

Søgeprotokol for opdatering på NKR Nationale Kliniske Retningslinjer

Projekttitel/aspekt	NKR for Lænderygmerter – Guidelines version 2019
Projektgruppe	
Søgespecialist	Kirsten Birkefoss
Senest opdateret	14.03.2019

Baggrund	Formålet med denne kliniske retningslinje er at belyse nedslag i patientforløbet, som kan være indenfor behandling og rehabilitering af patienter med lænderygmerter. Retningslinjen skal hermed understøtte de forskellige sundhedsfaglige indsatser, der indgår i forløbsprogrammerne for lænderygmerter. Fokus for den nationale kliniske retningslinje er foreløbigt afgrænset til patienter fra og med 18 år, med nyopståede lændesmerter med eller uden udstråling til ben. Afgrænsningen af patientgruppen følger forløbsprogrammerne for lænderygmerter, dvs. patientgruppen afgrænses fra kroniske lændesmerter.
Generelle søgetermer	<p>Engelske: Low back pain/s, lower back pain/s, lumbago, lumbalgia, low back ache/s, lower back ache/s, low backache/s, lower backache/s, low back disorder/s</p> <p>Danske: Lænderygmerter, lænderygbesvær, lumbago, lænderygsygdom/me, nedre rygmerter</p> <p>Norske: Korsryggsmerte/r, korsryggbesver, lumbago, korsryggsykdome/me, lave ryggmerter, lænderyggsmerte/r</p> <p>Svenske: Ländryggssmärta/or, Smärta/or i ländryggen, Korsryggssmärtor, ryggskott, lumbago, korsryggsjykdome/ar</p> <p>Tysk: Rückenschmerz/en, Kreuzschmerz/en, Lendenschmerz/en, Lumbago, Lumbalgie</p>
Inklusions- og eksklusionskriterier	<p>Sprog: Engelsk, tysk, dansk, norsk og svensk</p> <p>År: 2015-2019</p> <p>Population: Voksne 18 år-</p> <p>Publikationstyper: Guidelines, MTV, Cochrane Reviews</p>

Informationskilder

Databaser	Interface	Fund	Dato for søgning
G-I-N International	http://www.g-i-n.net/	7	14.03.2019
NICE (UK)	http://www.nice.org.uk/	11	14.03.2019
Trip Database	https://www.tripdatabase.com/	12	14.03.2019
Scottish Intercollegiate Guidelines Network (SIGN)	http://sign.ac.uk	0	14.03.2019
HTA Databasen (CRD database)	http://www.crd.york.ac.uk/CRDWeb/	22	14.03.2019
SBU, Sverige	http://www.sbu.se	2	14.03.2019
Socialstyrelsen, Sverige	http://www.socialstyrelsen.se	1	14.03.2019
Helsedirektoratet, Norge	https://helsedirektoratet.no/	1	14.03.2019
FHI, Norge	http://www.fhi.no/	3	14.03.2019
NHMRC, Australien	https://www.clinicalguidelines.gov.au/	0	14.03.2019
Canadian Medical Association, Canada	https://joulecma.ca/cpg/homepage	3	14.03.2019
AMWF, Tyskland	http://www.awmf.org/leitlinien/aktuelle-leitlinien.html	2	14.03.2019
Work Loss Data	http://odg-twc.com	1	14.03.2019

MEDLINE	OID	274	14.03.2019
EMBASE	OID	577	14.03.2019
CINAHL	EBSCO	128	14.03.2019
PEDRO	Internet	13	14.03.2019

Note:

- Guidelines fra firmaet Hayes er fra valgt for denne NKR
- Søgetermer og inklusions- og eksklusionskriterier er tilpasset de enkelte databaser.
- Dubletter er så vidt muligt frasorteret ved hjælp af Covidence. De fundne referencer overføres til fagkonsulenten i Covidence.
- Fuldtekster præsenteres i Covidence i pdf-format eller som link
- Søgestrategi for hver enkelt database præsenteres – hvis muligt vises det eksplicit hvor mange referencer den enkelte søgestreng genererer
- Covidence = webbaseret referencehåndteringssystem og kvalitetsvurderingsværktøj
- MAGIC = online skabelonværktøj til guidelines

SØGESTRATEGI

GIN

7 fund

Søgt på:

