

## Søgeprotokol for Nationale Kliniske Retningslinjer

<b>Projektitel/aspekt</b>	<b>NKR Lænderygsmerter – Søgning efter primærlitteratur</b>
<b>Fagkonsulent /projektleder</b>	Mette Stochkendahl Jensen / Betina Højgaard
<b>Søgespecialist</b>	Kirsten Birkefoss
<b>Senest opdateret</b>	04-03-2016

<b>Fokuserede spørgsmål</b>	<p><b>PICO 1.</b> Bør patienter med nyopståede lænderygsmerter opfordres til vanlig aktivitet i hverdagslivet frem for aflastning?</p> <p><b>PICO 2.</b> Bør patienter med nyopståede lænderygsmerter tilbydes individualiseret patientuddannelse i tillæg til vanlig behandling?</p> <p><b>PICO 3.</b> Bør patienter med nyopståede lænderygsmerter grupperes på baggrund af modificerbare, prognostiske risikofaktorer og tilbydes gruppespecifik intervention frem for vanlig behandling?</p> <p><b>PICO 4.</b> Bør patienter med nyopståede lænderygsmerter rutinemæssigt tilbydes billeddiagnostisk udredning med MR og røntgen?</p> <p><b>PICO 5.</b> Bør patienter med nyopståede lænderygsmerter tilbydes ledmobiliserende teknikker i tillæg til vanlig behandling?</p> <p><b>PICO 6.</b> Bør patienter med nyopståede lænderygsmerter tilbydes superviseret fysisk træning i tillæg til vanlig behandling?</p> <p><b>PICO 7.</b> Bør patienter med nyopståede lænderygsmerter tilbydes akupunktur teknikker i tillæg til vanlig behandling?</p> <p><b>PICO 8.</b> Bør patienter med nyopståede lænderygsmerter tilbydes paracetamol i tillæg til vanlig behandling?</p> <p><b>PICO 9.</b> Bør patienter med nyopståede lænderygsmerter tilbydes opioider i tillæg til vanlig behandling?</p> <p><b>PICO 10.</b> Bør patienter med nyopståede lænderygsmerter tilbydes NSAID i tillæg til vanlig behandling?</p>
<b>Søgetermer</b>	Se søgestrategierne under de enkelte PICOs
<b>Inklusions- og eksklusionskriterier</b>	<p>Sprog: Engelsk, tysk, dansk, norsk og svensk</p> <p>År: Sidste 10 år (2005 -2016)</p> <p>Population: Voksne 18 år-</p> <p>Publikationstyper: Randomiserede studier, observationelle studier</p>

## Informationskilder

DATABASE	INTERFACE	DATO FOR SØGNING
Medline	OVID	21.01.2016 – 04.03.2016
Embase	OVID	21.01.2016 – 04.03.2016
Cinahl	EBSCO	21.01.2016 – 04.03.2016
PsycInfo	OVID	21.01.2016 – 04.03.2016
Pedro	Internettet	21.01.2016 – 04.03.2016

## Note

- Søgetermer og inklusions- og eksklusionskriterier er tilpasset de enkelte databaser.
- Dubletter er så vidt muligt frasorteret ved hjælp af RefWorks. De fundne referencer overføres til Covidence (referenceværktøj)
- Fuldtekster præsenteres i Covidence i pdf-format
- Søgestrategi for hver enkelt database præsenteres – hvis muligt vises det eksplicit hvor mange referencer den enkelte søgestreng genererer

## SØGESTRATEGI

### Søgning på primære studier

#### PICO 1. Bør patienter med nyopståede lænderygmerter opfordres til vanlig aktivitet i hverdagslivet frem for aflastning?

Søgt 21.01.2016

#### MEDLINE

Database(s): **Ovid MEDLINE(R) In-Process & Other Non-Indexed Citations and Ovid MEDLINE(R)** 1946 to Present  
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,sh.	28471
2	exp Low Back Pain/	16158
3	1 or 2	28471
4	exp Activities of Daily Living/ or exp Life style/ or Motor activity/ or Recreation/ or Bed rest/	209461
5	((home* or leisure or recreation* or social or day-to-day or day to day or daily or ordinary or normal or physical or usual or gradual or graded or early or earlier) adj3 (activ* or function* or routine* or life style or lifestyle or work* or job*4)).ti,ab,kw,sh.	331436
6	(adl or (activ* adj3 (living or live*1 or life))).ti,ab,kw,sh.	57721
7	((bed adj3 rest* or ((lifestyle* or life style*) adj3 chang*) or ((stay* or get or be or is or are or remain*) adj2 activ*) or (get* adj going) or ((get on with or go on with or continu*) adj3 (activ* or life or live*1 or living or life style or lifestyle or routine* or function* or work* or job*4)) or return to work or sick leave).ti,ab,kw,sh.	246777
8	((restrict* or reduc* or lower* or decreas* or avoid* or unnescessary*) adj3 (activit* or life style or lifestyle or routine* or function* or work* or job*4 or movement* or moves)).ti,ab,kw,sh.	278164
9	coping.ti,ab,kw,sh.	37673
10	4 or 5 or 6 or 7 or 8 or 9	1003038
11	3 and 10	4920
12	limit 11 to (randomized controlled trial or controlled clinical trial)	680
13	((random* or control?ed or crossover or cross-over or blind* or mask*) adj3 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw.	463969
14	(placebo* or single-blind* or double-blind* or triple-blind* or ((single or double or triple) adj2 (blind* or mask*))).ti,ab,kw.	226174
15	13 or 14	543392
16	11 and 15	899
17	12 or 16	1067
18	limit 17 to (yr="2009 -Current" and (danish or english or german or norwegian or swedish))	456

## Embase

Database(s): **Embase** 1974 to 2016 January 20

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,sh.	49181
2	exp Low Back Pain/	41166
3	1 or 2	49181
4	exp Activities of Daily Living/ or exp Life style/ or Motor activity/ or Recreation/ or Bed rest/	208020
5	((home* or leisure or recreation* or social or day-to-day or day to day or daily or ordinary or normal or physical or usual or gradual or graded or early or earlier) adj3 (activ* or function* or routine* or life style or lifestyle or work* or job*4)).ti,ab,kw,sh.	452586
6	(adl or (activ* adj3 (living or live*1 or life))).ti,ab,kw,sh.	77877
7	((bed adj3 rest*) or ((lifestyle* or life style*) adj3 chang*) or ((stay* or get or be or is or are or remain*) adj2 activ*) or (get* adj going) or ((get on with or go on with or continu*) adj3 (activ* or life or live*1 or living or life style or lifestyle or routine* or function* or work* or job*4)) or return to work or sick leave).ti,ab,kw,sh.	305729
8	((restrict* or reduc* or lower* or decreas* or avoid* or unnecessary*) adj3 (activit* or life style or lifestyle or routine* or function* or work* or job*4 or movement* or moves)).ti,ab,kw,sh.	354229
9	coping.ti,ab,kw,sh.	50792
10	4 or 5 or 6 or 7 or 8 or 9	1246549
11	3 and 10	7139
12	limit 11 to (randomized controlled trial or controlled clinical trial)	761
13	((random* or control?ed or crossover or cross-over or blind* or mask*) adj3 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw.	628850
14	(placebo* or single-blind* or double-blind* or triple-blind* or ((single or double or triple) adj2 (blind* or mask*))).ti,ab,kw.	304224
15	13 or 14	735593
16	11 and 15	1151
17	12 or 16	1329
18	limit 17 to (yr="2009 -Current" and (danish or english or german or norwegian or swedish))	636

