Characteristics & outcomes for people with low back pain (LBP)

We examined information provided at referral & treatment end for over 13,000 patients with chronic pain; here’s what we found...

1/3 reported LBP as their primary pain

At referral, people with Primary LBP:
- were only in their late 40’s (ave age 48)
- were more likely to have had pain >5 years (31%) compared to those without LBP (19%)
- had scores indicating greater severity for pain, mood and cognition compared to those without LBP
- were more likely to be using opioids (54%) compared to those without LBP (40%)

At treatment end, people with Primary LBP:

Almost 75% reported positive improvement after treatment

Despite greater clinical severity at referral...

D Shebeshi, S F Allingham, H Tardiff & J White. ‘Profile of adult patients referred for specialist pain management in New Zealand, ePPOC. Information Series No. 1, 2021. Scan QR to view paper