Low back pain* OR lower back pain* OR lumbago OR lumbalgia OR low back ache* OR lower back ache* OR low backache* OR lower backache* OR low back disorder*

74 %	Nicht-spezifischer Kreuzschmerz – Nationale VersorgungsLeitlinie (NVL) [Non-specific low back pain – German National Disease Management Guideline]	AQuMed/AEZQ (DE) - German Agency for Quality in Medicine	Guideline	Mar 02, 2017	Germany	Published	
59 %	Low back pain and radicular pain: evaluation and management	KCE (BE) - Belgian Healthcare Knowledge Centre	Guideline	May 19, 2017	Belgium	Published	
57 %	Chronic Back Pain: which physiotherapeutic interventions?	KCE (BE) - Belgian Healthcare Knowledge Centre	Guideline	Jun 21, 2016	Belgium	In development	
56 %	KNGF Guideline for Physical Therapy in patients with Low Back Pain	KNGF (NL) - Royal Dutch Society for Physical Therapy	Guideline	Feb 15, 2014	Netherlands	Published	
50 %	Spezifischer Kreuzschmerz	AWMF (DE) -	Guideline	Dec	Germany	Published	

	. S2k-LL (DGOOC) [Specific low back pain]	Association of Scientific Medical Societies		06, 2017			
50 %	Low back pain and sciatica in over 16s: assessment and management (NG59)	NICE (UK) - National Institute for Health and Care Excellence	Guideline	Nov 01, 2016	United Kingdom	Published	
50 %	Noninvasive Treatments for Acute, Subacute, and Chronic Low Back Pain: A Clinical Practice Guideline From the American College of Physicians	ACP (US) - American College of Physicians	Guideline	Feb 14, 2017	United States	Published	
36 %	Kreuzschmerz – PatientenLeitlinie zur Nationalen VersorgungsLeitlinie [Low back pain – patient version of the German National Disease Management Guideline]	AQuMed/AEZQ (DE) - German Agency for Quality in Medicine	Guideline	Nov 01, 2017	Germany	Published	

NICE

11 fund

Søgt på:

Conditions and diseases > Musculoskeletal conditions > Low back pain

1. [Low back pain and sciatica in over 16s: assessment and management \(NG59\)](#)

Product type:

Guidance

Programme:

NICE guideline

Published date:

30 November 2016

2. [Chronic pain: assessment and management](#)

Status:

In development

Programme:

NICE guideline

Expected publication date:

19 August 2020

3. [Transaxial interbody lumbosacral fusion for severe chronic low back pain \(IPG620\)](#)

Product type:

Guidance

Programme:

Interventional procedures guidance

Published date:

25 July 2018

4. [Minimally invasive sacroiliac joint fusion surgery for chronic sacroiliac pain \(IPG578\)](#)

Product type:

Guidance

Programme:

Interventional procedures guidance

Published date:

5 April 2017

5. [Lateral interbody fusion in the lumbar spine for low back pain \(IPG574\)](#)

Product type:

Guidance

Programme:

Interventional procedures guidance

Published date:

22 February 2017

6. [Epiduroscopic lumbar discectomy through the sacral hiatus for sciatica \(IPG570\)](#)

Product type:

Guidance

Programme:

Interventional procedures guidance

Published date:

14 December 2016

7. [Percutaneous interlaminar endoscopic lumbar discectomy for sciatica \(IPG555\)](#)

Product type:

Guidance

Programme:

Interventional procedures guidance

Published date:

27 April 2016

8. [Percutaneous coblation of the intervertebral disc for low back pain and sciatica\(IPG543\)](#)

Product type:

Guidance

Programme:

Interventional procedures guidance

Published date:

27 January 2016

9. [Percutaneous electrothermal treatment of the intervertebral disc annulus for low back pain and sciatica \(IPG544\)](#)

Product type:

Guidance

Programme:

Interventional procedures guidance

Published date:

27 January 2016

10. [Percutaneous intradiscal radiofrequency treatment of the intervertebral disc nucleus for low back pain \(IPG545\)](#)

Product type:

Guidance

Programme:

Interventional procedures guidance

Published date:

27 January 2016

11. [iFuse for treating chronic sacroiliac joint pain \(MTG39\)](#)

Product type:

Guidance

Programme:

Medical technologies guidance

Published date:

2 October 2018

Trip Database

12 fund

Søgt på:

Low back pain

. [Low Back Pain, Adult Acute and Subacute](#)

