

Keele STarT Back Screening Tool

The Keele STarT Back Screening Tool is a brief, validated tool (Hill et al 2008), designed to screen primary care patients with low back pain for prognostic indicators that are relevant to initial decision making.

The instrument is being used by a range of clinicians to systematically identify patients 'at risk' of persistent symptoms.

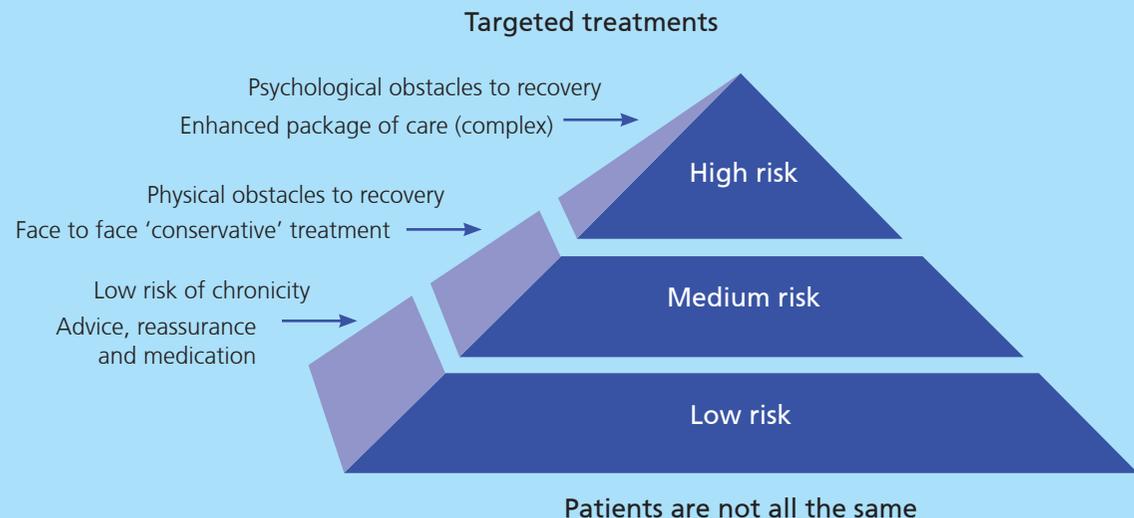
The nine-item tool is designed to classify patients into one of three subgroups for targeted primary care management:

- > Low risk
- > Medium risk (physical indicators)
- > High risk (physical and psychosocial indicators)

The Keele STarT Back Screening Tool is available on this site.

Concept of subgroup and targeting for primary care low back pain

Figure to illustrate the Keele STarT back screening and targeted treatment concept



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Lumbar disorders: screening for yellow flags

Keele STarT Back Screening Tool

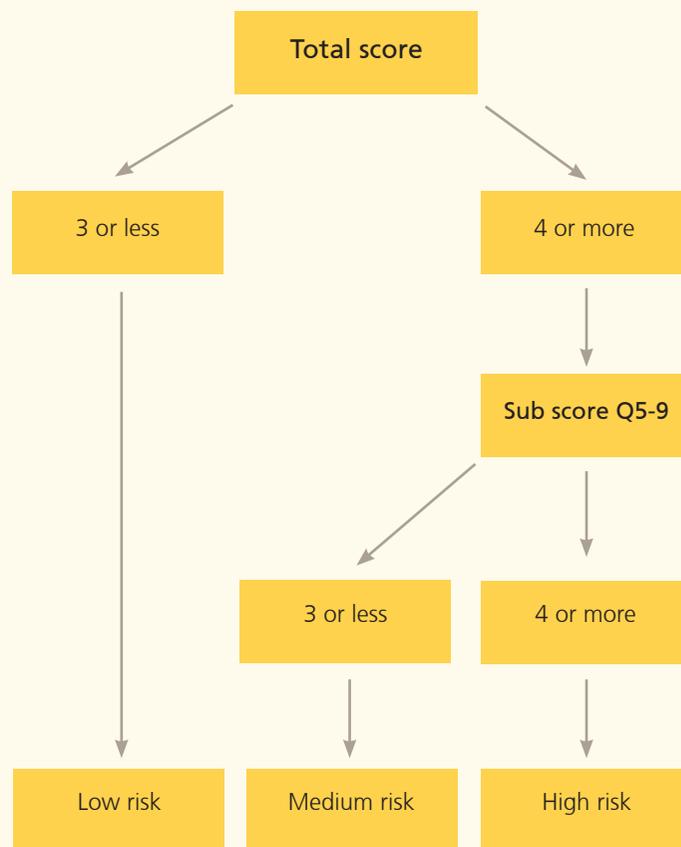
Patient name _____ Date _____

Thinking about the last two weeks tick your response to the following questions:	Disagree 0	Agree 1			
1 My back pain has spread down my leg(s) in the last two weeks	<input type="checkbox"/>	<input type="checkbox"/>			
2 I have had pain in the shoulder or neck at some time in the last two weeks	<input type="checkbox"/>	<input type="checkbox"/>			
3 I have only walked short distances because of my back pain	<input type="checkbox"/>	<input type="checkbox"/>			
4 In the last two weeks, I have dressed more slowly than usual because of back pain	<input type="checkbox"/>	<input type="checkbox"/>			
5 It's not really safe for a person with a condition like mine to be physically active	<input type="checkbox"/>	<input type="checkbox"/>			
6 Worrying thoughts have been going through my mind a lot of the time	<input type="checkbox"/>	<input type="checkbox"/>			
7 I feel that my back pain is terrible and it's never going to get any better	<input type="checkbox"/>	<input type="checkbox"/>			
8 In general I have not enjoyed all the things I used to enjoy	<input type="checkbox"/>	<input type="checkbox"/>			
9 Overall, how bothersome has your back pain been in the last two weeks?	not at all	slightly	moderately	very much	extremely
	<input type="checkbox"/>				

Total score (all 9): _____ Sub score (Q5-9): _____

Lumbar disorders: screening for yellow flags

Keele STarT Back Screening Tool Scoring System



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