



## Workshop: Integrated Back-UP system for management of low-back pain

Tuesday, March 30th, 2021, 8:45 CEST

<https://us02web.zoom.us/j/86770257667?pwd=THMzYzNxb2VnbHRrTFAwMINXQWl0QT09>




Back-UP is a platform with software tools for patients, clinicians and researchers, to improve the management of nonspecific neck and low back pain. Back-UP uses statistical models and Artificial Intelligence on data from multiple dimensions (biological, biomechanical, psychological, social, and occupational), to make prognostics of pain, disability and work outcomes that support the stratification of patients and shared decision making. It gathers different tools addressed to specific profiles:

- A First Contact App for clinicians, which helps them to make the initial stratification and select the best matched treatments according to guidelines and scientific evidence and is the entry point to invite patients to participate in back pain research.
- A Professional Platform to monitor and guiding onward treatment during rehabilitation.
- A Self-management Platform (selfBACK) that provides tailored self-management (exercise programs and advice to improve self-efficacy).
- A Vocational Advice application to support return to work
- A Research Portal (Multi-X) to host and share data and methods, building collaborative research between investigators of different domains, in order to create new tools for Back-UP.

In this workshop we will present the importance of personalised medicine, potential new biomarkers and their integration in the management of low back pain.

### Schedule:

1. Gordan Lauc: Introduction to the Workshop, 5 min
2. Dragan Primorac: Introduction to St. Catharine's Hospital and its personalised medicine programmes, 5 min
3. Helios de Rosario Martínez: Integrated BackUP system for management of low-back pain (20 min)
4. Milton Hoz de Vila: The BackUP App (20 min)
5. Gordan Lauc: Glycan biomarkers of inflammation (20 min)

	<b>Dragan Primorac</b> , President of the Society for Personalised Medicine St. Catharine Hospital		<b>Gordan Lauc</b> , Director of the Centre of Competences in Molecular Diagnostics Genos Glycoscience Research Laboratory
	<b>Helios de Rosario Martínez</b> , Coordinator of the H2020 BackUp project. Instituto de Biomecánica, Universitat Politècnica de València		<b>Milton Hoz de Vila</b> School of Medicine, University of Leeds



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 777090