

Efficacy, tolerability, and dose-dependent effects of opioid analgesics for low back pain: a systematic review and meta-analysis.

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Shaheed CA, Maher CG, Williams KA, et al. Efficacy, Tolerability, and Dose-Dependent Effects of Opioid Analgesics for Low Back Pain: A Systematic Review and Meta-analysis. *JAMA Intern Med.* 2016;176(7):958-68. doi:10.1001/jamainternmed.2016.1251.

<https://psnet.ahrq.gov/issue/efficacy-tolerability-and-dose-dependent-effects-opioid-analgesics-low-back-pain-systematic>

This systematic review examined randomized trials of [opioid](#) medications for back pain. Investigators found that a significant proportion of trial participants reported adverse effects and that recommended opioid doses only resulted in a small and short-term decrease in pain, which is deemed clinically insignificant. These results support the recent Centers for Disease Control and Prevention [recommendation](#) against the use of opioids for chronic nonmalignant pain.