

**3<sup>rd</sup> Annual Research Symposium: Integrating CAM Research and Practice:  
Focus on Outcome Measures  
Calgary, Alberta, November 4-5, 2006**

**A Balanced Mix of Outcome Scales for Low Back Pain Assessment**

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Authors believe that in order to evaluate the overall effect of the treatment of back pain, specific and focused outcome measure instruments are not sufficient. Authors emphasize the need to measure not only pain, but also overall disruptions to general activities, normal work, mood and enjoyment of life, and economic and social changes. Therefore, a proper mix of scales covering various areas of patients' lives needs to be used.

The research team has studied standard outcome measure instruments which have been routinely used in conventional medicine. After thorough review, a balanced mix of the most pertinent scales was developed.

The scales selected for our study of low back pain cover the following areas:

- 1) Character and intensity of the pain
- 2) Distribution of the pain
- 3) Length of time of the pain
- 4) Disability caused by the pain
- 5) Economic and social impact of the pain
- 6) Emotional impact of the pain

In this presentation, authors will discuss each selected scale separately, pointing out the pros and cons of each and the rationale for their utilization in the study.

Researchers will also present the simple and efficient method they developed for collecting research data.

The Institute of Soul Mind Body Medicine and Sha Research Foundation are the co-sponsors of the study, which is being conducted in San Francisco, California, USA. The study includes subjects from both the USA and Canada.

## **Biographies**

Peter Hudoba MD, FRCS

former Assistant Professor of Neurosurgery

now in private practice in spine management, 30 years of research activity in neurosurgery, neurology and (currently) in the application of spirituality in medicine

Teaches Soul Mind Body Medicine at Britannia Community Center, Vancouver, BC, Canada

Chairman of the Board, Sha Research Foundation, California

Jill Bond Caire, PhD

Assistant Clinical Professor of Psychiatry at the University of California, San Francisco

Her research on expert-novice models of the self was supported by the Character and Competence Research Program cosponsored by the Henry A. Murray Research Center at Radcliffe College, the John D. and Catherine T. MacArthur Foundation, and The Institute of Human Development at University of California, Berkeley

Shu Chin Hsu, RN

Former Registered Nurse, spiritual practitioner for many years

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Zhi Gang Sha, MD, Doctor of TCM

Well-known spiritual healer and teacher, based in San Francisco and Toronto

Founder, Institute of Soul Mind Body Medicine, Petaluma, California