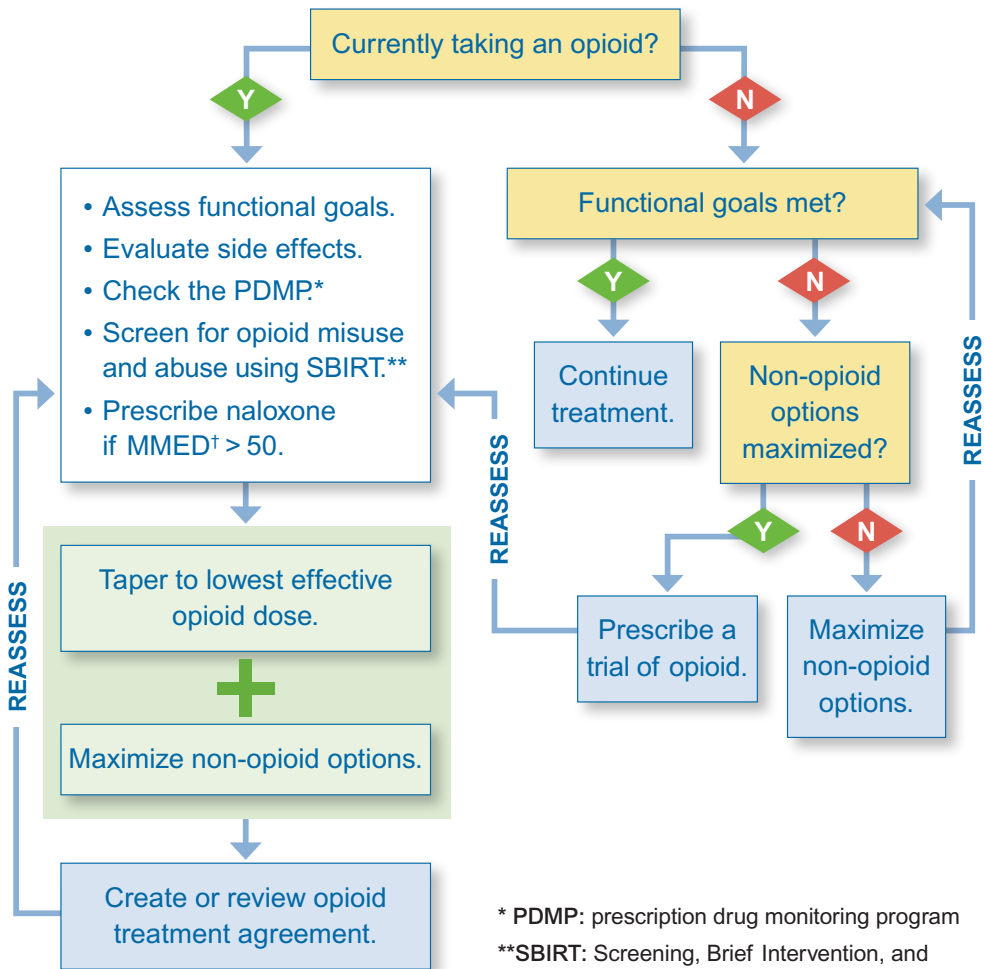


Managing patients with chronic pain effectively and safely

Establish clear functional goals and maximize use of non-opioid therapies.



* PDMP: prescription drug monitoring program

**SBIRT: Screening, Brief Intervention, and Referral to Treatment

† MMED: morphine milligram equivalents per day



Pharmaceutical Assistance Contract for the Elderly

Balanced information for better care

These are general recommendations only; specific clinical decisions should be made by the treating physician based on an individual patient's clinical condition. These materials were made possible by the PACE Program of the Department of Aging of the Commonwealth of Pennsylvania. Links to references can be found at AlosaHealth.org.

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Evidence-based approaches to managing four chronic pain syndromes

Strength of evidence for drug and non-drug options

INTERVENTION	Osteoarthritis	Low back pain	Diabetic neuropathy	Fibromyalgia	
NON-DRUG OPTIONS	exercise	●	●	○	●
	physical therapy	●	○	○	○
	tai chi	●	●	●	●
	weight loss	○	○	○	●
	yoga	●	○	○	○
	acupuncture	●	●	○	○
	massage	●	○	○	●
	TENS*	○	○	●	○
	cognitive behavioral therapy	○	●	○	●
	mindfulness meditation	○	●	○	○
self-management	●	●	○	○	
DRUG OPTIONS	acetaminophen	●	○	○	○
	NSAIDs—oral	●	●	○	○
	NSAIDs—topical	●	○	○	○
	duloxetine (Cymbalta, generics)	●	●	●	●
	tricyclic antidepressants (TCAs)	⊖	⊖	●	○
	pregabalin (Lyrica, Lyrica CR)	●	○	●	●
	gabapentin (Neurontin, generics)	○	○	○	●
	topical lidocaine (Lidoderm, generics)	○	○	●	○
	medical marijuana	○	○	●	○
	opioids	○	○	⊖	⊖
tramadol	○	●	●	○	

Risk/benefit profile: ● = favorable ● = potentially favorable ⊖ = unfavorable ○ = unknown

* TENS: transcutaneous electrical nerve stimulation

Visit AlosaHealth.org/Pain for more information and resources