Low Back Pain, Adult Acute and Subacute Health Care Guideline: Adult Acute and Subacute **Low Back Pain** www.icsi.org Copyright © 2017 by Institute for Clinical Systems Improvement 1 Diagnosis Algorithm Text in blue in this algorithm indicates a linked corresponding annotation. Adult patient present with acute or subacute **low back pain** History and exam: • **Pain** characteristics • Sensory and strength changes • Prior treatment and response yes Complete assessment tools for **pain** and function (...) fracture in a patient with **low back pain** include older age, prolonged corticosteroid use, severe trauma and the presence of contusion or abrasion. These red flags increased the probability of fracture to between 10% and 33% (Downie, 2013). In addition, probability of fracture was higher (increased to between 42% and 90%) with the coexistence of multiple red flags, specifically: (Downie, 2013) • The combination of any four of leg or buttock **pain**, female, older age, BMI 70, severe trauma, prolonged use

2018 Institute for Clinical Systems Improvement

3. [VA/DoD clinical practice guideline for diagnosis and treatment of low back pain.](#)

VA/DoD clinical practice guideline for diagnosis and treatment of **low back pain**. VA/DoD clinical practice guideline for diagnosis and treatment of **low back pain**. | National Guideline Clearinghouse success fail JUN 09 2017 2018 2019 13 Apr 2018 - 12 Jul 2018 COLLECTED BY Organization: Formed in 2009, the Archive Team (not to be confused with the archive.org Archive-It Team) is a rogue archivist collective dedicated to saving copies of rapidly dying or deleted websites for the sake of history (...) at . TIMESTAMPS Search Sign In Username or Email * Password * Remember Me Don't have an account? The AHRQ National Guideline Clearinghouse (NGC, guideline.gov) Web site will not be available after July 16, 2018 because federal funding through AHRQ will no longer be available to support the NGC as of that date. For additional information, read our . Guideline Summary NGC:011288 2017 Sep NEATS Assessment VA/DoD clinical practice guideline for diagnosis and treatment of **low back pain**. Diagnosis and Treatment

2017 National Guideline Clearinghouse (partial archive)

Noninvasive treatments for acute, subacute, and chronic low back pain: a clinical practice guideline from the American College of Physicians.

Noninvasive treatments for acute, subacute, and chronic **low back pain**: a clinical practice guideline from the American College of Physicians. Noninvasive treatments for acute, subacute, and chronic **low back pain**: a clinical practice guideline from the American College of Physicians. | National Guideline Clearinghouse success fail JUN 09 2017 2018 2019 13 Jul 2017 - 12 Jul 2018 COLLECTED BY Organization: Formed in 2009, the Archive Team (not to be confused with the archive.org Archive-It Team (...)) NGC:011196 2017 Apr 4 NEATS Assessment Noninvasive treatments for acute, subacute, and chronic **low back pain**: a clinical practice guideline from the American College of Physicians. Qaseem A, Wilt TJ, McLean RM, Forciea MA, Clinical Guidelines Committee of the American College of Physicians. Noninvasive treatments for acute, subacute, and chronic **low back pain**: a clinical practice guideline from the American College of Physicians. Ann Intern Med. 2017 Apr 4;166(7):514-30. [184 references

2017 National Guideline Clearinghouse (partial archive)

Diagnosis and Treatment of Low Back Pain

Diagnosis and Treatment of **Low Back Pain** **Low Back Pain** -- Clinical Recommendation Welcome Search Search Specify your search AAFP.org Patient Care Clinical Practice Guideline **Low Back Pain** Diagnosis and Treatment of **Low Back Pain**(Endorsed, April 2017) The guideline, Noninvasive Treatments for Acute, Subacute, and Chronic **Low Back Pain** , was developed by the American College of Physicians and was endorsed by the American Academy of Family Physicians. Key Recommendations Nonpharmacologic (...) treatment, including superficial heat, massage, acupuncture, or spinal manipulation, should be used initially for most patients with acute or subacute **low back pain**, as they will improve over time regardless of treatment. When pharmacologic treatment is desired, nonsteroidal anti-inflammatory drugs (NSAIDs) or skeletal muscle relaxants should be used. Nonpharmacologic treatment, including exercise, multidisciplinary rehabilitation, acupuncture, mindfulness-based stress reduction, tai chi, yoga, motor

