

Low Back Pain Clinical Care Standard Public Consultation - Submission 2021

Submitted to the Australian Commission on Safety and Quality in Health Care (April 2021).

We support the development of comprehensive clinical care standards, which aim to improve the quality and safety of healthcare standards for Australians. Accredited Practising Dietitians (APDs) play a key role in managing pain, and mental/physical conditions. It should be a priority to promote their services in the Low Back Pain Clinical Care Standard.

The Low Back Pain Clinical Care Standard should acknowledge the important role of nutrition in managing low back pain. It should promote nutrition care as part of the treatment of back pain conditions.

APDs provide dietary interventions, assisting patients to improve nutrition-related health and pain experiences. Optimising nutrition can improve pain experiences by reducing inflammation, oxidative stress, and improving weight management.

There is strong evidence supporting the role of nutrition in the management of low back pain. So those with related conditions should seek the services of APDs to improve nutrition-related health and pain.

APDs offer a significant part of the comprehensive treatment of low back pain. Their role should be recognised within the Low Back Pain Clinical Care Standard.

For more, download the [full submission](#).

Get in touch

If you have questions about this submission, contact us at policy@dietitiansaustralia.org.au