

Prevalence of central and peripheral neuropathic pain and impact of depression, anxiety and sleep disorders on the intensity of pain and quality of life



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BRINGING THE FUTURE TO THE PRESENT



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BACKGROUND AND AIMS

To estimate the prevalence of pure central (CNP) and peripheral neuropathic pain (PNP) among patients attending pain clinics in Spain. To analyse factors associated with pain intensity and Quality of life (QoL).

METHODS

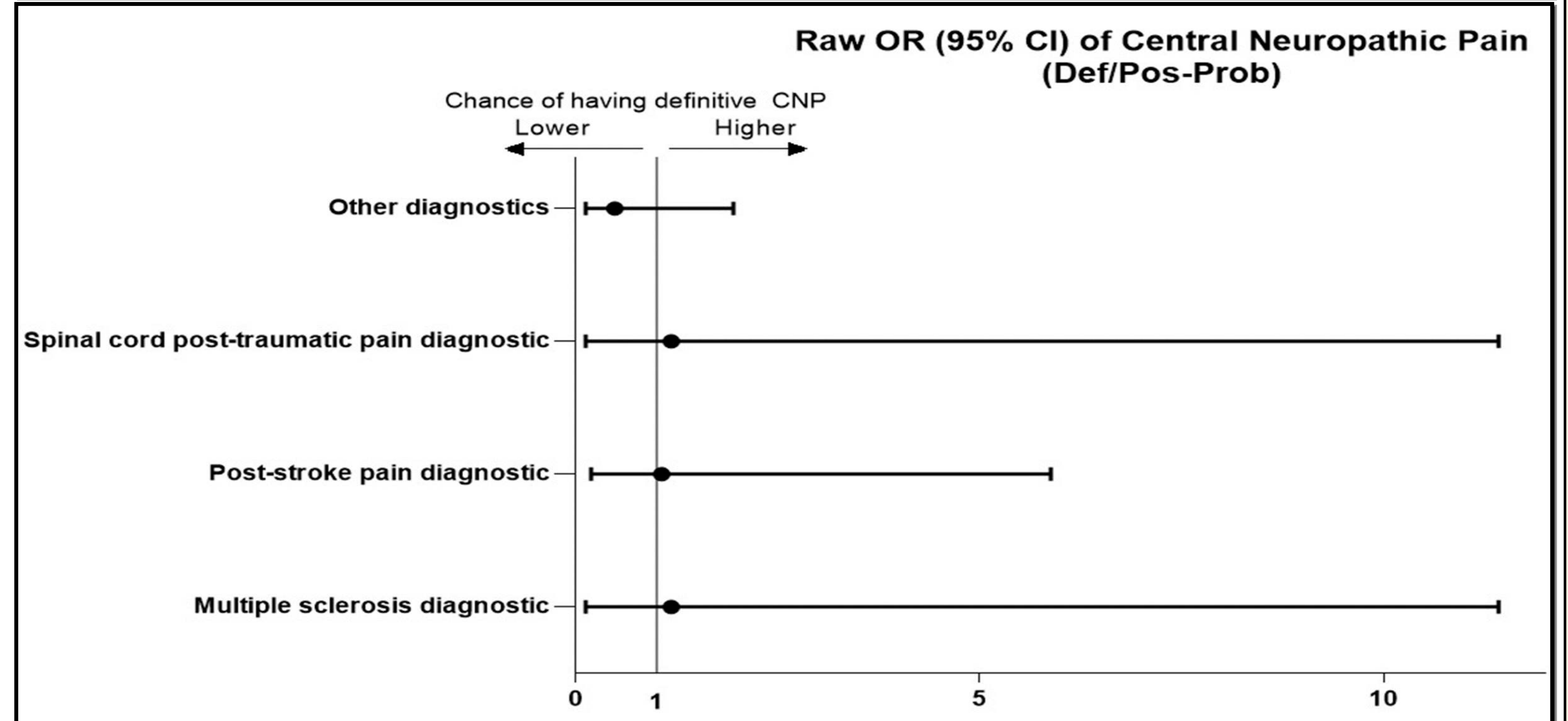
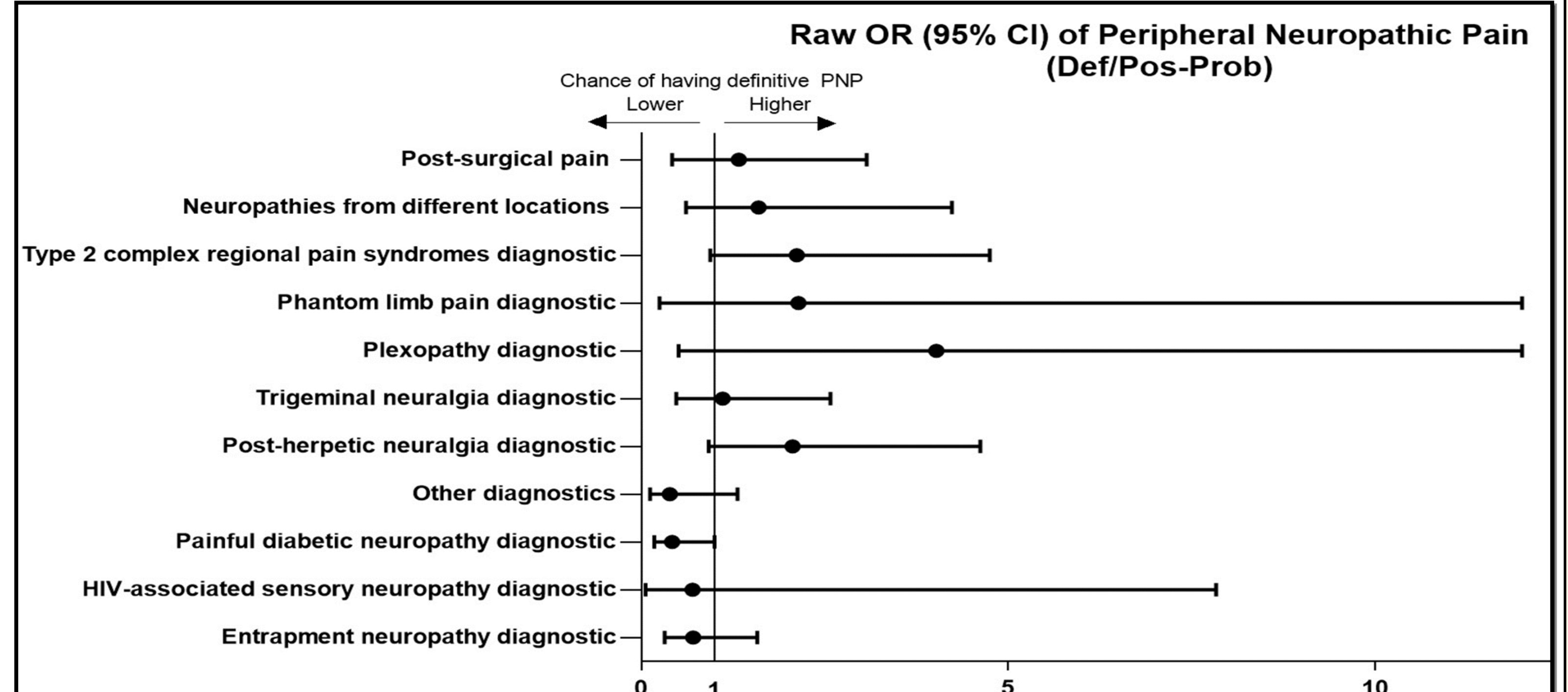
Cross-sectional study involving most of the pain clinics in Spain was carried out, 53 patients with CNP and 281 with PNP were included. Pain specialists used the revised grading system proposed in 2008 to decide definite, probable or possible diagnostic of NP.