## PsycInfo

Database(s): **PsycINFO** 1806 to January Week 2 2016

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,id,sh.	3062
2	exp Back Pain/	3159
3	1 or 2	3976
4	exp "activities of daily living"/ or exp activity level/ or exp daily activities/ or exp Lifestyle/ or physical activity/ or exp active living/ or exp activity level/	36113
5	((home* or leisure or recreation* or social or day-to-day or day to day or daily or ordinary or normal or physical or usual or gradual or graded or early or earlier) adj3 (activ* or function* or routine* or life style	166666

	or lifestyle or work* or job*4)).ti,ab,id,sh.	
6	(adl or (activ* adj3 (living or live*1 or life))).ti,ab,id,sh.	13848
7	((bed adj3 rest*) or ((lifestyle* or life style*) adj3 chang*) or ((stay* or get or be or is or are or remain*) adj2 activ*) or (get* adj going) or ((get on with or go on with or continu*) adj3 (activ* or life or live*1 or living or life style or lifestyle or routine* or function* or work* or job*4)) or return to work or sick leave).ti,ab,id,sh.	45669
8	((restrict* or reduc* or lower* or decreas* or avoid* or unnecessary*) adj3 (activit* or life style or lifestyle or routine* or function* or work* or job*4 or movement* or moves)).ti,ab,id,sh.	40485
9	4 or 5 or 6 or 7 or 8	254495
10	3 and 9	937
11	((((random* or control?ed or crossover or cross-over or blind* or mask*) adj3 (trial*1 or study or studies or analy*)) or rct).ti,ab,id,sh,md.	71363
12	(placebo* or single-blind* or double-blind* or triple-blind* or ((single or double or triple) adj (blind* or mask*))).ti,ab,id,sh.	40918
13	11 or 12	91277
14	10 and 13	119
15	limit 14 to yr="2009 -Current"	50

## Cinahl

#	Query	Limiters/Expanders	Results
S17	s3 AND s12 AND s16	Limiters - Published Date: 20090401-20160131; Language: Danish, English, German, Norwegian, Swedish	182
S16	s13 or s14 or s15		126,865
S15	TX (placebo* or single-blind* or double-blind* or triple-blind* or ((single or double or triple) N1 (blind* or mask*))		47,144
S14	TX (((random* or control#ed or crossover or cross-over or blind* or mask*) N3 (trial* or study or studies or analy*)) or rct)		118,475
S13	PT Randomized Controlled Trial		30,144
S12	S4 OR S5 OR S6 OR S7 OR S8 OR S9 OR S10 OR S11		287,094
S11	coping		29,800
S10	((restrict* or reduc* or lower* or decreas* or avoid* or unnecessary*) N3 (activit* or (life N0 style) or lifestyle or routine* or function* or work* or job* or movement* or moves))		24,825
S9	((bed N3 rest*) or ((lifestyle* or (life N0 style*)) N3 chang*) or ((stay* or get or be or is or are or remain*) N2 activ*) or (get* N0 going) or (((get N0 on N0 with) or (go N0 on N0 with) or continu*) N3 (activ* or life or live or lives or living or (life N0 style) or lifestyle or routine* or function* or work* or job*)) or "return to work" or "sick leave")		23,635
S8	(adl or (activ* N3 (living or lives or live or life)))		24,574

S7	((home* or leisure or recreation* or social or day-to-day or day to day or daily or ordinary or normal or physical or usual or gradual or graded or early or earlier) N3 (activ* or function* or routine* or life style or lifestyle or work* or job*))		119,713
S6	(MH "Bed Rest")		833
S5	(MH "Life Style+") OR (MH "Life Style, Sedentary") OR (MH "Life Style Changes")		113,342
S4	(MH "Activities of Daily Living+") OR (MH "Instrumental Activities of Daily Living Alteration (Saba CCC)") OR (MH "Instrumental Activities of Daily Living (Saba CCC)") OR (MH "Activities of Daily Living Alteration (Saba CCC)") OR (MH "Activities of Daily Living (Saba CCC)") OR (MH "Altered Activities of Daily Living (NANDA)+")		33,150
S3	s1 or s2		12,260
S2	MH Low Back Pain		10,390
S1	(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*))		12,260

## Pedro

**Abstract & Title:** "bed rest" "low back pain"

**Method:** clinical trial

**Published since:** 2009

## PICO 2. Bør patienter med nyopståede lænderygsmerter tilbydes individualiseret patientuddannelse i tillæg til vanlig behandling?

Søgt 02.02.2016

### Medline

Database(s): **Ovid MEDLINE(R) In-Process & Other Non-Indexed Citations and Ovid MEDLINE(R) 1946 to Present**  
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,sh.	28547
2	exp Low Back Pain/	16185
3	1 or 2	28547
4	exp Patient Education as Topic/ or exp Psychoeducation/ or exp patient education/ or exp patient guidance/ or exp patient information/ or exp Cognitive therapy/ or psychotherapy/	138638
5	((cognitive adj3 (therap* or approach*)) or cbt or psychoeducat* or psycho-educat* or reassurance).ti,ab,kw.	24983
6	((informati* or educat* or Counsel* or council* or Course* or Coach* or session* or consult* or guid* or advic* or advis* or interview*) adj10 (patient* or tailor* or individual or client-cent* or client-focus* or person-cent* or person-focus*)).ti,ab,kw,sh.	429230
7	((mentali#ation* or visuali* or cris#s or Interpersonal or Desensiti#ation or Relaxation) adj3 (therap* or management* or model* or program* or treat* or care or training or rehabilitation or tool*)).ti,ab,kw.	16285
8	4 or 5 or 6 or 7	559806
9	3 and 8	2676
10	limit 9 to (randomized controlled trial or controlled clinical trial)	453
11	((random* or control?ed or crossover or cross-over or blind* or mask*) adj3 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw,sh.	480458
12	(placebo* or single-blind* or double-blind* or triple-blind* or ((single or double or triple) adj2 (blind* or mask*))).ti,ab,kw,sh.	275116
13	11 or 12	595548
14	9 and 13	630
15	10 or 14	719
16	limit 15 to yr="2014 -Current"	114

### Embase

Database(s): **Embase 1974 to 2016 February 03**  
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,sh.	49324
2	exp Low Back Pain/	41296
3	1 or 2	49324

4	exp Patient Education as Topic/ or exp patient education/ or exp patient guidance/ or exp patient information/ or exp patient counseling/ or health education/	224571
5	exp Cognitive therapy/ or psychotherapy/	116199
6	((cognitive adj3 (therap* or approach*)) or cbt or psychoeducat* or psycho-educat* or reassurance).ti,ab,kw.	39623
7	((informati* or educat* or Counsel* or council* or Course* or Coach* or session* or consult* or guid* or advic* or advis* or interview*) adj10 (patient* or tailor* or individual or client-cent* or client-focus* or person-cent* or person-focus*)).ti,ab,kw,sh.	722388
8	((mentali#ation* or visuali* or cris#s or Interpersonal or Desensiti#ation or Relaxation) adj3 (therap* or management* or model* or program* or treat* or care or training or rehabilitation or tool*)).ti,ab,kw.	21402
9	4 or 5 or 6 or 7 or 8	1009026
10	3 and 9	5214
11	limit 10 to (randomized controlled trial or controlled clinical trial)	627
12	((random* or control?ed or crossover or cross-over or blind* or mask*) adj3 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw,sh.	640126
13	(placebo* or single-blind* or double-blind* or triple-blind* or ((single or double or triple) adj2 (blind* or mask*))).ti,ab,kw,sh.	464165
14	12 or 13	885708
15	10 and 14	1011
16	11 or 15	1153
17	limit 16 to ((danish or english or german or norwegian or swedish) and yr="2014 -Current")	187

## PsycInfo

Database(s): **PsycINFO** 1806 to February Week 1 2016

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,id,sh.	3072
2	exp Low Back Pain/	0
3	1 or 2	3072
4	exp client education/ or exp psychoeducation/ or health education/ or counseling/ or exp educational counseling/ or exp rehabilitation counseling/ or exp cognitive behavior therapy/ or psychotherapy/	98809
5	((cognitive adj3 (therap* or approach*)) or cbt or psychoeducat* or psycho-educat* or reassurance).ti,ab,id.	43830
6	((informati* or educat* or Counsel* or council* or Course* or Coach* or session* or consult* or guid* or advic* or advis* or interview*) adj10 (patient* or tailor* or individual or client-cent* or client-focus* or person-cent* or person-focus*)).ti,ab,id,sh.	109871
7	((mentali#ation* or visuali* or cris#s or Interpersonal or Desensiti#ation or Relaxation) adj3 (therap* or management* or model* or program* or treat* or care or training or rehabilitation or tool*)).ti,ab,id.	16153
8	4 or 5 or 6 or 7	235310
9	3 and 8	405
10	((random* or control?ed or crossover or cross-over or blind* or mask*) adj3 (trial*1 or study or studies or analy*)) or rct).ti,ab,id,sh,md.	71745
11	(placebo* or single-blind* or double-blind* or triple-blind* or ((single or double or triple) adj (blind* or mask*))).ti,ab,id,sh,md.	41040
12	10 or 11	91706