2017 American Academy of Family Physicians

VA/DoD Clinical Practice Guidelines Diagnosis and Treatment of Low Back Pain

Diagnosis and Treatment of **Low Back Pain** VA/DoD CLINICAL PRACTICE GUIDELINE FOR DIAGNOSIS AND TREATMENT OF **LOW BACK PAIN** Department of Veterans Affairs Department of Defense QUALIFYING STATEMENTS The Department of Veterans Affairs and the Department of Defense guidelines are based upon the best information available at the time of publication. They are designed to provide information and assist decision making. They are not intended to define a standard of care and should not be construed (...) and/or therapeutic interventions within these guidelines does not guarantee coverage of civilian sector care. Additional information on current TRICARE benefits may be found at www.tricare.mil or by contacting your regional TRICARE Managed Care Support Contractor. Version 2.0 – 2017VA/DoD Clinical Practice Guideline for Diagnosis and Treatment of **Low Back Pain** September 2017 Page 2 of 110 Prepared by: The Diagnosis and Treatment of **Low Back Pain** Work Group With support from: The Office of Quality, Safety

2017 VA/DoD Clinical Practice Guidelines

Noninvasive Treatments for Acute, Subacute, and Chronic Low Back Pain: A Clinical Practice Guideline from the American College of Physicians

Noninvasive Treatments for Acute, Subacute, and Chronic **Low Back Pain**: A Clinical Practice Guideline from the American College of Physicians Noninvasive Treatments for Acute, Subacute, and Chronic **Low Back Pain** | Annals of Internal Medicine | American College of Physicians '); } Sign in below to access your subscription for full content INDIVIDUAL SIGN IN | You will be directed to acponline.org to register and create your Annals account INSTITUTIONAL SIGN IN | | Subscribe to Annals of Internal (...) Medicine . You will be directed to acponline.org to complete your purchase. Search Clinical Guidelines | 4 April 2017 Noninvasive Treatments for Acute, Subacute, and Chronic **Low Back Pain**: A Clinical Practice Guideline From the American College of Physicians Free Amir Qaseem, MD, PhD, MHA; Timothy J. Wilt, MD, MPH; Robert M. McLean, MD; Mary Ann Forciea, MD; for the Clinical Guidelines Committee of the American College of Physicians () Amir Qaseem, MD, PhD, MHA From the American College of Physicians

2017 American College of Physicians

Low Back Pain, Adult Acute and Subacute

Low Back Pain, Adult Acute and Subacute **Low Back Pain**, Adult Acute and Subacute JavaScript has to be enabled to view this site. . Staff Log In Email Password Remember Me >>>> **Low Back Pain Low Back Pain**, Adult Acute and Subacute Revision Date: March 2018 Sixteenth Edition Guideline Summary Scope and Target Population Adult patients age 18 and over who have symptoms of **low back pain** or radiculopathy. The focus is on the acute (**pain** for up to 4 weeks) and subacute (**pain** for between 4 and 12 (...) weeks) phases of **low back pain**. Chronic **pain** (after 12 weeks) is beyond the scope of this guideline. Aims Decrease the percentage of adult patients with acute or subacute **low back pain** with or without radicu lopathy who have imaging ordered for **low back pain** in the absence of red flags at the initial visit. Decrease the percentage of adult patients with acute or subacute **low back pain** with or without radiculopathy who are prescribed opioids. Provide Feedback First Name Last Name Email Comment

2017 Institute for Clinical Systems Improvement

Low Back Pain

Low Back Pain Date of origin: 1996 Last review date: 2015 ACR Appropriateness Criteria[®] 1 **Low Back Pain** American College of Radiology ACR Appropriateness Criteria[®] Clinical Condition: **Low Back Pain** Variant 1: Acute, subacute, or chronic uncomplicated **low back pain** or radiculopathy. No red flags. No prior management. Radiologic Procedure Rating Comments RRL* MRI lumbar spine without IV contrast 2 O X-ray lumbar spine 2 ??? CT myelography lumbar spine 2 ??? Tc-99m bone scan with SPECT spine 2 (...) If there is concern for spondylolysis in a young patient, SPECT/CT remains the gold standard. ??? CT lumbar spine without IV contrast 2 ??? CT lumbar spine with IV contrast 2 ??? MRI lumbar spine without and with IV contrast 2 O CT lumbar spine without and with IV contrast 1 ??? Rating Scale: 1,2,3 Usually not appropriate; 4,5,6 May be appropriate; 7,8,9 Usually appropriate *Relative Radiation Level ACR Appropriateness Criteria[®] 2 **Low Back Pain** Clinical Condition: **Low Back Pain** Variant 2: Acute, subacute

