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Abstract

Van den Berg PJ, Bierma-Zeinstra SMA, Koes BW. Complex Regional Pain Syndrome. A systematic review of its clinical manifestations and prognosis. *Huisarts Wet* 2002;45(3):114-8.

Introduction The Complex Regional Pain Syndrome has been studied in the literature for more than a century. This article aims at summarising the reported information on the clinical findings and prognosis of CRPS type I in children and adults.

Methods We conducted a systematic literature search in Medline. All studies that aimed at describing clinical findings or prognosis were selected. Additional selection criteria were (a) sufficient detail in reporting inclusion criteria and follow-up time (b) high participation rates and no major losses to follow-up and (c) being written in English, French, German or Dutch. All clinical findings or prognostic endpoints that were described by two or more authors are reported.

Results We included 20 studies focussing on clinical findings (11), prognosis (6) or both (3). Three studies reported prognostic factors. Clinical findings can be categorised as inflammatory, neurological, atrophic or sympathetic. No single clinical finding was described to be present in all patients. For most patients in this review the prognosis was favourable. Nevertheless, mild symptoms such as pain (17-58%) or stiffness (55-65%) frequently persist; serious complications (7%) or recurrence occur in a minority. Younger age and a cold extremity at diagnosis may predict unfavourable outcome.

Conclusion The spectrum of clinical findings in CRPS type I patients is well described in the literature. However, there is a paucity of data on the natural history and prognostic factors of CRPS type I, especially among primary care patients. This information is as important for patients suffering from CRPS as for physicians evaluating the effectiveness of their treatments.

Intermezzo

Onder het licht van een straatlantaarn loopt een dronken man zijn sleutels te zoeken. Toeschouwer: maar weet je wel zeker dat je ze hier hebt verloren? Dronkelap: Welnee, maar hier is het licht. Deze drinkebroer typeert helaas veel wetenschappelijk onderzoek.

Stelling bij:

Blankenstein AH. *Somatizing patients in general practice. Reattribution, a promising approach* [Dissertatie]. Amsterdam: Vrije Universiteit, 2001.

Hoe meer technische hulpmiddelen, hoe onbeholpener men wordt.

Stelling bij:

Heuberger E. *Unraveling structural and functional features of secondary transport proteins* [Dissertatie]. Groningen: Rijksuniversiteit Groningen, 2001.