Review: a single dose of oral naproxen or naproxen sodium reduced acute postoperative pain in adults


Is a single dose of oral naproxen or naproxen sodium effective and safe for acute postoperative pain in adults?

METHODS


Study selection and assessment: published and unpublished randomised, double blind, clinical trials in any language that compared a single oral dose of naproxen or naproxen sodium with placebo (>10 patients/group) in adults (>12 y) with moderate to severe pain after a surgical procedure in a day surgery or inpatient setting, pain intensity had to be assessed 4–6 hours after washout administration using a validated pain measurement scale (ie, 3 point pain relief scale, 4 point pain intensity scale, or a 10 cm visual analogue scale for pain relief or pain intensity). 2 reviewers independently assessed individual study quality using the 3 item scale developed by Jadad et al.

Outcomes: included patients with >50% pain relief over 4–6 hours and patients with >1 adverse event.

MAIN RESULTS

10 trials (n = 996, age range 14–72 y) met the selection criteria. 68% of patients had dental surgery, and the remaining patients had either orthopaedic or general surgery. All trials had quality scores >3 out of 5. Meta-analysis was done using a fixed effects model and intention to treat data. More patients who received naproxen sodium, 550 mg, 440 mg, or 220 mg, or naproxen, 400 mg or 200 mg, had >50% pain relief at 4–6 hours after surgery compared with placebo (table). Naproxen sodium, 550 mg, did not differ from placebo for number of patients reporting >1 adverse event (table).

CONCLUSION

A single dose of oral naproxen sodium, 550 mg (equivalent to naproxen, 500 mg) or 440 mg (equivalent to naproxen, 400 mg), reduced acute postoperative pain in adults more than placebo.

For correspondence: Dr R A Moore, c/o Pain Research Unit, Churchill Hospital, Oxford, UK. andrew.moore@pru.ox.ac.uk

Source of funding: Oxford Pain Relief Trust.

<table>
<thead>
<tr>
<th>Drug and dosage</th>
<th>Weighted event rates (NapS/Nap vs placebo)</th>
<th>RBI (95% CI)</th>
<th>NNT (CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>50% pain relief</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>≥50% pain relief</td>
<td>NapS, 550 mg</td>
<td>318% (193 to 497)</td>
<td>3 (3 to 4)</td>
</tr>
<tr>
<td>≥50% pain relief</td>
<td>NapS/Nap, 440/400 mg</td>
<td>380% (175 to 738)</td>
<td>3 (3 to 4)</td>
</tr>
<tr>
<td>≥50% pain relief</td>
<td>NapS/Nap, 220/200 mg</td>
<td>187% (60 to 415)</td>
<td>4 (3 to 6)</td>
</tr>
<tr>
<td>≥1 adverse event</td>
<td>NapS, 550 mg</td>
<td>11% (−25 to 37)</td>
<td>NS</td>
</tr>
<tr>
<td>≥1 adverse event</td>
<td>NapS/Nap, 440/400 mg</td>
<td>32% (−22 to 124)</td>
<td>NS</td>
</tr>
<tr>
<td>≥1 adverse event</td>
<td>NapS/Nap, 220/200 mg</td>
<td>121% (−10 to 443)</td>
<td>NS</td>
</tr>
</tbody>
</table>

*NS = not significant; other abbreviations defined in glossary. Weighted event rates, RBI, RRI, RRI, and CI calculated from data in article (based on a fixed effects model).

Commentary

Pain remains undertreated in postoperative settings. Pain assessment remains subjective and any small differences in pain intensity may not influence clinical management decisions. The review by Mason et al presents clinicians with an alternative treatment to opioids for moderate to severe postoperative pain. The review addresses concerns about respiratory depression and impaired gastric motility associated with opioids. In considering this alternative, however, clinicians need to be aware of the subjective nature of pain and the potential negative effects of lower levels of pain on activities of daily living in some patients with lower pain thresholds. This again underscores the need for individual pain assessment.

The systematic review by Mason et al also highlights the inadequacy of available data on adverse events. Further studies of pain management need to include clear detailed reporting of patient withdrawals by treatment group.

Tracey Bucknall, RN, PhD
University of Melbourne
Melbourne, Victoria, Australia