13 9 and 12

68

14 limit 13 to yr="2014 -Current"

13

## Cinahl

#	Query	Limiters/Expanders	Results
S15	s9 and s13	Limiters - Published Date: 20140601-20160231; Language: Danish, English, German, Norwegian, Swedish	37
S14	s9 and s13		351
S13	S10 OR S11 OR S12		127,158
S12	TX (placebo* or single-blind* or double-blind* or triple-blind* or ((single or double or triple) N1 (blind* or mask*)))		47,207
S11	TX (((random* or control#ed or crossover or cross-over or blind* or mask*) N3 (trial* or study or studies or analy*)) or rct)		118,754
S10	PT (Randomized Controlled Trial)		30,162
S9	s3 and s8		1,402
S8	s4 or s5 or s6 or s7		161,015
S7	(mentali?ation* or visuali* or cris?s or Interpersonal or Desensiti?ation or Relaxation) N3 (therap* or management* or model* or program* or treat* or care or training or rehabilitation or tool*)		4,451
S6	(informati* or educat* or Counsel* or council* or Course* or Coach* or session* or consult* or guid* or advic* or advis* or interview*) N10 (patient* or tailor* or individual or client-cent* or client-focus* or person-cent* or person-focus*)		130,999
S5	((cognitive N3 (therap* or approach*)) or cbt or psychoeducat* or psycho-educat* or reassurance)		14,078
S4	MH ("Patient Education as Topic+" or "Psychoeducation+" or "patient education+" or "patient guidance+" or "patient information+" or "Cognitive therapy+" or "psychotherapy")		68,111
S3	s1 or s2		12,535
S2	MH Low Back Pain		10,403
S1	(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*))		12,535

## Pedro

**Abstract & Title:** "low back pain"

**Therapy:** Education

**Method:** clinical trial

**Published since:** 2014

### PICO 3. Bør patienter med nyopståede lænderygsmerter grupperes på baggrund af modificerbare, prognostiske risikofaktorer og tilbydes gruppespecifik intervention frem for vanlig behandling?

Søgt 29.01.2016

#### Medline

Database(s): Ovid MEDLINE(R) In-Process & Other Non-Indexed Citations and Ovid MEDLINE(R) 1946 to Present

Search Strategy:

#	Searches	Results
1	exp Low Back Pain/	16174
2	(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,sh.	28512
3	1 or 2	28512
4	Psychology/ or exp Patient Selection/ or exp Catastrophization/	74665
5	((STarT Back or STarTback) adj3 (tool* or pathway or protocol*)).ti,ab,kw,sh.	55
6	((Stratif* or tailor* or target* or tailor* or subgroup* or sub-group*) adj6 (patient* or treatment* or intervention* or outcome* or tool* or care)).ti,ab,kw,sh.	202186
7	((Psychological or psychosocial or social or clinical) adj3 (risk* or Effect* or factor* or barrier* or prognos* or predict* or marker* or influenc*)).ti,ab,kw,sh.	215889
8	(catastroph* or depressi* or anxiety or yellow flag* or (fear adj3 (avoidance or change* or disability or pain or belief*))).ti,ab,kw.	369138
9	4 or 5 or 6 or 7 or 8	815756
10	exp Questionnaires/	751359
11	exp "Outcome Assessment (Health Care)"/	780104
12	exp Patient Outcome Assessment/	1760
13	(screening* or screen*2 or diagnos* or evaluat* or estimat* or identif* or test*3 or detect* or assess* or monitoring or scor*3 or measur* or determ* or (clinical adj3 examinat*) or predict* or risk* or criteria* or symptom* or characteristic* or classif* or define* or definition* or core feature* or modifiable).ti,ab,kw.	12254278
14	(tool* or test* or instrument* or inventor* or scale or scales or measur* or rule* or protocol* or pathway* or outcome* or algorithm* or questionnaire* or interview* or ((inquiry or patient) adj3 form*)).ti,ab,kw.	6868846
15	10 or 11 or 12 or (13 and 14)	6774239
16	3 and 9 and 15	3000
17	limit 16 to (randomized controlled trial or controlled clinical trial)	504
18	((((random* or control?ed or crossover or cross-over or blind* or mask*) adj3 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw,sh.	479793
19	(placebo* or single-blind* or double-blind* or triple-blind* or ((single or double or triple) adj2 (blind* or mask*))).ti,ab,kw,sh.	274878
20	18 or 19	594829
21	16 and 20	657
22	17 or 21	763
23	limit 22 to (yr="2013-Current" and (danish or english or german or norwegian or swedish))	193

## Embase

Database(s): **Embase** 1974 to 2016 January 28

Search Strategy:

#	Searches	Results
1	exp Low Back Pain/	41234
2	(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,sh.	49254
3	1 or 2	49254
4	exp Psychological aspect/ or exp psychological assessment/ or exp Patient Selection/ or exp Catastrophizing/	580826
5	((STarT Back or STarTBack) adj3 (tool* or pathway or protocol*)).ti,ab,kw,sh.	48
6	((Stratif* or tailor* or target* or tailor* or subgroup* or sub-group*) adj6 (patient* or treatment* or intervention* or outcome* or tool* or care)).ti,ab,kw,sh.	324726
7	((Psychological or psychosocial or psycho-social or social or clinical) adj3 (risk* or Effect* or factor* or barrier* or prognos* or predict* or marker* or influenc*)).ti,ab,kw,sh.	306114
8	(catastroph* or depressi* or anxiety or yellow flag* or (fear adj3 (avoidance or change* or disability or pain or belief*))).ti,ab,kw.	507433
9	4 or 5 or 6 or 7 or 8	1563503
10	exp Questionnaires/	475029
11	exp "Outcome Assessment (Health Care)"/	308960
12	exp Patient Outcome Assessment/	308960
13	(screening* or screen*2 or diagnos* or evaluat* or estimat* or identif* or test*3 or detect* or assess* or monitoring or scor*3 or measur* or determ* or (clinical adj3 examinat*) or predict* or risk* or criteria* or symptom* or characteristic* or classif* or define* or definition* or core feature* or modifiable).ti,ab,kw.	15297167
14	(tool* or test* or instrument* or inventor* or scale or scales or measur* or rule* or protocol* or pathway* or outcome* or algorithm* or questionnaire* or interview* or ((inquiry or patient) adj3 form*)).ti,ab,kw.	8768866
15	10 or 11 or 12 or (13 and 14)	8082563
16	3 and 9 and 15	4670
17	limit 16 to (randomized controlled trial or controlled clinical trial)	618
18	((((random* or control?ed or crossover or cross-over or blind* or mask*) adj3 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw,sh.	639202
19	(placebo* or single-blind* or double-blind* or triple-blind* or ((single or double or triple) adj2 (blind* or mask*))).ti,ab,kw,sh.	463751
20	18 or 19	884598
21	16 and 20	940
22	17 or 21	1064
23	limit 22 to (yr="2013 -Current" and (danish or english or german or norwegian or swedish))	279

## PsycInfo

Database(s): **PsycINFO** 1806 to January Week 4 2016

Search Strategy:

#	Searches	Results
1	exp Back Pain/	3166
2	((back adj2 pain*) or lumbago or back ache* or backache* or (lumbar adj2 pain*)).ti,ab,id,sh.	4759
3	1 or 2	4928
4	exp psychological assessment/ or exp Patient Selection/ or exp Psychosocial factors/	66011
5	((STarT Back or STarTBack) adj3 (tool* or pathway or protocol*)).ti,ab,id,sh.	11
6	((Stratif* or tailor* or target* or tailor* or subgroup* or sub-group*) adj6 (patient* or treatment* or intervention* or outcome* or tool* or care)).ti,ab,id,sh.	39628
7	((Psychological or psychosocial or social or clinical) adj3 (risk* or Effect* or factor* or barrier* or prognos* or predict* or marker* or influenc*)).ti,ab,id,sh.	125823
8	(catastroph* or depressi* or distress* or anxiety or yellow flag* or (fear adj3 (avoidance or change* or disability or pain or belief*))).ti,ab,id.	366800
9	4 or 5 or 6 or 7 or 8	541036
10	exp Questionnaires/	15855
11	(screening* or screen*2 or diagnos* or evaluat* or estimat* or identif* or test*3 or detect* or assess* or monitoring or scor*3 or measur* or determ* or (clinical adj3 examinat*) or predict* or risk* or criteria* or symptom* or characteristic* or classif* or define* or definition* or core feature* or modifiable).ti,ab,id.	2551617
12	(tool* or test* or instrument* or inventor* or scale or scales or measur* or rule* or protocol* or pathway* or outcome* or algorithm* or questionnaire* or interview* or ((inquiry or patient) adj3 form*)).ti,ab,id.	1795499
13	10 or (11 and 12)	1564315
14	3 and 9 and 13	1338
15	((random* or control?ed or crossover or cross-over or blind* or mask*) adj3 (trial*1 or study or studies or analy*)) or rct).ti,ab,id,sh,md.	71635
16	(placebo* or single-blind* or double-blind* or triple-blind* or ((single or double or triple) adj2 (blind* or mask*))).ti,ab,id,sh,md.	41088
17	15 or 16	91647
18	14 and 17	151

