Descriptive Study of Acupuncture as an Adjunct Therapy for Patients with Acute Lower Back Pain

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Abstract

This study evaluates the efficacy of acupuncture as an adjunct treatment for patients with acute lower back pain (LBP) in the Short Stay Unit (SSU) of an emergency department at a public hospital, compared to standard care alone. A total of 68 patients with acute LBP were recruited at Changi General Hospital between May 2019 and March 2023, comprising 46 patients in the Acupuncture Group (AG) and 22 patients in the Control Group (CG). The visual analogue scale (VAS) score decreased by an average of 2.65 points post acupuncture treatment. However, the benefit of a single session of acupuncture as an adjunct therapy was not sustained over a 12-hour observation period. Despite the limitation of a relatively small sample size, the findings provide preliminary evidence supporting the efficacy of acupuncture as an adjunct treatment for acute LBP, therefore expanding treatment options in acute care settings.

Keywords

Acupuncture therapy, acute lower back pain, emergency department.