The effects of vitamin D, C, E and zinc supplementation in chronic non specific low back pain

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Objective: We aimed to investigate the effects of vitamin D3, vitamin C, vitamin E and zinc supplements on pain and functional capacity in Chronic Low Back Pain (CLBP). Methods: 20 patients (female/male:10/10) with CLBLP, aged between 28 and 57 years (mean age: 41.25±9.12), participated in the study. Mcgill Pain Questionnaire (MPQ) was used to measure the state of pa ...

Knowledge and associated factors towards post-operative pain management among nurses working at referral hospitals, Ethiopia

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Introduction: Post-Operative Pain (POP) is a common patient problem subsequently surgical procedure. Uncontrolled POP reduces physical, social and overall recovery of the patient. Effective pain management requires faultless knowledge. Objective: To determine Knowledge and its associated factors towards POP management among nurses working in referral hospitals, nort ...
The analgesic effect of tramadol versus morphine in the treatment of cancer pain in National Cancer Institute, University of Gezira, Sudan (2018)

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Cancer pain treatment following the World Health Organization guidelines is effective and feasible. However, the evidence supporting the use of opioids for mild to moderate pain on the Second step of the analgesic ladder is widely discussed. The present assessment compares the efficacy and safety of the use of tramadol in comparison to morphine in the treatment of can ...