

# COST EFFECTIVE PAIN MANAGEMENT MODALITIES FOR CHRONIC BACK PAIN

## Background:

Those living with chronic back pain experience adverse outcomes, decreased quality of life, hospitalizations, opioid dependence, suboptimal pain relief, and expensive treatment modalities. We wanted to explore cost-effective, non-surgical, non-traditional, and non-pharmacological pain management for underserved populations with chronic lower back pain.

## Methods:

- Search Engines: CINHAL, Pubmed
- Search Terms: “chronic back pain” AND “treatment” AND “cost-effective
- Inclusion criteria: full text, human subjects, English-only, peer-reviewed, non-pharmacologic, acupuncture, TENs units, implantable devices, CBT, pharmacological methods
- Exclusion criteria: Exclusion date included (prior to 2010), Pediatric Population, Cancer, Burns, Acute Pain, Diabetes, & Insomnia
- Results: 6 research articles

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## Findings:

- MBSR and CBT are both cost-effective and more beneficial than standard care alone
- Group education with social elements is beneficial for LBP management
- Massage chair therapy is more cost-effective than physiotherapy but less effective chronic pain management
- Internet-based intervention increased patient empowerment and decreased medication misuse and pain burden
- Acupuncture combined with standard care was cost-effective and decreased pain burden more than if prescribed separately

## Conclusion:

As evidenced by our research and analysis of these studies, there are many different alternative treatments for chronic lower back pain that are cost effective and create positive patient outcomes.



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