2015 American College of Radiology

Back Pain

recommendations in this guideline apply to patients with non-specific **back pain**. **Back pain** caused by degenerative disk disease, herniated (“slipped”) disk, spinal stenosis, or other specific conditions are outside the scope of this guideline. Medications for **back pain**: differences from the ACP guideline In February 2017, the American College of Physicians (ACP) published new/updated clinical practice guidelines for non-invasive treatments for acute, subacute, and chronic **low back pain**. While (...) the recommendations in the ACP and Kaiser Permanente Washington (KPWA) guidelines have much in common, there are differences regarding medications. Members of the KPWA guideline team discussed the ACP recommendations before finalizing the 2017 update of this guideline. 3 Muscle relaxants For acute **pain** The KPWA guideline recommends against the use of muscle relaxants to treat **low back pain**. The KPWA review focused on three medications rather than the entire muscle relaxants group. The review found: • Tizanidine

2017 Kaiser Permanente Clinical Guidelines

Back Pain ? Child

12 ; Gaurav Saigal, MD 13 ; Bruno P. Soares, MD 14 ; Aylin Tekes-Brady, MD 15 ; Andrew T. Trout, MD 16 ; Nicholas A. Zumberge, MD 17 ; Brian D. Coley, MD 18 ; Susan Palasis, MD. 19 Summary of Literature Review Introduction/Background It is now generally accepted that nontraumatic **back pain** in the pediatric population is common. Evaluation of the spine in the setting of trauma will be addressed with a forthcoming ACR Appropriateness Criteria guideline. Early studies have reported prevalence as **low** (...) as 2%, with more recent evidence suggesting that up to half of the pediatric population experiences **back pain** [1]. The incidence of **back pain** increases throughout childhood, most notably **lower back pain** [2]. Childhood **back pain** may be predictive of adult **back pain** [2]. Female sex, poor general health, high level of activity, backpack loads, and family history of **back pain** are risk factors that have been suggested [3]. Most pediatric **back pain** is mechanical and responds to conservative treatment

2016 American College of Radiology

Chronic Back Pain: Suspected Sacroiliitis/Spondyloarthropathy

MRI protocols for evaluation of disc disease may not include the fat suppression of the T2 imaging necessary for sensitivity for the inflammatory features of the axSpAs. Gadolinium enhancement is not required but may help in initial evaluation, improving conspicuity of inflammatory changes, especially in the discs, facet joints and entheses [32,40]. (See the ACR Appropriateness Criteria® “**Low Back Pain**” [41].) Variant 5: Spine ankyloses. Suspected fracture. AxSpA is associated (...) corner oedema vs gadolinium enhancement as biomarkers of active spinal inflammation in ankylosing spondylitis. Br J Radiol. 2012;85(1017):e702-708. 41. American College of Radiology. ACR Appropriateness Criteria®: **Low Back Pain**. Available at: <https://acsearch.acr.org/docs/69483/Narrative/>. 42. Westerveld LA, Verlaan JJ, Oner FC. Spinal fractures in patients with ankylosing spinal disorders: a systematic review of the literature on treatment, neurological status and complications. Eur Spine J. 2009;18

2016 American College of Radiology

Streamlining diagnosis and access to treatment for people with inflammatory back pain

to high patient satisfaction. A suite of educational materials have been produced, which could be employed elsewhere in the country to raise awareness of inflammatory **back pain** in the community and primary care. THE CHALLENGE • 60-80% of adults report **lower back pain** at some point in their life and approximately 6-9% of UK adults consult their GP about **lower back pain** each year. 1,2 Axial spondyloarthritis (axSpA) is a rare but treatable cause of this very common complaint, and therefore (...) of diagnosis is likely to have had substantial positive benefits in terms of clinical patient outcomes. 7,8 Award for Emerging Best Practice Best Practice Awards in Rheumatology and Musculoskeletal Disorders 2016 Best Practice Awards in Rheumatology and Musculoskeletal Disorders 2016 REFERENCES 1. Waddell G, Burton AK. Occupational health guidelines for the management of **low back pain** at work: evidence review. Occupational medicine. 2001;51(2):124-135; 2. Dunn KM, Croft PR. Classification of **low back pain**

