

AFP Clinical Answers

Constipation, Endometriosis, Spiritual Assessment, Medical Cannabis, Contraception, ITP

What is the preferred pharmacologic treatment for chronic constipation in adults?

First-line pharmacologic treatment options for normal transit and slow transit constipation include bulk laxatives and osmotic laxatives. Polyethylene glycol (Miralax) is the preferred osmotic laxative over lactulose for the treatment of constipation because it is more effective and has fewer adverse effects.

Chronic Constipation; September 2022

What initial treatment should be considered for patients with endometriosis symptoms?

The first-line treatment for symptoms of endometriosis is combined hormonal contraceptives. Patients presenting with clinical symptoms of endometriosis can start empiric treatment and then plan for diagnostic laparoscopy if symptoms do not improve or if medication is not tolerated.

Endometriosis; October 2022

When should patients be offered a spiritual assessment?

Consider offering a spiritual assessment to patients at hospitalization, if a significant clinical decline occurs in the hospital setting, when addressing end-of-life care, or when providing psychosocial services for the treatment of substance use disorders in the hospital setting.

The Spiritual Assessment; October 2022

Does medical cannabis help chronic pain?

Noninhaled medical cannabis or cannabinoids slightly improve pain levels (number needed to treat = 10; 95% CI, 7 to 20) to decrease average pain by 1 cm more on a 10-cm visual analog scale compared with placebo for people living with

chronic cancer or noncancer pain. These medications slightly improve sleep quality and physical functioning compared with placebo.

Practice Guideline: Medical Cannabis; August 2022

What are the most effective forms of emergency contraception?

The copper IUD (Paragard) is the most effective form of emergency contraception, with the levonorgestrel-releasing intrauterine system, 52 mg, (Mirena, Liletta) found to be similarly effective, followed by oral ulipristal (Ella); oral levonorgestrel, 1.5 mg (Plan B One-Step); and the Yuzpe method.

Evidence-Based Contraception; September 2022

What treatment is recommended for immune thrombocytopenia (ITP)?

Initial treatment for ITP is corticosteroid therapy or intravenous immune globulin (human) infusion. Recurrent or unresponsive cases are treated with thrombopoietin receptor agonists or immunomodulators (e.g., rituximab). ITP is the most common cause of isolated thrombocytopenia. There is no specific laboratory test for ITP, so it is often a diagnosis of exclusion. Primary ITP is distinguished from secondary ITP by the absence of chronic medical conditions or acute infections.

Thrombocytopenia; September 2022

Tip for Using AFP at the Point of Care

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