

Low Back Pain: Ask the Expert

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Dr. Shah is a graduate of the University of Texas Medical Branch in Galveston. She completed her family medicine residency at Boston University Medical Center, where she served as chief resident. Dr. Shah's primary responsibilities at Columbia University/New York-Presbyterian Hospital include hospital inpatient teaching faculty, director of musculoskeletal education, director of the integrative medicine track, primary care provider, and medical student educator. She was awarded three Weil Foundation grants, which helped her implement and direct an integrative medicine track for the family medicine residents at Columbia University/New York-Presbyterian. In 2014, she completed Harvard Medical School's International Structural Acupuncture Course for Physicians. Dr. Shah is currently expanding her training and work in mind-body medicine and chronic pain management. Her clinical practice is based upon the fundamental philosophy of treating every patient as a whole person, while providing excellent, compassionate, and evidence-based care.

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Learning Objectives

1. Discuss solutions for overcoming barriers to providing optimal management of low back pain in practice.

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Audience Engagement System

The image shows three sequential screenshots of a mobile application interface for an Audience Engagement System. Step 1 shows a home screen with a 'CME Center' header and a grid of icons for various activities. Step 2 shows a list of CME activities, including 'CME01 Adult Coronary Syndromes: Unchain My Heart'. Step 3 shows the details for this activity, including the title, date, and a description.

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