## Cinahl

#	Query	Limiters/Expanders	Results
S18	S3 AND S9 AND S13 AND S17	Limiters - Published Date: 20130701-20160131; Language: Danish, English, German, Norwegian, Swedish	83
S17	S14 OR S15 OR S16		127,028
S16	TX (placebo* or single-blind* or double-blind* or triple-		47,220

	blind* or ((single or double or triple) N2 (blind* or mask*))		
S15	TX (((random* or control#ed or crossover or cross-over or blind* or mask*) N3 (trial* or study or studies or analy*) or rct)		118,607
S14	PT ("Randomized Controlled Trial")		30,144
S13	s10 or (s11 and s12)		976,653
S12	(tool* or test* or instrument* or inventor* or scale or scales or measur* or rule* or protocol* or pathway* or outcome* or algorithm* or questionnaire* or interview* or ((inquiry or patient) N3 form*))		1,109,976
S11	(screening* or diagnos* or evaluat* or estimat* or identif* or test* or detect* or assess* or monitoring or scor* or measur* or determ* or (clinical N3 examinat*) or predict* or risk* or criteria* or symptom* or characteristic* or classif* or define* or definition* or core feature* or modifiable)		1,570,088
S10	(MH "Questionnaires+") OR (MH "Outcome Assessment (Health Care)+") OR (MH "Patient Outcome Assessment+")		199,557
S9	s4 or s5 or s6 or s7 or s8		366,691
S8	(catastroph* or depressi* or anxiety or yellow flag* or (fear N3 (avoidance or change* or disability or pain or belief*)))		96,932
S7	((Psychological or psychosocial or social or clinical) N3 (risk* or Effect* or factor* or barrier* or prognos* or predict* or marker* or influenc*))		238,830
S6	((Stratif* or tailor* or target* or tailor* or subgroup* or sub-group*) N6 (patient* or treatment* or intervention* or outcome* or tool* or care))		31,644
S5	((STarT Back or STarTBack) N3 (tool* or pathway or protocol*))		21
S4	(MH "Psychology") OR (MH "Patient Selection+") OR (MH "Catastrophization+") OR (MH "Psychosocial Aspects of Illness+")		64,646
S3	s1 or s2		19,864
S2	MH "Back Pain+"		16,543
S1	((back N3 pain*) or lumbago or back ache* or backache* or (lumbar N2 pain*))		19,827

## Pedro

**Abstract & Title:** startback OR "start back" OR subgroup\* OR sub-group\* OR psychological OR fear OR "yellow flag"

**Body part:** Lumbar spine, sacro-iliac joint or pelvis

**Method:** Clinical trial

**Published since:** 2013

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## PICO 4. Bør patienter med nyopståede lænderygsmarter rutinemæssigt tilbydes billeddiagnostisk udredning med MR og røntgen?

Søgt 04.02.2016

### Medline

Database(s): **Ovid MEDLINE(R) In-Process & Other Non-Indexed Citations and Ovid MEDLINE(R)** 1946 to Present  
Search Strategy:

#	Searches	Results
1	exp Low Back Pain/	16185
2	(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,sh.	28547
3	1 or 2	28547
4	exp Acupuncture therapy/ or exp Acupuncture/	19364
5	(mox#bustion or acupuncture* or acu-puncture* or needle* or needling or electroacupuncture or electro-acupuncture).ti,ab,kw,kf,sh.	119291
6	((Trigger adj2 point*) or (auricul adj2 acupuncture) or (warm adj2 acupuncture) or (dry adj (needle* or needling))).ti,ab,kw,sh.	1614
7	4 or 5 or 6	120915
8	3 and 7	1096
9	limit 8 to (randomized controlled trial or controlled clinical trial)	179
10	((random* or control?ed or crossover or cross-over or blind* or mask*) adj3 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw,sh.	480458
11	(placebo* or single-blind* or double-blind* or triple-blind* or ((single or double or triple) adj2 (blind* or mask*))).ti,ab,kw,sh.	275116
12	10 or 11	595548
13	8 and 12	318
14	9 or 13	356
15	limit 14 to (yr="2011 -Current" and (danish or english or german or norwegian or swedish))	102

### Embase

Database(s): **Embase** 1974 to 2016 February 03  
Search Strategy:

#	Searches	Results
1	exp Low Back Pain/	41296
2	(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,sh.	49324
3	1 or 2	49324
4	"imaging and display"/ or diagnostic imaging/ or digital imaging/ or nuclear magnetic resonance imaging/ or three dimensional imaging/ or whole body imaging/	697437
5	exp electromagnetic radiation/	387105
6	tomography/ or computer assisted tomography/ or emission tomography/ or optical coherence tomography/ or whole body tomography/	615802
7	exp bone densitometry/	3922

8	exp nuclear magnetic resonance/	946714
9	exp dual energy x ray absorptiometry/	25012
10	exp echography/	594521
11	exp ultrasound/	126197
12	(((diagnostic* or therapeut*) adj3 imag*) or radiograph* or X-ray* or xray* or MRI or fMRI or magnetic resonance imag* or nuclear magnetic resonance or tomography or Bone Densitometry or Bone Density Scan* or DXA or ultrasound or ultrasonography or sonograph* or echosonograph* or DEXA or ((CT or MR) adj3 (scan* or x-ray* or xray or imag*))).ti,ab,kw.	1589232
13	4 or 5 or 6 or 7 or 8 or 9 or 10 or 11 or 12	2957271
14	3 and 13	14799
15	limit 14 to (randomized controlled trial or controlled clinical trial)	440
16	(((random* or control?ed or crossover or cross-over or blind* or mask*) adj3 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw,sh.	640126
17	(placebo* or single-blind* or double-blind* or triple-blind* or ((single or double or triple) adj2 (blind* or mask*))).ti,ab,kw,sh.	464165
18	16 or 17	885708
19	14 and 18	718
20	15 or 19	885
21	limit 20 to (yr="2013 -Current" and (danish or english or german or norwegian or swedish))	216

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## PICO 5. Bør patienter med nyopståede lænderygmerter tilbydes ledmobiliserende teknikker i tillæg til vanlig behandling?

Søgt 12.02.2016

### Medline

Database(s): **Ovid MEDLINE(R) In-Process & Other Non-Indexed Citations and Ovid MEDLINE(R)** 1946 to Present  
Search Strategy:

#	Searches	Results
1	exp Low Back Pain/	16230
2	(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.	23853
3	1 or 2	28618
4	exp Musculoskeletal manipulations/	13589
5	(manipulat* or mobili#* or manual therap* or massage or mobili#ation or reflexolog* or adjustment* or cyriax or High velocity or low amplitude or Subluxation or Joint dysfunction or hypomobility or muscle energy technique* or craniosacral therap* or cranio-sacral therap* or therapeutic touch or massotherapy or stretching).ti,ab,kw,kf,sh.	494732
6	(vibration adj5 (therap* or treatment*)).ti,ab,kw.	378
7	(flexion adj2 distraction).ti,ab,kw.	235
8	4 or 5 or 6 or 7	496819
9	3 and 8	2792
10	limit 9 to (randomized controlled trial or controlled clinical trial)	479
11	random*.hw.	574453
12	((random* or control?ed or crossover or cross-over or blind* or mask*) adj3 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw.	467272
13	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab,kw,sh.	274942
14	((single or double or triple) adj2 (blind* or mask*)).ti,ab,kw.	139697
15	11 or 12 or 13 or 14	840344
16	9 and 15	778
17	10 or 16	798
18	limit 17 to (yr="2011 -Current" and (danish or english or german or norwegian or swedish))	279

