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1. NICE Guidance

There were no new NICE guidelines this issue.

2. New and Updated Cochrane Systematic Reviews

1) Conservative interventions for treating exercise-related musculotendinous, ligamentous and osseous groin pain

Authors’ conclusions: The available evidence from the randomized trials is insufficient to advise on any specific conservative modality for treating exercise-related groin pain. While still low quality, the best evidence is from one trial which found that exercise therapy (strengthening of hip and abdominal muscles) in athletes improves short-term outcomes (based primarily on pain measures) and return to sports compared with physiotherapy consisting of passive modalities. Given the low quality of the available evidence from both included trials, further randomized trials are necessary to reinforce their findings.

2) Drug therapy for pain in amyotrophic lateral sclerosis or motor neuron disease

Authors’ conclusions: There is no evidence from randomised controlled trials about the management of pain in ALS. Further research on this important aspect of palliative care in ALS is needed. Randomised controlled trials should be initiated to determine the effectiveness of different analgesics for treatment of pain in ALS.
3) **Non-steroidal anti-inflammatory drugs (NSAIDs) for treating lateral elbow pain in adults**

**Authors’ conclusions:** There remains limited evidence from which to draw firm conclusions about the benefits or harms of topical or oral NSAIDs in treating lateral elbow pain. Although data from five placebo-controlled trials suggest that topical NSAIDs may be beneficial in improving pain (for up to 4 weeks), non-normal distribution of data and other methodological issues precluded firm conclusions. Some people may expect a mild transient skin rash. Evidence about the benefits of oral NSAIDs has been conflicting, although oral NSAID use may result in gastrointestinal adverse effects in some people. No direct comparisons between oral and topical NSAIDs were available. Some trials demonstrated greater benefit from glucocorticoid injection than from NSAIDs in the short term, but this was not apparent in all studies and was not apparent by 6 months in the only study that included longer-term outcomes.

4) **Interventions for treating pain and disability in adults with complex regional pain syndrome**

**Authors’ conclusions:** There is a critical lack of high quality evidence for the effectiveness of most therapies for CRPS. Until further larger trials are undertaken, formulating an evidence-based approach to managing CRPS will remain difficult.

5) **Diclofenac with or without an antiemetic for acute migraine headaches in adults**

**Authors’ conclusions:** Oral diclofenac potassium 50 mg is an effective treatment for acute migraine, providing relief from pain and associated symptoms, although only a minority of patients experience pain-free responses. Adverse events are mostly mild and transient and occur at the same rate as with placebo.

6) **Ibuprofen with or without an antiemetic for acute migraine headaches in adults**

**Authors’ conclusions:** We found no new studies since the last version of this review. Ibuprofen is an effective treatment for acute migraine headaches, providing pain relief in about half of sufferers, but complete relief from pain and associated symptoms for only a minority. NNTs for all efficacy outcomes were better with 400 mg than 200 mg in comparisons with placebo, and soluble formulations provided more rapid relief. Adverse events were mostly mild and transient, occurring at the same rate as with placebo.

7) **Paracetamol (acetaminophen) with or without an antiemetic for acute migraine headaches in adults**

**Authors’ conclusions:** Paracetamol 1000 mg alone is statistically superior to placebo in the treatment of acute migraine, but the NNT of 12 for pain-free response at two hours is inferior to at of other commonly used analgesics. Given the low cost and wide availability of paracetamol, it may be a useful first choice drug for acute migraine in those with contraindications to, or who cannot tolerate, non-steroidal anti-inflammatory drugs (NSAIDs) or aspirin. The addition of 10 mg metoclopramide gives short-term efficacy equivalent to oral sumatriptan 100 mg. Adverse events with paracetamol did not differ from placebo; serious and/or severe adverse events were slightly more common with sumatriptan than with paracetamol plus metoclopramide.
3. Good Quality Systematic Reviews

8) Transcranial direct current stimulation for the reduction of clinical and experimentally induced pain: a systematic review and meta-analysis

9) The effects of graded motor imagery and its components on chronic pain: a systematic review and meta-analysis

10) The role of paracetamol and nonsteroidal anti-inflammatory drugs in addition to WHO Step III opioids in the control of pain in advanced cancer: a systematic review of the literature

