

# AFP Clinical Answers

## Low Back Pain in Children, CVD and Obstetric History, Sarcoidosis, Penicillin Allergies, Myocardial Infarction, Venous Ulcers

### When should children with low back pain be referred to a spine surgeon?

If there is progressive or high-grade spondylolisthesis (anterior slippage of the vertebrae to grade 3 or higher), development of any neurologic deficits, or no improvement following at least 6 months of conservative management, the patient should be referred to a spine surgeon.

Childhood and Adolescent Sports-Related Overuse Injuries; December 2023

### What is the role of obstetric history when assessing CVD risk?

Adverse pregnancy conditions, such as preeclampsia and gestational diabetes mellitus, should be considered risk-enhancing factors when addressing cardiovascular disease (CVD) risk for statin therapy.

Preventing CVD in Women: Common Questions and Answers; December 2023

### What is first-line treatment for pulmonary sarcoidosis?

Oral corticosteroids are first-line treatment in patients with pulmonary sarcoidosis because they improve chest radiograph appearance, spirometry, and symptoms; however, they do not appear to improve long-term disease progression.

Sarcoidosis: Evaluation and Treatment; January 2024

### Is an amoxicillin oral provocation challenge safe and accessible for distinguishing an erroneous penicillin allergy from a true one in adults and children?

A retrospective cohort study reported that the outcome of an amoxicillin oral provocation challenge—conducted in 99 adults and children who were initially labeled as having a penicillin allergy—subsequently identified the participants by history to be at low risk of having a true allergy. A total of 96 patients (97%) completed an amoxicillin oral provocation challenge with no reaction, which resulted in removal of an erroneous penicillin allergy label. The three patients who had an allergic reaction had mild symptoms and required

minimal intervention (i.e., no epinephrine). Use of this method to identify the millions of adults and children who have been incorrectly labeled as having a penicillin allergy may result in significant health care savings by eliminating the use of alternative antibiotics that are less effective and safe and more expensive.

POEMs: Amoxicillin Oral Challenge Is Safe and Accessible for Removing Erroneous Penicillin Allergy Label; January 2024

### What should be recommended to all patients with a recent history of myocardial infarction?

Influenza vaccination, smoking cessation counseling, and referral to cardiac rehabilitation improve mortality in patients with recent myocardial infarction.

Acute Coronary Syndrome: Diagnosis and Initial Management; January 2024

### Is compression therapy with bandages, stockings, or other devices safe and effective for treating venous ulcers in adults?

According to a Cochrane review of 14 randomized controlled trials, therapy involving compression bandages or stockings results in faster and more complete ulcer healing over 12 months, reduced pain, and improved disease-specific quality of life compared with treatment featuring no compression. It is unclear whether compression increases adverse effects or is cost-effective.

Cochrane for Clinicians: Compression Therapy for Chronic Venous Ulcers; January 2024

### Tip for Using AFP at the Point of Care

**Looking for an algorithm?** Go to the collection of diagnostic and treatment algorithms at <https://www.aafp.org/afp/algorithms>. You can search by keyword or sort by discipline or topic.

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