

## **OP18.5**

### **Effectiveness and security of corticoesteroids injections in primary care. Analysis of the first 100 patients**

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Originality and Relevance: Effectiveness of corticoesteroids injections in periarticular musculo-skeletal diseases is controversial.

**Objectives:** To determine the effectiveness and safety of corticoid periarticular injections in primary care.

Population: The first 100 patients treated from two family physicians.

**Methods:** A cross-over study was performed. A maximum of three corticoid injections were administered in an interval of four weeks. Variables: Age, sex, previously antecedent and treatment of corticosteroids injections, number and location of corticosteroids injections, treatments after corticosteroids injections (analgesics, rehabilitation, orthopedic treatment), referral to the traumatologist, complications, results of corticoesteroids injections measured by change of means between the initial and the later injection and reduction of 3 or more points of visual analogue scale (VAS). Proportions were compared using the Chi-square test and the means were compared using the t-test.

**Results:** The mean age was 57.8 years old (SD 14.6), and 70% were women. 15% had previous treatment with corticoesteroids injections. The most frequent locations were: 38 patients shoulder pain, 17 plantar surface fasciitis, 12 epicondylitis, 9 anserine tendonitis, and 8 trochanteritis. The mean of corticosteroids injections administered was 1.7 (SD 0.6). 9% were referred to the traumatologist, 14% needed analgesics, 12% rehabilitation, and 2% orthopedic treatment. Only 3 patients suffered minor complications: hematoma, skin atrophy and hyperpigmentation. The mean of initial VAS was 7.5 (SD 1.7), and the mean of later VAS was 4.0 (SD 3.0), with a difference of means of 3.5 (95% confidence interval 2.8 to 4.1, p-value <0,0001). 60% of patients had a reduction equal or higher to 3 points in VAS, without relation of age, sex, location or antecedent of corticosteroids injections.

**Conclusions:** Corticoesteroids injections therapy in primary care are effective and safe.