### Embase

Database(s): **Embase** 1974 to 2016 February 11  
Search Strategy:

#	Searches	Results
1	exp Low Back Pain/	41358
2	(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.	33110
3	1 or 2	49397
4	exp Manipulative medicine/	29141

5	(manipulat* or mobili#* or manual therap* or massage or mobili#ation or reflexolog* or adjustment* or cyriax or High velocity or low amplitude or Subluxation or Joint dysfunction or hypomobility or muscle energy technique* or cranosacral therap* or cranio-sacral therap* or therapeutic touch or massotherapy or stretching).ti,ab,kw,kf,sh.	620016
6	(vibration adj5 (therap* or treatment*)).ti,ab,kw.	508
7	(flexion adj2 distraction).ti,ab,kw.	267
8	4 or 5 or 6 or 7	627745
9	3 and 8	5156
10	limit 9 to (randomized controlled trial or controlled clinical trial)	675
11	random*.hw.	561400
12	((((random* or control?ed or crossover or cross-over or blind* or mask*) adj3 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw.	632664
13	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab,kw,sh.	463321
14	((single or double or triple) adj2 (blind* or mask*)).ti,ab,kw.	185800
15	11 or 12 or 13 or 14	1097669
16	9 and 15	1220
17	10 or 16	1273
18	limit 17 to (yr="2011 -Current" and (danish or english or german or norwegian or swedish))	490

## Cinahl

#	Query	Limiters/Expanders	Results
S13	S3 AND S8 AND S12	Limiters - Published Date: 20110301-20160231; Language: Danish, English, German, Norwegian, Swedish	174
S12	S9 OR S10 OR S11		127,479
S11	TX (placebo* or single-blind* or double-blind* or triple-blind* or ((single or double or triple) N1 (blind* or mask*))		47,289
S10	TX (((random* or control#ed or crossover or cross-over or blind* or mask*) N3 (trial* or study or studies or analy*)) or rct)		121,296
S9	PT Randomized Controlled Trial		30,206
S8	s4 or s5 or s6 or s7		91,215
S7	(flexion N2 distraction)		80
S6	(vibration N5 (therap* or treatment*))		299
S5	(manipulat* or mobili* or manual therap* or massage or reflexolog* or adjustment* or cyriax or High velocity or low amplitude or Subluxation or Joint dysfunction or hypomobility or muscle energy technique* or cranosacral therap* or cranio-sacral therap* or therapeutic touch or massotherapy or stretching)		81,276
S4	(MH "Manual therapy+")		25,861
S3	s1 or s2		12,566

S2	MH Low Back Pain		10,415
S1	(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*))		12,566

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## Pedro

**Abstract & Title:** Low back pain

**Therapy:** stretching, mobilisation, manipulation, massage

**Method:** Clinical trial

**Published since:** 2011

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## PICO 6. Bør patienter med nyopståede lænderygsmarter tilbydes superviseret fysisk træning i tillæg til vanlig behandling?

18.02.2016

### Medline

Database(s): Ovid MEDLINE(R) In-Process & Other Non-Indexed Citations and Ovid MEDLINE(R) 1946 to Present  
Search Strategy:

#	Searches	Results
1	exp Low Back Pain/	16263
2	(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 adj3 pain*)).ti,ab,kw.	24428
3	1 or 2	29152
4	exp exercise/	134945
5	exp exercise therapy/	34963
6	exp Sports/	141073
7	exp Physical Exertion/	53802
8	exp Muscle strength/	21247
9	exp Exercise Movement Techniques/	5913
10	exp "Physical Education and Training"/	14164
11	exp Hydrotherapy/	18209
12	Weight-Bearing/	16323
13	Tai Ji/	720
14	Yoga/	1780
15	(exercis* or train* or strengthen* or ((muscl* or resistance or physical or endurance or strength* or balance or aquatic* or trunk) adj3 (train* or exercise* or strength* or fit* or condition*))).ti,ab,kw,sh.	865071
16	(aerobic* or anaerobic* or movement therapy or watergym* or water gym* or aquagym or gym* or hydrotherap* or (warm water adj4 (exercis* or train* or rehab)) or pilates or spinning).ti,ab,kw.	123787
17	(running or Skate* or skating or skiing or nordic walking or Jog* or zumba or Swim* or Bicycl* or cycling or walk* or rowing or pacing or paced or titreted or soccer or ball game* or (play* adj2 ball) or (weight* adj3 (lift* or train* or exercis*))).ti,ab,kw.	255482
18	(yoga or tai ji or tai chi or qigong or qi-gong).ti,ab,kw.	3940
19	((mckenzie or mechanical or Alexander or William or Feldenkrais) adj2 (technique* or model* or tool* or exercise* or therapy)).ti,ab,kw.	5144
20	4 or 5 or 6 or 7 or 8 or 9 or 10 or 11 or 12 or 13 or 14 or 15 or 16 or 17 or 18 or 19	1259093
21	3 and 20	5770
22	limit 21 to (randomized controlled trial or controlled clinical trial)	889
23	((((random* or control?ed or crossover or cross-over or blind* or mask*) adj3 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw.	467920
24	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab,kw,sh.	275150
25	((single or double or triple) adj2 (blind* or mask*)).ti,ab,kw.	139786
26	23 or 24 or 25	586405
27	21 and 26	1132
28	22 or 27	1392
29	limit 28 to (yr="2015 -Current" and (danish or english or german or norwegian or swedish))	117

## Embase

Database(s): **Embase** 1974 to 2016 February 17

Search Strategy:

#	Searches	Results
1	exp Low Back Pain/	41411
2	(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 adj3 pain*)).ti,ab,kw.	33938
3	1 or 2	50097
4	exp exercise/	247517
5	exp exercise therapy/	56040
6	exp Sports/	116785
7	exp Physical Exertion/	247517
8	exp Muscle strength/	41584
9	exp Exercise Movement Techniques/	56040
10	exp "Physical Education and Training"/	10947
11	exp Hydrotherapy/	3743
12	Weight-Bearing/	22127
13	Tai Ji/	1819
14	Yoga/	4984
15	(exercis* or train* or strengthen* or ((muscl* or resistance or physical or endurance or strength* or balance or aquatic* or trunk) adj3 (train* or exercise* or strength* or fit* or condition*))).ti,ab,kw,sh.	1127699
16	(aerobic* or anaerobic* or movement therapy or waterygym* or water gym* or aquagym or gym* or hydrotherap* or (warm water adj4 (exercis* or train* or rehab)) or pilates or spinning).ti,ab,kw.	153052
17	(running or Skate* or skating or skiing or nordic walking or Jog* or zumba or Swim* or Bicycl* or cycling or walk* or rowing or pacing or paced or titreted or soccer or ball game* or (play* adj2 ball) or (weight* adj3 (lift* or train* or exercis*))).ti,ab,kw.	329263
18	(yoga or tai ji or tai chi or qigong or qi-gong).ti,ab,kw.	5787
19	((mckenzie or mechanical or Alexander or William or Feldenkrais) adj2 (technique* or model* or tool* or exercise* or therapy)).ti,ab,kw.	6066
20	4 or 5 or 6 or 7 or 8 or 9 or 10 or 11 or 12 or 13 or 14 or 15 or 16 or 17 or 18 or 19	1582173
21	3 and 20	9409
22	limit 21 to (randomized controlled trial or controlled clinical trial)	1131
23	((((random* or control?ed or crossover or cross-over or blind* or mask*) adj3 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw.	633463
24	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab,kw,sh.	463691
25	((single or double or triple) adj2 (blind* or mask*)).ti,ab,kw.	185967
26	23 or 24 or 25	880683
27	21 and 26	1605
28	22 or 27	1875
29	limit 28 to (yr="2015 -Current" and (danish or english or german or norwegian or swedish))	152

