

# UČINKOVITOST TIZANIDINA PRI ZDRAVLJENJU BOLEČINE IN SPAZMOV V KRIŽU

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26. Modularna skupina

# OPIS PROBLEMA

- ▶ Bolečina v križu je eden najpogostejših vzrokov prihoda v ambulanto družinske medicine
- ▶ Velikokrat le konzervativno zdravljenje
- ▶ V večini primerov bolečino v križu spremlja mišični spazem



- ▶ Ali je smiselno ob uporabi analgetikov uvesti še mišični relaksant?



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# RELEVANTNOST ZA DELO V AMULANTI

- ▶ 90% odrasle populacije ima vsaj enkrat v življenju bolečino v križu
- ▶ Pogosto je bolečina kronična
- ▶ Izčrpane možnosti analgezije
- ▶ Smiselnost predpisovanja tiazanidina - različne klinične prakse?

# PREGLED RELEVANTNIH ČLANKOV

- ▶ Chou R, Huffman LH. Medications for Acute and Chronic Low Back Pain: [A Review of the Evidence for an American Pain Society/American College of Physicians Clinical Practice Guideline](#). Ann Intern Med. 2007;147(7):505-514. DOI: 10.7326/0003-4819-147-7-200710020-00008. (Google Scholar)
- ▶ Van Tulder MW, Touray T, Furlan AD, Solway S, Bouter LM, Cochrane Back Review Group (2003). [Muscle relaxants for nonspecific low back pain: A systematic review within the framework of the cochrane collaboration](#). Spine 28, 1978-92. (Cochrane)
- ▶ Abdel Shaheed C, Maher C, Williams K, McLachlan A. [Efficacy and tolerability of muscle relaxants for low back pain: Systematic review and meta-analysis](#). Eur J Pain. 2017 Feb;21(2):228-237. doi: 10.1002/ejp.907. Epub 2016 Jun 22. (Pubmed)
- ▶ Berry H, Hutchinson DR. [Tizanidine and ibuprofen in acute low-back pain: results of a double-blind multicentre study in general practice](#). J Int Med Res. 1988 Mar-Apr;16(2):83-91. (Pubmed)
- ▶ Pareek A, Chandurkar N, Chandanwale AS, Ambade R, Gupta A, Bartakke G. [Aceclofenac-tizanidine in the treatment of acute low back pain: a double-blind, double-dummy, randomized, multicentric, comparative study against aceclofenac alone](#). Eur Spine J. 2009 Dec;18(12):1836-42. doi: 10.1007/s00586-009-1019-4. Epub 2009 May 7. (Pubmed)
- ▶ Berry H, Hutchinson DR. [A multicentre placebo-controlled study in general practice to evaluate the efficacy and safety of tizanidine in acute low-back pain](#). J Int Med Res. 1988 Mar-Apr;16(2):75-82. (Pubmed)
- ▶ Górska J. [Effects of back pain treatment with tizanidine](#). Ortop Traumatol Rehabil. 2005 Jun 30;7(3):306-9. (Pubmed)
- ▶ Patiño-Camacho SI, Déciga Campos M, Beltrán-Villalobos K, Castro-Vidal DA, Montiel-Ruiz RM, Flores-Murrieta FJ. [Low doses of tizanidine synergize the anti-nociceptive and anti-inflammatory effects of ketorolac or naproxen while reducing of side effects](#). Eur J Pharmacol. 2017 Jun 15;805:51-57. doi: 10.1016/j.ejphar.2017.03.021. Epub 2017 Mar 14. (Pubmed)

# POVZETEK VIROV

- ▶ Hitrejše zmanjšanje akutne bolečine v križu pri dodatku tizanidina NSAR ali paracetamolu kot monoterapija
- ▶ Brez klinično pomembnega učinka pri zdravljenju ishialgije
- ▶ Potrebna previdnost zaradi sočasnih stranskih učinkov
- ▶ Ob kombinaciji tizanidina s NSAR je manjša pojavnost GIT stranskih učinkov kot ob monoterapiji z NSAR
- ▶ Hitrejše zmanjšanje bolečine ob prejetanju tizanidina v primerjavi s placebom

# IZBIRA NAJPRIMERNEJŠEGA VIRA

- ▶ Chou R, Huffman LH. Medications for Acute and Chronic Low Back Pain: *A Review of the Evidence for an American Pain Society/American College of Physicians Clinical Practice Guideline*. Ann Intern Med. 2007;147(7):505-514. DOI: 10.7326/0003-4819-147-7-200710020-00008. (Google Scholar)
- ▶ Van Tulder MW, Touray T, Furlan AD, Solway S, Bouter LM, Cochrane Back Review Group (2003). *Muscle relaxants for nonspecific low back pain: A systematic review within the framework of the cochrane collaboration*. Spine 28, 1978-92. (Cochrane)

# PRIPOROČILA ZA PRAKSO

- ▶ Uporaba kombinacije NSAR z mišičnim relaksantom (tizanidin) pri zdravljenju akutne bolečine v križu (NE ishialgije!)  
z opozorilom o možnih neželenih učinkih na CŽS (zaspanost, omotica) in hipotenzijo
- ▶ Odmerek: 2 mg do 3-krat dnevno,  
po potrebi postopno višanje odmerka
- ▶ Ne priporočamo za zdravljenje kronične bolečine v križu!



**HVALA ZA POZORNOST!**

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The overall composition is clean and modern, with the text centered on the left side of the frame.