
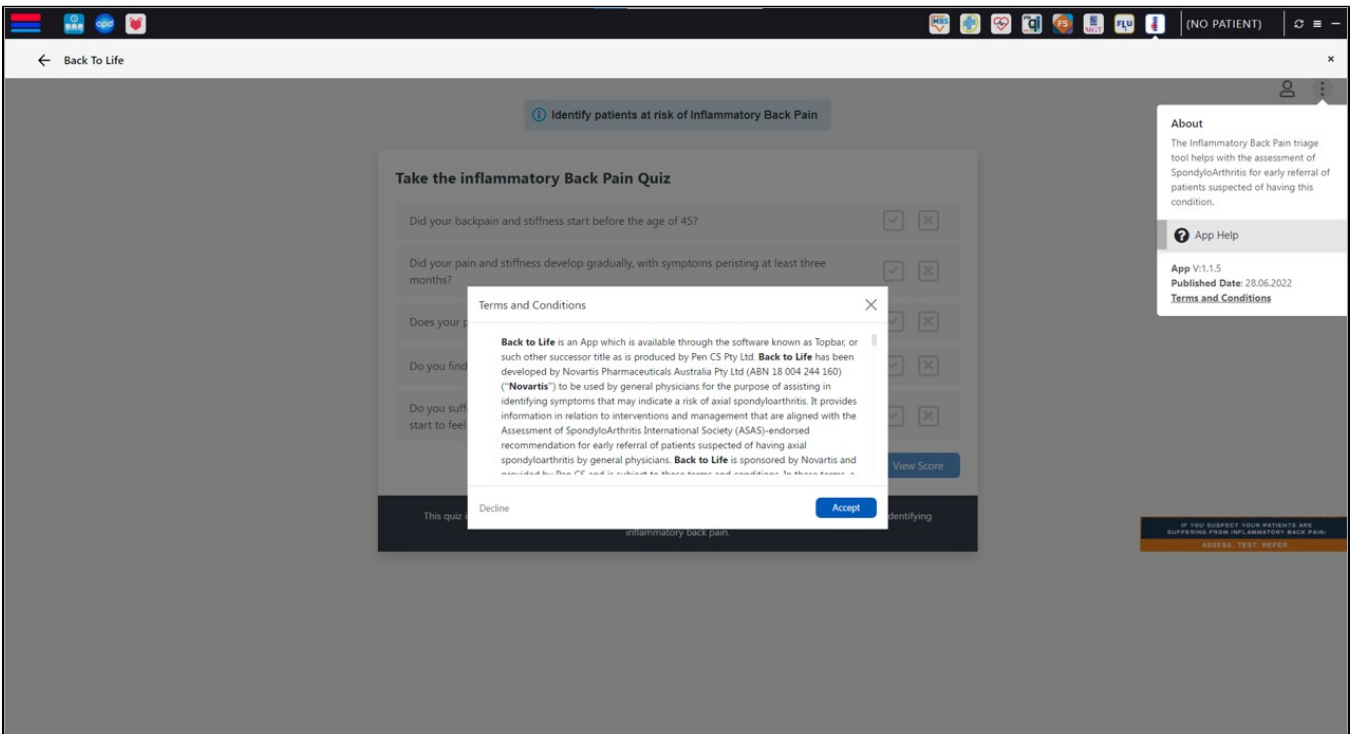


Back To Life

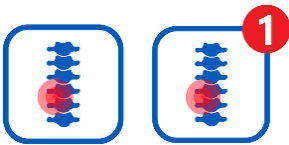
The Back to Life Topbar App pulls data on patients from the practice’s clinical information system (CIS) relating to axSpA, to determine if the patient has potential signs and symptoms of the disease. If the patient in consultation meets the pre-determined patient criteria, the App will flag this by presenting a red dot on the App icon. The App provides further details of this information and prompts the healthcare provider to complete a five question quiz for the patient in consultation. The App will then recommend referral to a rheumatologist, based on the patients quiz results.

Terms and Conditions

Pen CS recommends reading the Back to Life terms and conditions (T&Cs) before using the App. To access the T&Cs, click the  icon and then select [Terms and Conditions](#) . A window will appear where the user can accept or decline the App.



The Back To Life icon is displayed on the right side of Topbar. The App will prompt if the patient fits the predefined patient inclusion criteria for axSpA.



Clicking the App icon will open a new window for the Back to Life application:

← Back To Life

Scott Josh, 23 yrs, M

Identify patients at risk of Inflammatory Back Pain

Take the inflammatory Back Pain Quiz

Did your backpain and stiffness start before the age of 45? ☐ ☐

Did your pain and stiffness develop gradually, with symptoms persisting at least three months? ☐ ☐

Does your pain and stiffness tend to ease with physical activity and exercise? ☐ ☐

Do you find there is no improvement in your back pain when you rest? ☐ ☐

Do you suffer from increased back pain and discomfort when immobile during sleep, and start to feel better once up and moving? ☐ ☐

[View Score](#)

This quiz is adapted from the ASAS (The Assessment of SpondyloArthritis International Society) Criteria for identifying inflammatory back pain.

IF YOU SUSPECT YOUR PATIENTS ARE SUFFERING FROM INFLAMMATORY BACK PAIN, PRINTED TEST RESULTS

Select the “Identify patients at risk of Inflammatory Back Pain” button (above the quiz), to view the “Patient Risk Factors” for axSpA. The “Patient Risk Factors” window will show a list of risk factors which will determine the prompt criteria for the patient in consultation.

Patient Risk Factors

Patients with chronic back pain (duration ≥ 3 months) with back pain onset before 45 years of age and with at least one of the following symptoms:



- Current treatment with NSAIDs for at least 3 months
- Inflammatory back pain diagnosis (if available – this may only come to light following completion of the Inflammatory Back Pain survey)
- Peripheral manifestations
- Extra-articular manifestations
- Positive family history
- HLA-B27 positivity
- Elevated CRP or ESR
- Positive imaging if available
- Current treatment with NSAIDs for at least 3 months

Source: Risk factors based on recommendation endorsed by ASAS (Assessment of SpondyloArthritis International Society) and Tubergen A, Landewe R on behalf of the Assessment of SpondyloArthritis International Society (ASAS), et al. Annals of the Rheumatic Diseases 2015;74:1483-1487.




While a user is assessing a patient, the healthcare provider should complete the inflammatory back pain quiz based on the patient’s response. If the patient answers “Yes” to the question, then click , otherwise select when the answer is “No”. The user can then view the final patient score by selecting “View Score” at the bottom of the quiz.

'Likely' Inflammatory Back Pain

If the patient answers “Yes” to four or more questions, they are “Likely” to have inflammatory back pain and the user will receive a recommendation to refer the patient to a rheumatologist. To print the patients results, click the icon in the top right corner. To save the patient quiz results to the clinical system, click the icon in the top right corner. It will open a window where the user can save the report.

If the patient answers “Yes” to three questions or less, they are “Unlikely” to have inflammatory back pain. To print the patients results, click the  icon in the top right corner. To save the patient quiz results to the clinical system, click the  icon in the top right corner. It will open a window where the user can save the report.



The user is able to view the patient history so they can track the patients scores over time. To review the patient's history, click the  icon in the top right corner. You can print the patient's history by clicking on the  icon. To save the patient record to the relevant clinical information system (CIS), click the  icon. It will redirect you to the CIS screen where you can save the report.