## Cinahl

#	Query	Limiters/Expanders	Results
S14	S9 AND S13	Limiters - Published Date: 20150101-20160231; Language: Danish, English, German, Norwegian, Swedish	60
S13	S10 OR S11 OR S12		127,479
S12	TX (placebo* or single-blind* or double-blind* or triple-blind* or ((single or double or triple) N1 (blind* or mask*)))		47,289
S11	TX (((random* or control#ed or crossover or cross-over or blind* or mask*) N3 (trial* or study or studies or analy*))) or rct)		121,296
S10	PT (Randomized Controlled Trial)		30,206
S9	s3 AND s8		3,835
S8	S4 OR S5 OR S6 OR S7		324,921
S7	TX (running or Skate* or skating or skiing or nordic walking or Jog* or zumba or Swim* or Bicycl* or cycling or walk* or powerwalk* or rowing or pacing or paced or titreted or soccer or ball game* or (play* N2 ball) or (weight* N3 (lift* or train* or exercis*)))		88,226
S6	TX (aerobic* or anaerobic* or movement therapy or waterygym* or water gym* or aquagym or gym* or hydrotherap* or (warm water N4 (exercis* or train* or rehab)) or pilates or spinning or yoga or tai ji or tai chi or qigong or qi-gong or ((mckenzie or mechanical or Alexander or William or Feldenkrais) N2 (technique* or model* or tool* or exercise* or therapy)))		21,641
S5	TX (exercis* or train* or strengthen* or ((muscl* or resistance or physical or endurance or strength* or balance or aquatic* or trunk) N3 (train* or exercise* or strength* or fit* or condition* or performance)))		244,337
S4	MH ("Exercise+" OR "Exercise therapy+" OR "Sports+" OR "Physical Exertion+" OR "Muscle strength+" OR "Exercise Movement Techniques+" OR "Physical Education and Training+" OR "Hydrotherapy+" OR "Weight-Bearing" OR "Ta ji+" OR "Yoga+")		101,099
S3	S1 OR S2		12,913
S2	TX (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 N3 pain*))		12,913
S1	(MH "Low Back Pain+")		10,415

## Pedro

**Abstract & Title:** Low back pain

**Therapy:** fitness training OR strength training

**Method:** Clinical trial

**Published since:** 2015

## PICO 7. Bør patienter med nyopståede lænderygmerter tilbydes akupunktur teknikker i tillæg til vanlig behandling?

Søgt 28.01.2016

### Medline

Database(s): **Ovid MEDLINE(R) In-Process & Other Non-Indexed Citations and Ovid MEDLINE(R) 1946 to Present**  
Search Strategy:

#	Searches	Results
1	exp Low Back Pain/	16174
2	(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,sh.	28507
3	1 or 2	28507
4	exp Acupuncture therapy/ or exp Acupuncture/	19345
5	(mox#bustion or acupuncture* or acu-puncture* or needle* or needling or electroacupuncture or electro-acupuncture).ti,ab,kw,kf,sh.	119179
6	((Trigger adj2 point*) or (auricul adj2 acupuncture) or (warm adj2 acupuncture) or (dry adj (needle* or needling))).ti,ab,kw,sh.	1609
7	4 or 5 or 6	120799
8	3 and 7	1094
9	limit 8 to (randomized controlled trial or controlled clinical trial)	179
10	((random* or control?ed or crossover or cross-over or blind* or mask*) adj3 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw,sh.	479690
11	(placebo* or single-blind* or double-blind* or triple-blind* or ((single or double or triple) adj2 (blind* or mask*))).ti,ab,kw,sh.	274841
12	10 or 11	594712
13	8 and 12	318
14	9 or 13	356
15	limit 14 to (yr="2011 -Current" and (danish or english or german or norwegian or swedish))	102

### Embase

Database(s): **Embase 1974 to 2016 January 27**  
Search Strategy:

#	Searches	Results
1	exp Low Back Pain/	41223
2	(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,sh.	49241
3	1 or 2	49241
4	exp Acupuncture therapy/ or exp Acupuncture/	37001
5	(mox#bustion or acupuncture* or acu-puncture* or needle* or needling or electroacupuncture or electro-acupuncture or meridian*).ti,ab,kw,kf,sh.	186148
6	((Trigger adj2 point*) or (auricul adj2 acupuncture) or (warm adj2 acupuncture) or (dry adj (needle* or	2640

	needling))).ti,ab,kw,sh.	
7	4 or 5 or 6	188644
8	3 and 7	2562
9	limit 8 to (randomized controlled trial or controlled clinical trial)	356
10	((((random* or control?ed or crossover or cross-over or blind* or mask*) adj3 (trial*1 or study or studies or analy*) or rct).ti,ab,kw,sh.	638856
11	(placebo* or single-blind* or double-blind* or triple-blind* or ((single or double or triple) adj2 (blind* or mask*))).ti,ab,kw,sh.	463583
12	10 or 11	884189
13	8 and 12	632
14	9 or 13	732
15	limit 14 to (yr="2011 -Current" and (danish or english or german or norwegian or swedish))	246

## Cinahl

#	Query	Limiters/Expanders	Results
S12	S3 AND S7 AND S11	Limiters - Published Date: 20110701-20160131; Language: Danish, English, German, Norwegian, Swedish	48
S11	s8 or s9 or s10		127,001
S10	TX (placebo* or single-blind* or double-blind* or triple-blind* or ((single or double or triple) N1 (blind* or mask*))		47,172
S9	TX (((random* or control#ed or crossover or cross-over or blind* or mask*) N3 (trial* or study or studies or analy*)) or rct)		118,607
S8	PT ("Randomized Controlled Trial")		30,144
S7	s4 or s5 or s6		24,935
S6	((Trigger N2 point*) or (auricul N2 acupuncture) or (warm N2 acupuncture) or (dry N0 (needle* or needling)))		1,325
S5	mox?bustion or acupuncture* or acu-puncture* or needle* or needling or electroacupuncture or electro-acupuncture or acupressure or meridian*)		23,951
S4	(MH "Acupuncture+")		8,544
S3	s1 or s2		12,522
S2	MH Low Back Pain		10,398
S1	(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*))		12,522



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**Pedro**

Abstract & Title: Low back pain

Therapy: acupuncture

Method: Clinical trial

Published since: 2011

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## PICO 8. Bør patienter med nyopståede lænderygmerter tilbydes paracetamol i tillæg til vanlig behandling?

Søgt 30.01.2016

### Medline

Database(s): **Ovid MEDLINE(R) In-Process & Other Non-Indexed Citations and Ovid MEDLINE(R)** 1946 to Present

Search Strategy:

#	Searches	Results
1	((back adj3 pain*) or (neck adj3 pain*) or (spinal adj3 pain*) or dorsalgia or ((Musculoskeletal or muscl* or muscular) adj3 Pain*) or back ache or backache or lumbago or (lumbar adj3 pain*)).ti,ab,kw,sh.	65620
2	exp Back Pain/ or exp Neck pain/ or Musculoskeletal Pain/	36639
3	1 or 2	77341
4	exp Acetaminophen/	14870
5	(Paracetamol or Acetaminophen).mp.	22047
6	(over-the-counter or over the counter or nonprescripti* or non-prescripti* or non prescripti*).ti,ab,kw.	8086
7	4 or 5 or 6	29537
8	3 and 7	595
9	limit 8 to (randomized controlled trial or controlled clinical trial)	163
10	((random* or control?ed or crossover or cross-over or blind* or mask*) adj3 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw,sh.	479989
11	(placebo* or single-blind* or double-blind* or triple-blind* or ((single or double or triple) adj2 (blind* or mask*))).ti,ab,kw,sh.	274949
12	10 or 11	595043
13	8 and 12	220
14	9 or 13	243
15	limit 14 to (yr="2014 -Current" and (danish or english or german or norwegian or swedish))	31

### Embase

Database(s): **Embase** 1974 to 2016 January 29

Search Strategy:

#	Searches	Results
1	((back adj3 pain*) or (neck adj3 pain*) or (spinal adj3 pain*) or dorsalgia or ((Musculoskeletal or muscl* or muscular) adj3 Pain*) or back ache or backache or lumbago or (lumbar adj3 pain*)).ti,ab,kw,sh.	120817
2	exp Back Pain/ or exp Neck pain/ or Musculoskeletal Pain/	95983
3	1 or 2	142303
4	exp Paracetamol/	70411
5	(Paracetamol or Acetaminophen).mp.	74877
6	(over-the-counter or over the counter or nonprescripti* or non-prescripti* or non prescripti*).ti,ab,kw.	11383
7	4 or 5 or 6	84882
8	3 and 7	4249
9	limit 8 to (randomized controlled trial or controlled clinical trial)	563

10 (((random* or control?ed or crossover or cross-over or blind* or mask*) adj3 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw,sh.	639550
11 (placebo* or single-blind* or double-blind* or triple-blind* or ((single or double or triple) adj2 (blind* or mask*))).ti,ab,kw,sh.	463877
12 10 or 11	884989
13 8 and 12	1155
14 9 or 13	1244
15 limit 14 to (yr="2014 -Current" and (danish or english or german or norwegian or swedish))	154

