



Effective Health Care

Treatment of Chronic Lower Back Pain Nomination Summary Document

Results of Topic Selection Process & Next Steps

- Treatment of chronic lower back pain was found to be addressed by the 2007 American College of Physicians and American Pain Society joint clinical practice guidelines titled *Diagnosis and Treatment of Low Back Pain* and the two evidence syntheses conducted by an AHRQ Evidence-based Practice Center (EPC) on which these guidelines were based. Given that the existing products cover this nomination, no further activity will be undertaken on this topic.
 - Chou R., Qaseem A., Snow V., Casey D. et al. (The Clinical Efficacy Assessment Subcommittee of the American College of Physicians and the American College of Physicians/American Pain Society Low Back Pain Guidelines Panel). *Diagnosis and Treatment of Low Back Pain: A Joint Clinical Practice Guideline from the American College of Physicians and the American Pain Society*. *Annals of Internal Medicine* 2007. 147: 478-491. Available at: <http://www.annals.org/cgi/reprint/147/7/478.pdf>.
 - Chou, R, and Huffman, LH. Medications for Acute and Chronic Low Back Pain: A Review of the Evidence for an American Pain Society/American College of Physicians Clinical Practice Guideline. *Ann Intern Med*. 2007;147:505-514. Available at: <http://www.annals.org/cgi/reprint/147/7/505.pdf>.
 - Chou, R, and Huffman, LH. Nonpharmacologic Therapies for Acute and Chronic Low Back Pain: A Review of the Evidence for an American Pain Society/American College of Physicians Clinical Practice Guideline. *Ann Intern Med*. 2007;147: 492-504. Available at: <http://www.annals.org/cgi/reprint/147/7/492.pdf>.

Topic Description

Nominator:	National non-governmental advisory group
Nomination Summary:	The nominator questions the comparative effectiveness of treatments for chronic lower back pain including lumbar fusion, artificial disks, and medical treatment.
Key Questions from Nominator:	None

Considerations

- The topic meets appropriateness and importance criteria. . (For more information, see [http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/.](http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/))
- This topic was found to be addressed by two systematic reviews conducted by an AHRQ EPC. The review titled *Medications for Acute and Chronic Low Back Pain: A Review of the Evidence for an American Pain Society/American College of Physicians Clinical Practice Guideline* reviews current evidence on benefits and harms of medications for acute and chronic low back pain including acetaminophen, NSAIDs, antidepressants, benzodiazepines, antiepileptic drugs, skeletal muscle relaxants, opioid analgesics, tramadol, systemic corticosteroids, and dual medication therapy. The review titled *Nonpharmacologic Therapies for Acute and Chronic Low Back Pain: A Review of the Evidence for an American Pain Society/American College of Physicians Clinical Practice Guideline* assesses benefits and harms of acupuncture, back schools, psychological therapies, exercise therapy, functional restoration, interdisciplinary therapy, massage, physical therapies (interferential therapy, low-level laser therapy, lumbar supports, shortwave diathermy, superficial heat, traction, transcutaneous electrical nerve stimulation, and ultrasonography), spinal manipulation, and yoga for acute or chronic low back pain (with or without leg pain).