

Optimal Care and back pain and major joint



Relevant algorithms available on Xyleme

[Chronic Back Pain \(>3 months\)](#)

[Atraumatic Acute Back Pain \(<6 weeks\)](#)

[Radiculopathy Usage of ESI](#)

[Total Hip and Knee Replacement](#)

[Knee Pain](#)

[Non-Traumatic Neck Pain](#)



Specialty modules – Select Orthopedic

Explore the role of evidence-based guidelines as it applies to management of orthopedic conditions



Orthopedic Clinician and Patient Handouts

[Orthopedic Handout](#) summarizing key practice points

Patient-facing:

[Chronic back pain](#) (also available in Spanish)

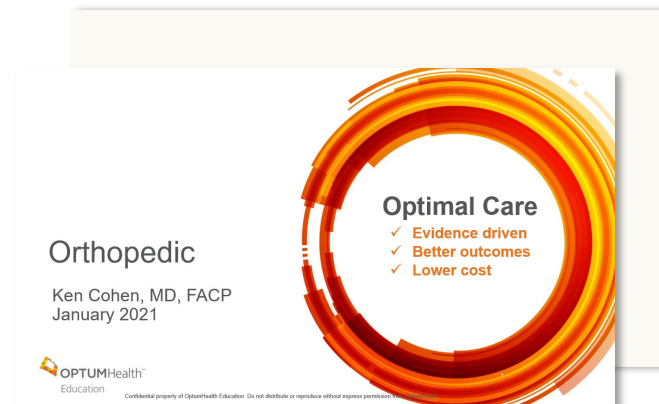
[Acute back pain](#) (also available in Spanish)

[Non-traumatic neck pain](#)

[Total hip and knee replacement](#) (also available in Spanish)

[Viscosupplementation](#) (also available in Spanish)

[Epidural steroid injections](#) (also available in Spanish)





Forum for Evidence-Based Medicine

May/June 2022

Pain reprocessing therapy may provide substantial and durable pain relief in individuals with chronic back pain

Mar/Apr 2022

Management of chronic low back pain **AND** Platelet-rich plasma not effective for knee, ankle osteoarthritis or Achilles tendinopathy

Jul/Aug 2021

All that clicks, pops, grinds or locks is not a meniscal tear

May/June 2021

Consequences of early and unnecessary MRI for back pain far exceed the cost from imaging

Mar/Apr 2021

Patients with sciatica have similar outcomes regardless of their initial treatment

Jan/Feb 2021

Surgical treatment of degenerative spondylolisthesis: Microdecompression alone deemed noninferior to decompression with instrumented fusion

Sep/Oct 2020

Physical therapy versus intraarticular steroid injection for treatment of knee osteoarthritis

Jan/Feb 2020

Practical Management of Back Pain

Mar/Apr 2018

Knee arthroscopy and osteoarthritis

Jan/Feb 2018

Radiofrequency ablation for chronic low back pain

The screenshot displays the 'Forum for Evidence-Based Medicine' page for July 2021. It features the Optum logo and a navigation bar with a podcast link: 'Listen to Dr. Cohen's Forum for Evidence-Based Medicine podcast [here](#).' Below this, a banner states 'Earn up to 1.00 CNE/CME credit per issue.' The main content area is divided into several sections: 'Claiming credit' (CME/CNE credit is available for more information, visit optumhealtheducation.com/ebm-forum), 'Activity description' (Practicing evidence-based medicine (EBM) is important in today's health care environment because this model of care offers clinicians a way to enrich quality, provide patient satisfaction, reduce costs and improve outcomes. A common implementation of EBM involves the use of clinical practice algorithms during medical decision-making to encourage optimal care. This widely recognized practice is designed to address the persistent problem of clinical practice variation with the help of actionable information at the point of care. These e-newsletters will enable health care professionals (HCPs) to put new EBM into practice.), 'Target audience' (This activity is designed to meet the educational needs of physicians, PAs, nurses, nurse practitioners and other HCPs who have an interest in EBM.), 'Learning objectives' (At the end of this educational activity, participants should be able to:

- Identify educational content on the management of heart failure with reduced EF and the role of SGLT2 inhibitors.
- Review the pharmacological considerations for prescribing SGLT2 inhibitors and GLP-1RA therapy for diabetes to reduce cardiovascular death.
- Discuss the harms versus the benefits for asymptomatic carotid screening.
- Apply medical management principles grounded in evidence-based medicine regarding weight-loss surgery, knee locking and catching, elevated liver enzymes and osteoporosis screening in older men.

), 'Accreditation statement' (In support of improving patient care, this activity has been planned and implemented by OptumHealth Education. OptumHealth Education is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE) and the American Nurses Credentialing Center (ANCC) to provide continuing education for the health care team.), 'Credit designation statements' (Nurses: The participant will be awarded up to 1.00 contact hour(s) of credit for attendance and completion of supplemental material. Nurse practitioners: The American Academy of Nurse Practitioners Certification Program (AANPCP) accepts credit from organizations accredited by the ACCME and ANCC. Physicians: OptumHealth Education designates the enduring activity for a maximum of 1.00 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. American Board of Internal Medicine: Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 1.0 Medical Knowledge MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit. Please note: by claiming ABIM points, you authorize OptumHealth Education to share your attendance information with the ABIM.), 'PAs' (The American Academy of Physician Assistants (AAPA) accepts credit from organizations accredited by the ACCME.), and 'Attendance' (A certificate of attendance will be provided to learners upon completion of activity requirements, enabling participants to register with licensing boards or associations that have not been pre-approved for credits. It applies for credit types not listed above; participants should use the procedure established by the specific organization with which they wish to obtain credit. Provided by: The activity is provided by OptumHealth Education. Commercial support: The activity is supported by Optum Care.) The footer of the page reads 'Forum for Evidence-Based Medicine — July 2021 | 1'.

Next Optimal Care Grand Rounds Topic and Timing

Topic: Optimal outpatient management of chest pain

Date: November 2, 2022

Speaker: Leslee Shaw, PhD

Time: TBD

Registration link: pending