## Cinahl

#	Query	Limiters/Expanders	Results
S11	s3 and s6 and s10	Limiters - Published Date: 20141101-20160131; Language: Danish, English, German, Norwegian, Swedish	11
S10	S7 OR S8 OR S9		127,150
S9	TX (placebo* or single-blind* or double-blind* or triple-blind* or ((single or double or triple) N2 (blind* or mask*)))		47,248
S8	TX (((random* or control#ed or crossover or cross-over or blind* or mask*) N3 (trial* or study or studies or analy*)) or rct)		118,719
S7	PT Randomized Controlled Trial		30,161
S6	s4 or s5		7,898
S5	TX (Paracetamol or Acetaminophen or over-the-counter or over the counter or nonprescripti* or non-prescripti* or non prescripti*)		7,898
S4	MH "Acetaminophen+"		2,797
S3	s1 or s2		28,023
S2	MH ("Back Pain+" or "Neck pain+" or "Musculoskeletal Pain")		19,293
S1	((back N3 pain* or neck N3 pain* or spinal N3 pain* or dorsalgia or ((Musculoskeletal or muscl* or muscular) N3 Pain*) or back ache or backache or lumbago or (lumbar N3 pain*))		27,988

## **Pedro**

Abstract & Title: ("Back pain" OR "Musculoskeletal Pain") AND (paracetamol OR acetaminophen)

Method: clinical trial

Published since: 2005

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## PICO 9. Bør patienter med nyopståede lænderygmerter tilbydes opioider i tillæg til vanlig behandling?

Søgt 19.02.2016

### Medline

Database(s): Ovid MEDLINE(R) In-Process & Other Non-Indexed Citations and Ovid MEDLINE(R) 1946 to Present

Search Strategy:

#	Searches	Results
1	((back adj2 pain*) or (neck adj2 pain*) or (spinal adj2 pain*) or dorsalgia or ((Musculoskeletal or muscl* or muscular) adj2 Pain*) or back ache or backache or lumbago or (lumbar adj2 pain*)).ti,ab,kw,sh.	60902
2	exp Back Pain/ or exp Neck pain/ or Musculoskeletal Pain/	36784
3	1 or 2	73300
4	Analgesics, Opioid/	31337
5	(opioid* or opiat* or analgesic* or alfentanil or alphaprodine or buprenorphine or buprenorphine or naloxone or butorphanol or dextromoramide or dextropropoxyphene or dihydromorphine or diphenoxylate or "enkephalin, ala(2)-mephe(4)-gly(5)-" or "enkephalin, d-penicillamine (2,5)-" or ethylketocyclazocine or ethylmorphine or etorphine or fentanyl or hydrocodone or hydromorphone or levorphanol or meperidine or meptazinol or methadyl acetate or morphine or nalbuphine or opiate alkaloid* or opium or oxycodone or oxymorphone or pentazocine or phenazocine or phenoperidine or piritramide or promedol or sufentanil or tilidine or tramadol).ti,ab,kw,sh,dn.	217786
6	(tramadol or dolol or adamon or dolatramyl or gemadol or mandolgin or tradolan or nobligan or tadol or morphin or dextromethorfan or noscapin or alfentanil or fentanyl or hydromorphon or ketobemidon or nicomorphin or oxycordon or pethidin or remifentanil or sufentanil or tapentadol or buprenorphin or nalbupin or contalgin or depolan or doltard or malfin or morfin or oramorph or rapifen or abstral or actiq or durogesic or effentora or fentanyl or haldid or instanyl or lafene or matrifen or recivit or jurnista or palladon or ketogan or vilan or metadon or oxycordone or oxycordonhydroclorid or oxycontin or oxydorine or oxynorm or reltebon or targin or ultiva or sufenta or narcotics).ti,ab,kw,sh,dn.	46442
7	4 or 5 or 6	226237
8	3 and 7	5012
9	limit 8 to (randomized controlled trial or controlled clinical trial)	925
10	((((random* or control?ed or crossover or cross-over or blind* or mask*) adj3 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw.	468044
11	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab,kw,sh.	275191
12	((single or double or triple) adj2 (blind* or mask*)).ti,ab,kw.	139808
13	10 or 11 or 12	586543
14	8 and 13	1286
15	9 or 14	1447
16	limit 15 to (yr="2006 -Current" and (danish or english or german or norwegian or swedish))	838

## Embase

Database(s): **Embase** 1974 to 2016 February 18

Search Strategy:

#	Searches	Results
1	((back adj2 pain*) or (neck adj2 pain*) or (spinal adj2 pain*) or dorsalgia or ((Musculoskeletal or muscl* or muscular) adj2 Pain*) or back ache or backache or lumbago or (lumbar adj2 pain*)).ti,ab,kw,sh.	115186
2	exp Back Pain/ or exp Neck pain/ or Musculoskeletal Pain/	96387
3	1 or 2	137727
4	Analgesics, Opioid/ or Opiate agent/	15018
5	(opiod* or opiat* or alfentanil or alphaprodine or buprenorphine or buprenorphine or naloxone or butorphanol or dextromoramide or dextropropoxyphene or dihydromorphine or diphenoxylate or "enkephalin, ala(2)-mephe(4)-gly(5)-" or "enkephalin, d-penicillamine (2,5)-" or ethylketocyclazocine or ethylmorphine or etorphine or fentanyl or hydrocodone or hydromorphone or levorphanol or meperidine or meptazinol or methadyl acetate or morphine or nalbuphine or opiate alkaloid* or opium or oxycodone or oxymorphone or pentazocine or phenazocine or phenoperidine or pirinitramide or promedol or sufentanil or tilidine or tramadol).ti,ab,kw,sh,dn.	277655
6	(tramadol or dolol or adamon or dolatramyl or gemadol or mandolgin or tradolan or nobligan or tadol or morphin or dextromethorfan or noscapin or alfentanil or fentanyl or hydromorphon or ketobemidon or nicomorphin or oxycordon or pethidin or remifentanil or sufentanil or tapentadol or buprenorphin or nalbupin or contalgin or depolan or doltard or malfin or morfin or oramorph or rapifen or abstral or actiq or durogesic or effentora or fentanyl or haldid or instanyl or lafene or matrifin or recivit or journista or palladon or ketogan or vilan or metadon or oxycordone or oxycordonhydroclorid or oxycontin or oxydorine or oxynorm or reltebon or targin or ultiva or sufenta or narcotics).ti,ab,kw,sh,dn.	86106
7	(analgesic* adj3 opiod*).ti,ab,kw.	7828
8	4 or 5 or 6 or 7	291510
9	3 and 8	9506
10	limit 9 to (randomized controlled trial or controlled clinical trial)	1044
11	((((random* or control?ed or crossover or cross-over or blind* or mask*) adj3 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw.	633583
12	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab,kw.	303300
13	((single or double or triple) adj2 (blind* or mask*)).ti,ab,kw.	185994
14	11 or 12 or 13	740963
15	9 and 14	1634
16	10 or 15	1915
17	limit 16 to (yr="2006 -Current" and (danish or english or german or norwegian or swedish))	1331

## PICO 10. Bør patienter med nyopståede lænderygsmarter tilbydes NSAID i tillæg til vanlig behandling?

Søgt 04.03.2016

### Medline

Database(s): Ovid MEDLINE(R) In-Process & Other Non-Indexed Citations and Ovid MEDLINE(R) 1946 to Present  
Search Strategy:

