

OCS8: NEW APPROACHES TO CHRONIC DISEASE

Moderator: Paula Clara Santos (ESTSP.IPP)

OC32: Assessment of pain characteristics in patients of Clínica Médica Povo Portuense: 3 seasons study

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Introduction: Currently, most of the patients having chronic pain (CP) present neuropathic pain (NP). Therefore, the study of the main features of pain contributes to a better and more appropriate treatment.

Objectives: To study the duration and etiology of pain, associated pathologies (AP) and usual medication (UM) as well its socio-demographic characteristics (SDC); To assess pain location (PL), intensity, relief by medication and its effect on daily activities (DA); To determine the main features of NP.

Materials and Methods: Data collection was made over 3 seasons: n=63. The convenience sample was CMPP patients that voluntarily and by personal contact agreed to participate in this study, signing an informed consent. The parameters assessed were SCD (gender, age and occupation), pain duration (PD) and pain etiology, AP and UM. Two surveys were applied: Brief Pain Inventory (BPI) and *Douleur Neuropathique 4* (DN4). This study was approved by ESTSP Ethics Commission.

Results and Discussion: Patients mean age was 63 years, mostly females (82%), and 63% were retired. The PD is longer than 3 months and is transverse to the 3 seasons (91%). 49% have identified hip, thigh and leg, and 36% lumbar as the more frequent PL. Concerning AP, patients with hypertension, hypercholesterolemia and diabetes were found. 91% of the patients indicated use of pain medication (PM). The mean score in the 3 seasons for maximum pain was 7 ± 2 (scale 0-10). The most influenced DA were general activity, normal work and sleep (8, scale 0-10). The results indicate that 57% of patients using PM have relief symptoms. Brushing was the higher complaint (64%).

Conclusion: This study enables crossing data over 3 seasons, where the age seems to be related to pain complaints (PC). Our results indicate that autumn is the season with more PC, having a higher consumption of PM. Presumable NP is present in 44% of population. These results suggest that DA are affected by pain, and medication does not look totally effective.