

**The next meeting of the Bristol research hub is taking place on Thursday 1<sup>st</sup> July, 2021. The papers for discussion at the meeting are listed below.**

NICE guideline NG193. Chronic pain (primary and secondary) in over 16s: assessment of all chronic pain and management of chronic primary pain. Published: 07 April 2021.

<https://www.nice.org.uk/guidance/ng193>

Vickers AJ, Vertosick EA, Lewith G, *et al.* Acupuncture for Chronic Pain: Update of an Individual Patient Data Meta-Analysis. *J Pain.* 2018 May;19(5):455-474.

<https://pubmed.ncbi.nlm.nih.gov/29198932/>

Haack M, Simpson N, Sethna N, *et al.* Sleep deficiency and chronic pain: potential underlying mechanisms and clinical implications. *Neuropsychopharmacology.* 2020 Jan;45(1):205-216. <https://pubmed.ncbi.nlm.nih.gov/31207606/>

Groessl EJ, Liu L, Chang DG, *et al.* Yoga for Military Veterans with Chronic Low Back Pain: A Randomized Clinical Trial. *Am J Prev Med.* 2017 Nov;53(5):599-608.

<https://pubmed.ncbi.nlm.nih.gov/28735778/>

Little P, Lewith G, Webley F, *et al.* Randomised controlled trial of Alexander technique lessons, exercise, and massage (ATEAM) for chronic and recurrent back pain. *BMJ.* 2008 Aug 19;337:a884. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3272681/>

Carnes D, Taylor SJC, Homer K, *et al.* Effectiveness and cost-effectiveness of a novel, group self-management course for adults with chronic musculoskeletal pain: study protocol for a multicentre, randomised controlled trial (COPERS). *BMJ Open.* 2013 Jan 28;3(1):e002492.

<https://pubmed.ncbi.nlm.nih.gov/23358564/>

Carnes D, Mars T, Plunkett A, *et al.* A mixed methods evaluation of a third wave cognitive behavioural therapy and osteopathic treatment programme for chronic pain in primary care (OsteoMAP). *International Journal of Osteopathic Medicine.* 2017;24:12-17.

<https://www.sciencedirect.com/science/article/abs/pii/S1746068916300839>