

NICE VS SIGN GUIDANCE FOR CHRONIC PAIN / BACK PAIN / NEUROPATHIC PAIN

December 2016 J Huddy

		Paracetamol	NSAIDs (oral / top)	Weak opioids	Tramadol	Strong opioids
Back pain	Acute	Not alone	Y	Y 2nd line		N
	Chronic	Not alone	Y Y			Y (trial) N
OA		Y	Y			Y (trial)
Neuropathic pain					ONLY for rescue therapy NOT long term	Y (trial, last line) N
Fibromyalgia						

RED = NICE Low back and sciatica in over 16s CG59 - for sciatica refer to CG173 below

BLUE = SIGN 136 Management of chronic pain

GREEN = NICE 2013 CG173 Neuropathic Pain in adults - pharmacological management in non-specialist settings

		Gabapentin	Pregabalin	Carbamazepine	TCA's	Duloxetine	Fluoxetine	Capsaicin
Back pain	Acute	N	N	N				
	Chronic				N N	N	N	
OA						Y		
Neuropathic pain		Y Y(1st line)	Y (3rd line) Y(1st line)	Y (consider) Y (only trigem neuralgia)	Y Y(1st line)	Y (diabetic) Y(1st line)		Y (2nd line peripheral) Y (for localised pain)
Fibromyalgia			Y		Y	Y	Y	

Y(1st line) = can use any of these first line - patient choice - try other 1st lines if not effective