2016 British Society for Rheumatology

SIGN

Søgt på alle emner

0 fund

HTA

Søgt på:

Results for: (((Low back pain* or lower back pain* or lumbago or low back ache* or lower back ache* or low backache* or lower backache*) AND (guideline* or consensus or guidance or recommendations or health technology assessment or hta))) IN HTA FROM 2015 TO 2019

22 fund

SBU

2 fund

Søgt på hver af ordene:

Ländryggssmärta, Ländryggssmärtor, Smärtor ländrygg, Korsryggssmärta, Korsryggssmärtor, Ryggskott, Lumbago, Korsryggsjykdom

Preventiva insatser vid akut smärta från rygg och nacke – Effekter av fysisk träning, manuell behandling och beteendepåverkande åtgärder

Publicerad 2016-02-01

Syftet med rapporten var att utvärdera preventiva insatser för att förhindra att akut eller subakut smärta i rygg och nacke utvecklas till långvarig smärta, dvs att följa effekten i minst tre månader

Multimodal rehabilitering vid långvarig ländryggssmärta

Publicerad 2015-08-12

SBU:s sammanfattning och kommentarer av en systematisk översikt som utvärderat effekten av multimodal rehabilitering (MMR) av långvarig ländryggssmärta. I rapporten jämförs MMR med standardvård,

Socialstyrelsen

1 fund

Søgt på hver af ordene:

Ländryggssmärta, Ländryggssmärtor, Smärtor ländrygg, Korsryggssmärta, Korsryggssmärtor, Ryggskott, Lumbago, Korsryggsjukdom

Nationella riktlinjer för rörelseorganens sjukdomar

-  [Ladda ner sida](#)

Nationella riktlinjer för rörelseorganens sjukdomar innehåller rekommendationer om osteoporos, artros och inflammatoriska reumatiska sjukdomar. Riktlinjerna vänder sig till beslutsfattare och profession.

Sök i riktlinjerna

Sök och filtrera bland samtliga rekommendationer utifrån olika tillstånd, åtgärder eller prioritet.

- [Sök i riktlinjerna](#)

Ladda ner rapporten

Här finns rapporten, bilagor och en sammanfattning av de centrala rekommendationerna.

- [Ladda ner eller beställ riktlinjerna](#)

Sök i riktlinjerna vänder sig främst till dig som arbetar med vård av rörelseorganens sjukdomar och rapporten vänder sig främst till dig som är beslutsfattare inom samma område.

Revidering av riktlinjerna

Under hösten 2017 har Socialstyrelsen påbörjat arbetet med att [revidera nuvarande nationella riktlinjer för rörelseorganens sjukdomar](#). En remissversion av de reviderade riktlinjerna beräknas vara klar i början av 2020.

Uppföljning av riktlinjerna

För att följa upp hur de nationella riktlinjerna används och för att följa utvecklingen och förbättringen av kvaliteten i vården har vi tagit fram målnivåer och utvärderingar.

- [Målnivåer – Nationella riktlinjer för rörelseorganens sjukdomar](#)

Målnivåerna ger landsting och regioner tydliga och mätbara mål att arbeta mot och kan användas för styrning och ledning samt vid uppföljning och utvärdering.

- [Nationella riktlinjer – Utvärdering – Vård vid rörelseorganens sjukdomar](#)

Utvärderingarna fungerar som ett stöd för prioriteringar och beslut samt ger vägledning om vilka områden inom hälso- och sjukvården som behöver förbättras.

Helsedirektoratet

Søgt på hver af ordene:

Korsryggsmerter, korsryggsbesver, lumbago, korsryggsykdomme, lave ryggsmerter, lænderyggsmerter

1 fund

Bilddiagnostikk ved ikke-traumatiske muskel- og skjelettlidelser

Nasjonal faglig retningslinje for bilddiagnostikk ved ikke-traumatiske muskel- og skjelettlidelser – Anbefalinger for primærhelsetjenesten

Utgitt: 21.01.2014IS-nummer: IS-1899Type: **Nasjonale faglige retningslinjer**

Velg utgave

Bilddiagnostikk ved ikke-traumatiske muskel- og skjelettlidelser

[Last ned PDF \(1.5 MB\)](#)

Retningslinjen skal være et verktøy for vurdering av behov for bilddiagnostikk, og av hvilken modalitet det er riktig å henvise til. Bilddiagnostikk vurderes hvis undersøkelsen kan ha betydning for avgjørende diagnostikk og valg av behandling, og behandlingen har rimelig sannsynlighet for å bedre pasientens helsetilstand.

