## Opening the consultation
1. Wash your hands and don PPE if appropriate
2. Introduce yourself to the patient including your name and role
3. Confirm the patient’s name and date of birth
4. Explain that you’d like to take a history from the patient
5. Gain consent to proceed with taking a history

## Presenting complaint
6. Use open questioning to explore the patient’s presenting complaint

## History of presenting complaint
7. Site: ask about the location of the back pain
8. Onset: clarify when the back pain first started and if it the onset was sudden or gradual
9. Character: ask about the specific characteristics of the back pain
10. Radiation: ask if the back pain moves anywhere else
11. Associated symptoms: ask if there are any other associated symptoms
12. Time course: ask how the back pain has changed over time
13. Exacerbating or relieving factors: ask if anything makes the back pain worse or better
14. Severity: ask how severe the back pain is on a scale of 0-10
15. Screen for other key symptoms including red flag features
16. Explore the patient’s ideas, concerns and expectations
17. Summarise the patient’s presenting complaint

## Systemic enquiry
18. Screen for relevant symptoms in other body systems

## Past medical and surgical history
19. Ask if the patient has any medical conditions including previous back problems
20. Ask if the patient has undergone any relevant surgical procedures
21. Ask if the patient has any allergies and if so, clarify what kind of reaction they had to the substance

## Drug history
22. Ask if the patient is currently taking any prescribed medications or over-the-counter remedies
### Family history

| 23 | Ask the patient if there is any family history of back problems, inflammatory arthritis, malignancy or cardiovascular disease |

### Social history

| 24 | Explore the patient’s general social context |
| 25 | Take a smoking history |
| 26 | Take an alcohol history |
| 27 | Ask about recreational drug use |
| 28 | Gather details about the patient’s occupation |
| 29 | Ask about any hobbies which may be relevant to their back pain |

### Closing the consultation

| 30 | Summarise the salient points of the history back to the patient and ask if they feel anything has been missed |
| 31 | Thank the patient for their time |
| 32 | Dispose of PPE appropriately and wash your hands |

### Key communication skills

| 33 | Active listening |
| 34 | Summarising |
| 35 | Signposting |