#	Searches	Results
1	((back adj2 pain*) or (neck adj2 pain*) or (spinal adj2 pain*) or dorsalgia or ((Musculoskeletal or muscl* or muscular) adj2 Pain*) or back ache or backache or lumbago or (lumbar adj2 pain*)).ti,ab,kw,sh.	61092
2	exp Back Pain/ or exp Neck pain/ or Musculoskeletal Pain/	36852
3	1 or 2	73511
4	exp Anti-Inflammatory Agents, Non-Steroidal/	171494
5	(NSAID* or ((antiinflammatory or anti-inflammatory or anti inflammatory or non-steroid* or nonsteroid*) adj3 (drug* or medicine or agent*))).ti,ab,kw.	52535
6	(aceclofenac* or acemetacin* or Acetylsalicylic* or alclofenac* or alminoprofen* or Aspirin* or azapropazone* or Bendazac* or benoxaprofen* or benzydamine* or bufexamac* or bumadizone* or celecoxib* or Clofezone* or dexibuprofen* or dexketoprofen* or diclofenac* or difenpiramide* or droxicam* or etodolac* or Etofenamate* or etoricoxib* or Felbinac* or fenbufen* or fenclofenac* or fenoprofen* or fentiazac* or feprazone* or flufenamic* or flunoxaprofen* or flurbiprofen* or ibuprofen* or ibuproxam* or Indometacin* or indoprofen* or Kebuzone* or ketoprofen* or ketorolac* or lonazolac* or lornoxicam* or lumiracoxib* or meclofenamic* or mefenamic* or meloxicam* or Mofebutazone* or morniflumate* or nabumetone* or naproxen* or Nifenazone* or niflumic* or nimesulide* or orgotein* or oxaceprol* or oxametacin* or oxaprozin* or Oxyphenbutazone* or parecoxib* or Phenazone* or Phenylbutazone* or piroxicam* or pirprofen* or prenazone* or Prinomide* or proglumetacin* or Propyphenazone* or proquazone* or rofecoxib* or Salsalate* or Sulindac* or suprofen* or Suxibuzone* or tenoxicam* or tiaprofenic* or tolfenamic* or Tolmetin* or valdecoxib* or zomepirac* or Clonixin*).ti,ab,dn,kw.	93932
7	(over-the-counter or over the counter or nonprescripti* or non-prescripti* or non prescripti*).ti,ab,kw.	8159
8	4 or 5 or 6 or 7	229107
9	3 and 8	2403
10	limit 9 to (randomized controlled trial or controlled clinical trial)	448
11	((((random* or control?ed or crossover or cross-over or blind* or mask*) adj3 (trial*1 or study or studies or analy*))) or rct).ti,ab,kw.	469666
12	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab,kw,sh.	275756
13	((single or double or triple) adj2 (blind* or mask*)).ti,ab,kw.	140059
14	11 or 12 or 13	588350
15	9 and 14	641
16	10 or 15	724
17	limit 16 to (yr="2013 -Current" and (danish or english or german or norwegian or swedish))	109

## Embase

Database(s): **Embase** 1974 to 2016 March 03

Search Strategy:

#	Searches	Results
1	((back adj2 pain*) or (neck adj2 pain*) or (spinal adj2 pain*) or dorsalgia or ((Musculoskeletal or muscl* or muscular) adj2 Pain*) or back ache or backache or lumbago or (lumbar adj2 pain*)).ti,ab,kw,sh.	115637
2	exp Back Pain/ or exp Neck pain/ or Musculoskeletal Pain/	96747
3	1 or 2	138244
4	exp nonsteroid antiinflammatory agent/ or exp non prescription drug/	491706
5	(NSAID* or ((antiinflammatory or anti-inflammatory or anti inflammatory or non-steroid* or nonsteroid*) adj3 (drug* or medicine or agent*))).ti,ab,kw.	78278
6	(aceclofenac* or acemetacin* or Acetylsalicylic* or alclofenac* or alminoprofen* or Aspirin* or azapropazone* or Bendazac* or benoxaprofen* or benzydamine* or bufexamac* or bumadizone* or celecoxib* or Clofezone* or dexibuprofen* or dexketoprofen* or diclofenac* or difenpiramide* or droxicam* or etodolac* or Etofenamate* or etoricoxib* or Felbinac* or fenbufen* or fenclofenac* or fenoprofen* or fentiazac* or feprazone* or flufenamic* or flunoxaprofen* or flurbiprofen* or ibuprofen* or ibuproxam* or Indometacin* or indoprofen* or Kebuzone* or ketoprofen* or ketorolac* or lonazolac* or lornoxicam* or lumiracoxib* or meclofenamic* or mefenamic* or meloxicam* or Mofebutazone* or morniflumate* or nabumetone* or naproxen* or Nifenazone* or niflumic* or nimesulide* or orgotein* or oxaceprol* or oxametacin* or oxaprozin* or Oxyphenbutazone* or parecoxib* or Phenazone* or Phenylbutazone* or piroxicam* or pirprofen* or prenazone* or Prinomide* or proglumetacin* or Propyphenazone* or proquazone* or rofecoxib* or Salsalate* or Sulindac* or suprofen* or Suxibuzone* or tenoxicam* or tiaprofenic* or tolfenamic* or Tolmetin* or valdecoxib* or zomepirac* or Clonixin*).ti,ab,dn,kw.	134566
7	(over-the-counter or over the counter or nonprescripti* or non-prescripti* or non prescripti*).ti,ab,kw.	11471
8	4 or 5 or 6 or 7	531732
9	3 and 8	11983
10	limit 9 to (randomized controlled trial or controlled clinical trial)	1269
11	((((random* or control?ed or crossover or cross-over or blind* or mask*) adj3 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw.	635898
12	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab,kw,sh.	464986
13	((single or double or triple) adj2 (blind* or mask*)).ti,ab,kw.	186488
14	11 or 12 or 13	883679
15	9 and 14	2724
16	10 or 15	2957
17	limit 16 to (yr="2013 -Current" and (danish or english or german or norwegian or swedish))	557

## Cinahl

#	Query	Limiters/Expanders	Results
S11	s3 and s6 and s10	Limiters - Published Date: 20130301-20160331; Language: Danish, English, German, Norwegian, Swedish	46
S10	S7 OR S8 OR S9		128,066



S9	TX (placebo* or single-blind* or double-blind* or triple-blind* or ((single or double or triple) N1 (blind* or mask*)))	47,449
S8	TX (((random* or control#ed or crossover or cross-over or blind* or mask*) N3 (trial* or study or studies or analy*)) or rct)	121,866
S7	PT Randomized Controlled Trial	30,337
S6	s4 or s5	29,802
S5	TX (NSAID* or non-steroid* or nonsteroid* or non-inflammatory or noninflammatory or over-the-counter or over the counter or nonprescripti* or non-prescripti* or non prescripti* or aceclofenac* or acemetacin* or Acetylsalicylic* or alclofenac* or alminoprofen* or Aspirin* or azapropazone* or Bendazac* or benoxaprofen* or benzydamine* or bufexamac* or bumadizone* or celecoxib* or Clofezone* or dexibuprofen* or dexketoprofen* or diclofenac* or difenpiramide* or droxicam* or etodolac* or Etofenamate* or etoricoxib* or Felbinac* or fenbufen* or fenclofenac* or fenoprofen* or fentiazac* or feprazone* or flufenamic* or flunoxaprofen* or flurbiprofen* or ibuprofen* or ibuproxam* or Indometacin* or indoprofen* or Kebuzone* or ketoprofen* or ketorolac* or lonazolac* or lornoxicam* or lumiracoxib* or meclofenamic* or mefenamic* or meloxicam* or Mofebutazone* or morniflumate* or nabumetone* or naproxen* or Nifenazone* or niflumic* or nimesulide* or orgotein* or oxaceprol* or oxametacin* or oxaprozin* or Oxyphenbutazone* or parecoxib* or Phenazone* or Phenylbutazone* or piroxicam* or pirprofen* or prenazone* or Prinomide* or proglumetacin* or Propyphenazone* or proquazone* or rofecoxib* or Salsalate* or Sulindac* or suprofen* or Suxibuzone* or tenoxicam* or tiaprofenic* or tolfenamic* or Tolmetin* or valdecoxib* or zomepirac* or Clonixin* or ((antiinflammatory or anti-inflammatory or anti inflammatory) N3 (drug* or medicine or agent*)))	28,227
S4	(MH "Antiinflammatory Agents, Non-Steroidal+")	17,035
S3	s1 or s2	28,160
S2	MH ("Back Pain+" or "Neck pain+" or "Musculoskeletal Pain")	19,338
S1	((back N3 pain*) or (neck N3 pain*) or (spinal N3 pain*) or dorsalgia or ((Musculoskeletal or muscl* or muscular) N3 Pain*) or back ache or backache or lumbago or (lumbar N3 pain*))	28,124

## Pedro

Abstract & Title: ("Back pain" OR "Musculoskeletal Pain") AND (NSAID\* OR "Anti-Inflammatory Agents, Non-Steroidal" OR "non-steroidal anti-inflammatory agents")

Method: clinical trial

Published since: 2013