11) A systematic review of randomized trials on the effectiveness of opioids for cancer pain

12) Effect of a single session of muscle-biased therapy on pain sensitivity: a systematic review and meta-analysis of randomized controlled trials

13) Clinical test for diagnosis of patellofemoral pain syndrome: systematic review with meta-analysis

14) A systematic review and meta-analysis on the use of Hypericum perforatum (St. John’s Wort) for pain conditions in dental practice

15) A systematic review of the literature on the effectiveness of exercise therapy for groin pain in athletes


17) A systematic review of the effect of the distension medium on pain during outpatient hysteroscopy

18) European Palliative Care Research Collaborative pain guidelines: opioid switching to improve analgesia or reduce side effects - a systematic review

19) Conditioned pain modulation in populations with chronic pain: a systematic review and meta-analysis

20) The effectiveness of Swedish massage and traditional Thai massage in treating chronic low back pain: a review of the literature

21) Acupuncture for chronic low back pain in long-term follow-up: a meta-analysis of 13 randomized controlled trials

22) Total disc replacement for chronic discogenic low back pain: a cochrane review

23) Effectiveness of cervical epidural injections in the management of chronic neck and upper extremity pain

24) The role of exercise in the management of pelvic girdle and low back pain in pregnancy: a systematic review of the literature
4. Economic Evaluations

25) Cost analysis of adding pregabalin or gabapentin to the management of community-treated patients with peripheral neuropathic pain

26) A pragmatic multicentered randomized controlled trial of yoga for chronic low back pain: economic evaluation

27) Cost-effectiveness of a classification-based system for sub-acute and chronic low back pain

28) Cost-effectiveness of minimally invasive versus open transforaminal lumbar interbody fusion for degenerative spondylolisthesis associated low-back and leg pain over two years

29) Exploring the cost-utility of stratified primary care management for low back pain compared with current best practice within risk-defined subgroups

30) Cost effectiveness of intrathecal drug therapy in management of chronic nonmalignant pain

31) Long-term outcomes and costs of an integrated rehabilitation program for chronic knee pain: a pragmatic, cluster randomized, controlled trial

32) Efficacy of Triphala Guggulu and Gandhak Rasayan in post operative pain management W.S.R. to inguinal hernia repair

33) Regional anesthesia as compared with general anesthesia for surgery in geriatric patients with hip fracture: does it decrease morbidity, mortality, and health care costs? Results of a single-centered study

34) Does antenatal physical therapy for pregnant women with low back pain or pelvic pain improve functional outcomes? A systematic review

35) Success of initial and repeated medial branch neurotomy for zygapophysial joint pain: a systematic review

36) The effects of core and lower extremity strengthening on pregnancy-related low back and pelvic girdle pain: a systematic review

37) The pain provocation-based straight leg raise test for diagnosis of lumbar disc herniation, lumbar radiculopathy, and/or sciatica: a systematic review of clinical utility

38) The effect of muscle energy techniques on disability and pain scores in individuals with low back pain

39) Modifying patterns of movement in people with low back pain -does it help? A systematic review

40) Treatment of intractable discogenic low back pain. A systematic review of spinal fusion and intradiscal electrothermal therapy (IDET)

41) An update of the appraisal of the accuracy of thoracic discography as a diagnostic test for chronic spinal pain
42) *Chronic mechanical neck pain in adults treated by manual therapy: a systematic review of change scores in randomized controlled trials of a single session*

43) *An update of the appraisal of the accuracy and utility of cervical discography in chronic neck pain*

44) *Evidence of the analgesic effect of physiotherapy in the low back pain syndrome*

45) *The efficacy of targeted interventions for modifiable psychosocial risk factors of persistent nonspecific low back pain: a systematic review*

46) *No additional value of fusion techniques on anterior discectomy for neck pain: a systematic review*

47) *Effectiveness of physical therapist administered spinal manipulation for the treatment of low back pain: a systematic review of the literature*

48) *The effectiveness of physiotherapy functional restoration for post-acute low back pain: a systematic review*

49) *Integrating evidence into practice: use of McKenzie-based treatment for mechanical low back pain*

50) *Effectiveness of thermal annular procedures in treating discogenic low back pain*

