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## Chronic pain guideline for primary care

This is the work of a Canadian panel that filtered 74,000 papers to get a summary for chronic pain management of osteoarthritis, low back pain, and neuropathic pain.<sup>1</sup>

Figure 1 in the guideline provides a simple summary (the authors suggest this is how guidelines should be reported):

- Placebo is fairly effective 29% to 40%.
- Physical activity is essential for OA and back pain.
- For OA (NZ available drugs) - steroid injections, oral and topical NSAIDs.
- Glucosamine and chondroitin are of uncertain benefit as the publicly funded trials found no benefit while the industry-sponsored ones did show benefit.
- For low back pain - spinal manipulation, oral NSAIDs, and TCAs.

The authors felt cannabinoids and opiates showed that harms exceeded benefits.

Reference:

1. PEER simplified chronic pain guideline CFP (2022) [View](#)

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The banner features the title "Women's Health Day" in a large, bold, black font, with "Saturday 7 May 2022" below it in a slightly smaller font. Underneath, a subtitle reads "A full online webinar day with some of New Zealand's leading clinicians and specialists". To the right is a large, white, stylized female symbol. Below the text is a row of seven small portrait photos of women. In the bottom right corner, there is a blue square logo with the text "Goodfellow Unit" and a stylized "GU" above it.

Find out more here: [Women's Health Day](#)

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