

Noninvasive treatments for Acute, Sub-acute and Chronic low back pain: A clinical practice guideline from the American College of Physicians

1. Which statement below best describes the effect of acupuncture on acute or subacute low back pain:

- a. Moderate quality evidence showed that acupuncture resulted in a small decrease in pain intensity and a moderate improvement in function
- b. Moderate quality evidence showed that acupuncture resulted in a moderate decrease in pain intensity compared with sham acupuncture, but had no effect on function.
- c. Low quality evidence showed that acupuncture resulted in a small decrease in pain intensity compared to sham acupuncture, but had no effect on function
- d. Low quality evidence showed that acupuncture resulted in a small decrease in pain intensity compared to sham acupuncture and a moderate improvement in function

2. What are the initial treatment recommendations for patients who present with chronic low back pain?

- a. NSAIDs, Tramadol or Duloxetine should all be considered as potential first line therapies
- b. Nonpharmacologic interventions are considered a first line option due to the strong quality evidence supporting their use in chronic low back pain
- c. A trial of treatment with opioids should be considered before initiating a course of acupuncture for chronic low back pain.
- d. Acupuncture is among the initial treatment recommendations for chronic low back pain due to its potential benefit on pain and function compared to no acupuncture and its low risk of adverse events.

3. When acupuncture is compared to sham acupuncture for chronic low back pain which of the following is true:

- a. Acupuncture has a moderate effect on pain with no clear effect on function when compared with sham acupuncture
- b. Acupuncture has a moderate effect on function with no clear effect on pain when compared with sham acupuncture
- c. Acupuncture has no clear effect on pain or function when compared with sham acupuncture
- d. Acupuncture has a moderate effect on pain and function when compared with sham acupuncture

4. Which of the following is FALSE regarding acupuncture as a treatment for chronic low back pain:

- a. Low quality evidence showed small improvements in pain relief and function when compared with medications (NSAIDs, muscle relaxants, or analgesics)
- b. Acupuncture is not among the treatment recommendations for chronic low back pain given the low quality of evidence supporting its use
- c. Low quality evidence showed moderate improvement in pain relief immediately after treatment and up to 12 weeks later compared with sham acupuncture
- d. At the end of treatment, acupuncture was associated with moderately lower pain intensity and improved function compared to no acupuncture.