STRUCTURE IN THE INSTITUTIONAL REPOSITORY

Clinical Practice Guideline for the diagnosis and treatment of low back pain

- **Title:** Clinical Practice Guideline for the diagnosis and treatment of acute and subacute low back pain in Peruvian Social Security (EsSalud)
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- **Abstract:**
Background: This paper abstracts the Clinical Practice Guideline (CPG) for the diagnosis and treatment of acute and subacute low back pain in Peruvian Social Security (EsSalud). Objective: to provide evidence-based clinical recommendations for the diagnosis and treatment of acute and subacute low back pain in EsSalud. Methods: a local guideline task force (local-GTF) was formed with specialized physicians and methodologists. The local-GTF proposed 11 clinical questions to be answered in this Clinical practice guideline (CPG). Systematic searches of preview reviews were performed and when it was necessary, primary studies from PubMed, Embase and Cochrane library during 2016 were reviewed. The evidence was selected aiming to answer each proposed question. Quality of evidence was evaluated using Grading of Recommendations Assessment, Development, and Evaluation (GRADE) methodology. In periodical work sessions, the local-GTF used GRADE methodology for reviewing the evidence and formulating recommendations and the flowcharts of diagnosis and treatment. Finally, the CPG was approved by Resolution Nº 43-IETSI-ESSALUD-2016.

Results: This CPG approached 11 clinical questions, divided into three topics: diagnosis (three questions), non-pharmacological treatment (four questions) and pharmacological treatment of low back pain (four questions). Based on these questions; 12 recommendations (2 strong recommendation, and 10 conditional recommendations), and 2 flowcharts were formulated.

Conclusion: This paper abstracts the methodology and evidence-based conclusions of the CPG for the diagnosis and treatment of acute and subacute low back pain in EsSalud.
- **key words:** Low back pain; Practice Guideline; Evidence-Based Medicine.

- **PICO questions for CPG:**

DIAGNOSIS		
Question 1: What is the diagnosis and classification of low back pain?		
POPULATION	INTERVENTION / COMPARATOR	OUTCOME(S)

Person with low back pain	Clinical criteria –Diagnostic method – Severity	• Sensibility • Specificity • Predictive values • Likelihood ratio

Question 2: What are the criteria (alarm signs) to refer adult patient with low back pain to specialized care?

POPULATION	INTERVENTION / COMPARATOR	OUTCOME(S)
Person with low back pain	Clinical criteria –Diagnostic method	• Sensibility • Specificity • Predictive values • Likelihood ratio

Question 3: What are the laboratory and imaging studies that should be requested in an adult patient with acute low back pain?

POPULATION	INTERVENTION / COMPARATOR	OUTCOME(S)
Person with low back pain	Clinical criteria –Diagnostic method	• Sensibility • Specificity • Predictive values • Likelihood ratio

NON-PHARMACOLOGICAL TREATMENT

Question 4: Is bed rest effective as a treatment for low back pain?

POPULATION	INTERVENTION	COMPARATOR	OUTCOME(S)
Person with low back pain	Bed rest	Usual care	• Pain • Temporary disability • Use of medication

Question 5: Is the physical activity effective as a treatment of low back pain?

POPULATION	INTERVENTION	COMPARATOR	OUTCOME(S)
Person with low back pain	Activity	Usual care	• Pain • Temporary disability • Use of medication

Question 6: Is the back school and/or manual therapy effective as treatment of low back pain?

POPULATION	INTERVENTION / COMPARATOR	OUTCOME(S)
Person with low back pain	Back school/ Usual care/ manual therapy	• Pain • Temporary disability • Use of medication

Question 7: Are the orthopedic corsets/girdles effective in the treatment of unspecific acute low back pain?

POPULATION	INTERVENTION / COMPARATOR	OUTCOME(S)
Person with low back pain	Corsets/girdles/usual care	• Pain • Temporary disability • Use of medication

PHARMACOLOGICAL TREATMENT

Question 8: Is paracetamol effective in the treatment of low back pain?

POPULATION	INTERVENTION	COMPARATOR	OUTCOME(S)
Person with low back pain	Paracetamol	Usual care	• Pain • Temporary disability • Use of medication

Question 9: Are the NSAIDs effective in the treatment of low back pain?

POPULATION	INTERVENTION	COMPARATOR	OUTCOME(S)
Person with low back pain	NSAID	Paracetamol	• Pain • Temporary disability • Use of medication

Question 10: Is the muscle-relaxant drug effective in the treatment of low back pain?

POPULATION	INTERVENTION / COMPARATOR	OUTCOME(S)
Person with low back pain	Muscle-relaxant drug / NSAID / Paracetamol	• Pain • Temporary disability • Use of medication

Question 11: Is the opiate drug effective in the treatment of low back pain?

POPULATION	INTERVENTION / COMPARATOR	OUTCOME(S)
Person with low back pain	Opiate/ Muscle-relaxant drug/ NSAID / Paracetamol	• Pain • Temporary disability • Use of medication