of identification to your appointment and wear loose fitting clothing if possible.

How long is the Assessment?

The initial assessment can take one to one and a half hours. It is recommended you arrive 30 minutes prior to your appointment time to complete the necessary paperwork if you have not completed the Patient Intake Form at home.

What happens during an Assessment?

You will be assessed by an Advanced Practice Provider with advanced skills and training in low back care. Advanced Practice Providers are regulated healthcare professionals such as physiotherapists, chiropractors, or nurse practitioners.

The Advanced Practice Provider will ask you standardized questions about your condition and medical history and will perform a physical examination. You will be provided with an explanation as to the likely causes of your low back pain and/or low back related leg symptoms.

The Advanced Practice Provider will work with you to create a personalized plan to help you better manage your low back pain, improve your mobility and improve your overall physical function. These evidence-informed self-management plans include advice on the importance of staying active as well as instruction on exercises and modified activities as needed.

While the Advanced Practice Provider will not provide you with treatment (e.g., supervised therapeutic exercises or hands-on therapy), they will educate you on your condition and may recommend additional treatment options to support your self-management plan. These additional recommended options will be evidence informed and should be available from community providers.

What if I need surgery or additional investigations?

Additional investigations, if required, can be arranged by the Rapid Access Clinic or recommendations for investigations will be suggested for your family doctor to arrange.

If you require a consultation with a surgeon, an appointment with the next available surgeon or with your preferred surgeon will be arranged by the Rapid Access Clinic.