Recommendations for managing pain in inflammatory arthritis

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(HealthDay)—Recommendations have been developed for the management of pain in adults with optimally treated inflammatory arthritis, according to an article published in the September issue of the *International Journal of Rheumatic Diseases*.

Bethan L. Richards, M.B.B.S., from the Royal Prince Alfred Hospital in Sydney, and colleagues developed Australian and New Zealand evidence-based recommendations for pharmacotherapy pain management for adults with inflammatory arthritis. Data were reviewed from 167 studies that met the pre-specified inclusion criteria.

The authors note that the evidence from the studies was combined with expert opinion to develop 10 final recommendations, which relate to pain measurement and to use of analgesics for patients with and without comorbidities and during pregnancy and lactation. The mean level of

agreement was 7.24 to 9.65, indicating that the recommendations reflect the clinical practice of most of the participating rheumatologists.

"Ten Australian and New Zealand evidence-based recommendations regarding the management of pain by pharmacotherapy in adults with optimally treated inflammatory arthritis were developed," the authors write. "They are supported by a large panel of rheumatologists, thus enhancing their utility in everyday clinical practice."

The study was funded by Abbott; one author disclosed financial ties to pharmaceutical companies, including Abbott.

 More information: Abstract
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