

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**

**\* Hudoba P., MD, FRCS, Caire, J, PhD, Chuck A., Hsu, S, RN, Sha Zhi Gang, MD (China)**

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.

#### **\* Peter Hudoba, MD, FRCS**

Member BCMA, SMA, CMA

Spinal Practice, Burnaby, British Columbia, Canada

President, Sha Research Foundation, San Francisco, California, USA

Theme: Outcome measures in complementary clinical research

Preferred format: Oral paper presentation

#### Addresses

Peter Hudoba, MD, FRCS

210-3970 East Hastings, Burnaby, British Columbia, Canada, V5C C61

tel: 604-294-3911, fax: 604-294-3987, email: [sharesearchfoundation@yahoo.ca](mailto:sharesearchfoundation@yahoo.ca)

Jill Caire, PhD

9 Wilkins Court, Tiburon, California, USA 94920

tel: 415-789-0222, Fax: 415-789-0222, email: [caire@itsa.ucsf.edu](mailto:caire@itsa.ucsf.edu)

Allan Chuck

76 Windsor Lane, Petaluma, California, USA 94952-7501

Tel: 707-765-1712, Email: [allan@drsha.com](mailto:allan@drsha.com)

Shu Chin Hsu, RN  
104-2165 Carlmont Dr., Belmont, California, USA 94002  
Tel: 510-612-8378, Email: [schsu@aol.com](mailto:schsu@aol.com)

Zhi Gang Sha, MD, Doctor of TCM  
Institute of Soul Mind Body Medicine, Petaluma, California  
email: [zhigangsha@yahoo.com](mailto:zhigangsha@yahoo.com)

### **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  
Member of the Board, Sha Research Foundation, California

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