

## HEALTH CARE UTILIZATION FOR CHRONIC BACK DISORDERS

Chronic back disorders (CBD) are a prevalent and costly public health issue; however, little is known about the patterns of community-based health care use among Canadians with these common and potentially disabling conditions. Compared to 289 other diseases and conditions, low back pain is the leading cause of morbidity worldwide when considering years lived with disability. In Canada, 22% of adults report having back problems lasting 6 months or more and health care expenditures are estimated between \$6 and \$12 billion annually. Back disorders are costly to individuals and strain health care resources due to high rates of primary physician care visits, specialist consultations, diagnostic procedures, and prescribed medications such as opioids. These completed and ongoing projects explore patterns of health care use among people with back disorders using a combination of national Statistics Canada surveys, direct surveys, and health care administrative databases.

Research projects under this area of focus include:

### **PATTERNS OF HEALTH CARE USE AMONG ADULT CANADIANS WITH BACK DISORDERS:**

- Bath B, Lawson J, Ma D, Trask C. (2018) [Self-reported use of family physician, chiropractor and physiotherapy services among adult Canadians with chronic back disorders: an observational study](#). BMC Health Services research. 18 (1), 970.
- Bath B, Trask C. [Back pain? A physiotherapist may offer the most effective treatment, if you can afford it](#). Conversation Canada (2019).

### **PERCEIVED ACCESS TO PHYSIOTHERAPY SERVICES:**

- Bath B, Jacobowski M, Mazzei D,McRae J, McVittie N, Stewart S, Lovo Grona S. [Factors Associated with Reduced Perceived Access to Physiotherapy Services among People with Low Back Disorders](#). Physiotherapy Canada. 68(3): 260-66. 2016 Aug. Open access publication available here.

### **INVESTIGATION OF HEALTH CARE UTILIZATION PATTERNS AMONG RURAL AND URBAN SASKATCHEWAN PATIENTS WITH BACK PAIN.**

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