

Overordnet

Overordnet er evidensen fra den canadiske evidensgruppe Patients Experience Evidence Research (PEER), som er grundlagt af og har fokus på alment praktiserende læger. De gennemgik evidensen i 2022, med fokus på antal patienter som oplevede forbedring, fremfor en gennemsnitlig forbedring af VAS.

Evidensen viser hvor mange patienter som har en kliniske relevant forbedring af smerter og/eller funktionsniveau. For mange af studierne har det været en 30 % reduktion i deres smerte VAS-score. For yderligere information se deres "outcome hierarchy" i supplement til én af de tre hovedartikler. [1–3]

Slidgigt

NSAID, SNRI, bevægelse og glucosamin [1]

Gabapentinoider [4,5]

Paracetamol [6]

Lænderyg smerter

Bevægelse, SNRI, NSAID, opioider, gabapentinoider [2]

Paracetamol [7]

Klorzoxazon [8–10]

Neuropatiske smerter

SNRI, gabapentinoider, opioider [3]

Bevægelse [11–14]

TCA er sammenlignet med gabapentinoider i de to primærstudier [3]

Dropout

Paracetamol, NSAID, opioid, gabapentinoid, SNRI [1–3]

TCA [15]

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