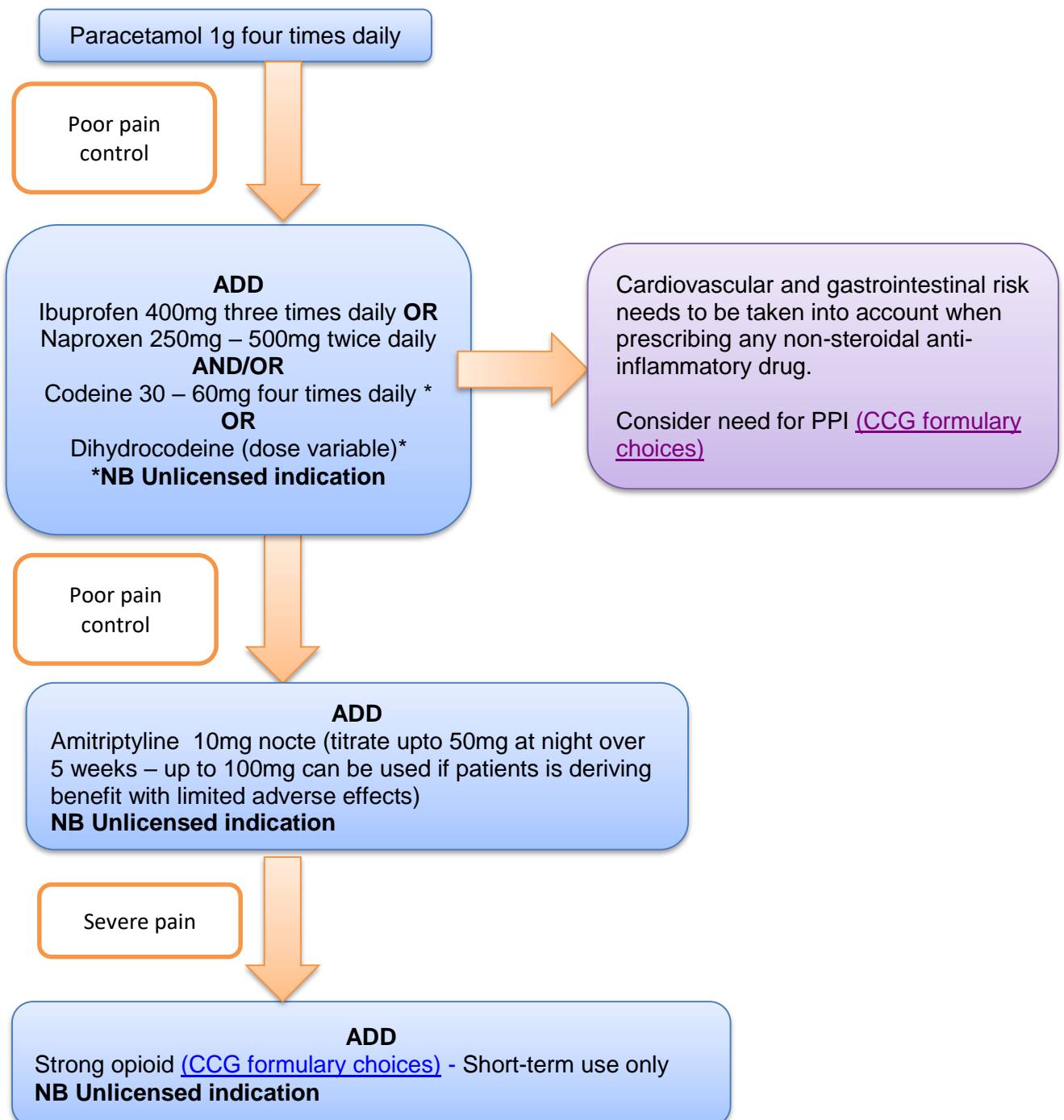


CHRONIC LOW BACK PAIN

General Principles¹

- Before prescribing analgesic drugs offer non-pharmacological strategies in addition to, or as alternative to, analgesic drugs.
- Agree the goals of therapy, eg reduction in pain, improved mood, improved function.
- Agree the length of the initial trial.
- Discuss the potential side effects of all drugs prescribed.
- Discuss the significant risks of specific drugs, especially NSAIDs and opioids.
- Discuss the short term benefits and potential loss of efficacy over time before prescribing opioids.
- Avoid co-prescription of sedative and hypnotic medication where possible and be aware of concomitant alcohol use.
- Be aware of concomitant use of over-the-counter treatments, and advise accordingly.
- **DO NOT** offer SSRIs for treating chronic low back pain.
- Please consult the latest prescribing information for doses in patients with renal and/or liver impairment.



1. SIGN. Management of chronic pain; December 2013. Accessed 15.08.14 via <http://www.sign.ac.uk/guidelines/fulltext/136/index.html>.
2. NICE. Low back pain: early management of persistent non-specific low back pain. Clinical guideline 88; 2009. Accessed 15.08.14 via <http://www.nice.org.uk/guidance/CG88>.