Retningslinjen er nå utgitt i både en fullstendig langversjon, og en kortversjon.

Retningslinjen skal være et verktøy for tjenesteyterne og bidra til riktig bruk av bilddiagnostikk for pasientgruppen. Bruken av bilddiagnostikk skal være basert på kunnskapsbaserte anbefalinger, og retningslinjene skal også bidra til å begrense eventuelle unødvendige undersøkelser.

Folkehelseinstituttet (FHI)

1. Forskningsoversikt

Pilates neppe mer effektivt enn annen trening ved kroniske korsryggsmerter

Pilates er en type trening som er ment å styrke de dypere liggende musklene rundt mage og rygg. Slike øvelser er trolig ikke mer effektive enn andre typer hos personer med kroniske ryggsmerter.

Publisert 28.10.2015

2.

FORSKNINGSOVERSIKT

Tverrfaglig rehabilitering har positiv effekt på kroniske korsryggsmerter

Tverrfaglig rehabilitering har bedre effekt på smerte og fysisk funksjon enn standard behandling eller fysisk trening. Tverrfaglig rehabilitering har også positiv effekt på arbeidsstatus.

Publisert 02.12.2014

3.

SYSTEMATISK OVERSIKT

Yoga gir mindre smerter og bedre funksjon for personer med korsryggsmerter. Cochrane: Kort oppsummert

Yoga fører til bedre funksjon og mindre smerter for personer med kroniske korsryggsmerter, på samme måte som annen trening. Yoga er forbundet med flere uønskede hendelser enn ingen trening, men risikoen er ikke forskjellig fra annen trening. Yoga er ikke forbundet med alvorlige uønskede hendelser. Dette viser en systematisk oversikt fra Cochrane samarbeidet.

Publisert 31.12.2017 Oppdatert 22.01.2019

4.

FORSKNINGSOVERSIKT

Forskning gir ingen støtte for bruk av antidepressiver i behandlingen av kroniske korsryggsmerter

Det er ingen dokumentasjon på at antidepressiver kan redusere smerter eller depresjon, eller bedre funksjon mer effektivt enn placebo hos personer med kroniske korsryggsmerter. Slik konkluderer Cochrane-samarbeidet etter å ha gått systematisk gjennom relevant forskningslitteratur.

Publisert 28.12.2008 Oppdatert 12.09.2014

5.

ARTIKKEL

Slik beskrives sykdomsbyrde

Sykdomsbyrde beskrives gjennom dødsfall, tapte leveår og helsetap. Summen av de to siste kalles DALY – Disability-Adjusted Life Year.

Publisert 16.12.2014 Oppdatert 30.03.2015

6.

RAPPORT

Kunnskapsoppsummering om manuelle behandlingsformer

Vurdering av innhentet og tilsendt dokumentasjon som gjelder effekten av manuelle behandlingsformer.

Publisert 22.05.2008 Oppdatert 09.09.2014

7.

FORSKNINGSOVERSIKT

Akupunktur ved muskelskjelettsmerter

Kunnskapssenteret i Folkehelseinstituttet fikk i oppdrag å undersøke effekt av akupunktur sammenliknet med konservativ behandling for muskelskjelettsmerter.

Publisert 09.05.2016

Center for Kliniske Retningslinjer

Søgt gennem alle retningslinjer

0 fund

NHMRC, Australien

Søgt på hver af ordene:

Low back pain, lower back pain, lumbago, lumbalgia, low back ache, lower back ache, low backache, lower backache, low back disorder

0 fund

Canadian Medical Association, Canada

3 fund

Søgt på hver af ordene:

Low back pain, lower back pain, lumbago, lumbalgia, low back ache, lower back ache, low backache, lower backache, low back disorder

1. Spinal manipulative therapy and other conservative treatments for low back pain: a guideline from the Canadian Chiropractic Guideline Initiative

Canadian Chiropractic Association

Published on: 2018-03

[Details](#)