51) *Surgery versus conservative care for neck pain: a systematic review*

52) *Efficacy of antidepressants on orofacial pain: a systematic review*

53) *Effectiveness of therapeutic lumbar transforaminal epidural steroid injections in managing lumbar spinal pain*

54) *Alpha-blockers, antibiotics and anti-inflammatories have a role in the management of chronic prostatitis/chronic pelvic pain syndrome*

55) *Ottawa Panel evidence-based clinical practice guidelines on therapeutic massage for low back pain*

56) *Efficacy of adding clonidine to intrathecal morphine in acute postoperative pain: meta-analysis*

57) *Efficacy of sacral neuromodulation in treating chronic pain related to painful bladder syndrome/interstitial cystitis in adults*

58) *Mechanisms of reducing postoperative pain, nausea and vomiting: a systematic review of current techniques*

59) *Is adjuvant laser therapy effective for preventing pain, swelling, and trismus after surgical removal of impacted mandibular third molars? A systematic review and meta-analysis*

60) *Effectiveness of low-level laser therapy combined with an exercise program to reduce pain and increase function in adults with shoulder pain: a critically appraised topic*
61) Systematic review of randomized controlled trials: fiber supplements for abdominal pain-related functional gastrointestinal disorders in childhood

62) Reducing the pain: a systematic review of postdischarge analgesia following elective orthopedic surgery

63) Systematic review and metaanalysis of intraperitoneal instillation of local anesthetics for reduction of pain after gynecologic laparoscopy

64) Systematic review of therapies for noncyclic chronic pelvic pain in women

65) Perioperative administration of selective cyclooxygenase-2 inhibitors for postoperative pain management in patients after total knee arthroplasty

66) Efficacy and safety of intraoperative dexmedetomidine for acute postoperative pain in children: a meta-analysis of randomized controlled trials

67) Therapeutic intervention for chronic prostatitis/chronic pelvic pain syndrome (CP/CPPS): a systematic review and meta-analysis

68) Local infiltration analgesia for postoperative pain control following total hip arthroplasty: a systematic review

69) The effects of exercise on decreasing pain and increasing function in patients with patellofemoral pain syndrome: a systematic review

70) Treatment of complex regional pain syndrome in adults: a systematic review of randomized controlled trials published from June 2000 to February 2012

71) Concordance of qualitative bone scintigraphy results with presence of clinical complex regional pain syndrome 1: meta-analysis of test accuracy studies

72) Does exercise reduce pain and improve physical function before hip or knee replacement surgery? A systematic review and meta-analysis of randomized controlled trials

73) Nitrous oxide for the management of labor pain

74) Topical nonsteroidal anti-inflammatory medications for treatment of temporomandibular joint degenerative pain: a systematic review

75) Intravesical treatment of painful bladder syndrome: a systematic review and meta-analysis

76) Acupressure for the treatment of musculoskeletal pain conditions: a systematic review

77) Effectiveness of dry needling and injections of myofascial trigger points associated with plantar heel pain: a systematic review

78) Efficacy and safety of high-dose vitamin C on complex regional pain syndrome in extremity trauma and surgery — systematic review and meta-analysis

79) Effect of therapeutic modalities on patients with patellofemoral pain syndrome: a systematic review
80) *The effectiveness of manual stretching in the treatment of plantar heel pain: a systematic review*

81) *Effectiveness of remifentanil for labor pain control: a systematic review and meta-analysis*

82) *The additional effect of orthotic devices on exercise therapy for patients with patellofemoral pain syndrome: a systematic review*

83) *Effectiveness of elastic resistance in rehabilitation of patients with patellofemoral pain syndrome: what is the evidence?*

84) *Dose-ranging effects of intrathecal epinephrine on anesthesia/analgesia: a meta-analysis and metaregression of randomized controlled trials*

5. **NHS Behind the Headlines**

85) *High-dose painkiller heart risk: small but significant*

86) *Antibiotics may help ease chronic back pain*

6. **Latest Journal Table of Contents**

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87) *Clinical Journal of Pain*

88) *Continuing Education in Anaesthesia, Critical Care & Pain*

89) *European Journal Of Pain*

90) *Headache: The Journal of Head & Face Pain*

91) *Journal of Headache & Pain*

92) *Journal of Pain and Symptom Management*

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