2. Clinical practice guidelines for the noninvasive management of low back pain: a systematic review by the Ontario Protocol for Traffic Injury Management (OPTIMa) Collaboration

Ontario Protocol for Traffic Injury Management (OPTIMa) Collaboration

Published on: 2017-02

[Details](#)

3. Evidence-informed primary care management of low back pain

Toward Optimized Practice [Alberta]

Published on: 2015-09, Last revision: 2017-07

[Details](#)

AWMF, Tyskland

2 fund

Søgt på hver af ordene:

Rückenschmerz, Kreuzschmerz, Lendenschmerz, Lumbago, Lumbalgie, Low back pain (MESH)

1. Spezifischer Kreuzschmerz

Registrierungsnummer: 033-051, Entwicklungsstufe: S2k

Federführende Fachgesellschaft(en): Deutsche Gesellschaft für Orthopädie und Orthopädische Chirurgie e. V. (DGOOC)[Visitenkarte](#)

- [Langfassung](#)
- [Leitlinienreport](#)

2. Nationale VersorgungsLeitlinie Kreuzschmerz

Registrierungsnummer: nvl-007, **Entwicklungsstufe: S3**

Federführende Fachgesellschaft(en): NVL-Programm von BÄK, KBV, AWMF[Visitenkarte](#)

- [Kurzfassung](#)
- [Langfassung](#)
- [Leitlinienreport](#)

Work Loss Data (USA)

1 fund

Søgt på hver af ordene:

Low back pain, lower back pain, lumbago, lumbalgia, low back ache, lower back ache, low backache, lower backache, low back disorder

Low Back

(updated 3/8/2019)

1. [Treatment Planning](#)
2. [Procedure Summary](#)
3. [Reference Summaries](#) (Including findings, evaluations, and ratings; click on PMID# for complete abstracts)

Medline

274 fund

Database(s): **Ovid MEDLINE(R) and Epub Ahead of Print, In-Process & Other Non-Indexed Citations, Daily and Versions(R)** 1946 to March 13, 2019

Search Strategy:

#	Searches	Results
1	(Low back pain* or lower back pain* or lumbago or low back ache* or lower back ache* or low backache* or lower backache* or (lumbar adj2 pain*)).ti,ab,kw,kf.	30266
2	exp Low Back Pain/	19980
3	1 or 2	35698
4	Health planning guidelines/	4023
5	Guidelines as topic/ or Practice guidelines as topic/	145861
6	(Guideline or Practice guideline).pt.	31598
7	(Guideline* or practice guideline* or clinical guideline* or guidance or consensus or recommendations).ti,kw,kf,pt.	156512
8	cochrane.jw.	14150
9	or/4-8	273419
10	3 and 9	1038
11	limit 10 to (yr="2015-2019" and (english or german or danish or swedish or norwegian))	274

Embase

577 fund

Database(s): **Embase** 1974 to 2019 March 13

Search Strategy:

#	Searches	Results
1	(Low back pain* or lower back pain* or lumbago or low back ache* or lower back ache* or low backache* or lower backache* or (lumbar adj2 pain*)).ti,kw.	21591
2	exp Low Back Pain/	52506
3	1 or 2	55072
4	(Guideline* or practice guideline* or clinical guideline* or consensus or recommendations).ti,kw,pt.	170201
5	Practice guideline/	367362

6	cochrane.jx.	20130
7	or/4-6	473149
8	3 and 7	2045
9	limit 8 to (yr="2015-2019" and (danish or english or german or norwegian or swedish))	577

Cinahl

128 fund

#	Query	Limiters/Expanders	Results
S8	s3 AND s6	Limiters - Published Date: 20151001-20190331; Language: Danish, English, German, Norwegian, Swedish	128
S7	s3 AND s6		470
S6	S4 OR S5		68,465
S5	PT practice guidelines		11,215
S4	TI (Guideline* or practice guideline* or clinical guideline* or guidance or consensus or recommendations)		62,866
S3	S1 OR S2		21,940
S2	(Low back pain* or lower back pain* or lumbago or low back ache* or lower back ache* or low backache* or lower backache* or (lumbar N2 pain*))		21,940
S1	(MH "Low Back Pain+")		17,279

PEDRO

Søgt på hvert ord:

Low back pain, lower back pain, lumbago, lumbalgia, low back ache, lower back ache, low backache, lower backache, low back disorder

AND

Method: Practice guideline

13 fund