RESULTS

Prevalence
CNP: 2.4% (CI95%:1.7;3.1)
PNP: 12.9% (CI95%:1.5;14.3)

Characteristic	CNP N=53	PNP N=281	p-value
Gender: females [n/N available (%)]	33/53(62.3)	176/277(63.5)	0.860 ^a
Current age (years) [mean (SD)]	59.3(15.8)	56.6(15.5)	0.243 ^b
Pain topography:	N available = 50	N available = 237	
head-column-trunk [n (%)]	32(64.0)	68(28.7)	<0.001 ^a
Upper limbs [n (%)]	20(40.0)	68(28.7)	0.115 ^a
Lower limbs [n (%)]	25(50.0)	102(43.0)	0.368 ^a
other [n (%)]	1(2.0)	14(5.9)	0.210 ^c
Duration of pain symptoms (years) [mean (SD)]	5.6(7.3)	4.1(5.3)	0.074 ^d
Current pain intensity (cm in VAS) [mean (SD)]	6.5(1.9)	6.4(2.1)	0.894 ^d
Current health status (EuroQol-5D) [mean (SD)]	43.2(21.3)	52.3(21.7)	0.005 ^d
Comorbidities:	N available = 49	N available = 236	
anxiety [n (%)]	27(51.1)	122(51.7)	0.664 ^a
depression [n (%)]	35(71.4)	100(42.4)	<0.001 ^a
sleep disorders [n (%)]	35(71.4)	138(58.5)	0.091 ^a
other [n (%)]	6(12.2)	30(12.7)	0.929 ^a
Level of certainty about neuropathic pain:			0.035 ^a
Definite [n (%)]	43(81.1)	208(74.0)	
Probable [n (%)]	5(9.4)	62(22.1)	
Possible [n (%)]	5(9.4)	11(3.9)	

^aPearson Chi square; ^bStudent T; ^cLikelihood ratio; ^dMann-Whitney U



Multivariate analysis of the factors associated with Pain Intensity.						
Variables	CNP (N=46)			PNP (N=159)		
	Coefficient (TE)	p-value	CI 95%	Coefficient (TE)	p-value	CI 95%
Constant	9.64(1.1)	<0.001	(7.42;11.86)	7.97(0.8)	<0.001	(6.45;9.50)
Type of contact: Follow-up	-1.59(0.5)	0.005	(-2.67;-0.52)	-0.74(0.4)	0.045	(-1.46;-0.02)
Current State of Health. EQ-5D score	-0.02(0.1)	0.130	(0.01;0.99)	-0.01(0.0)	0.057	(-0.03;0.00)
Pain location upper limbs: Yes	-1.13(0.5)	0.025	(-2.10;-0.15)			
Pain location lower limbs: Yes	1.09(0.5)	0.026	(0.14;2.05)			
Depression: Yes				0.67(0.3)	0.032	(0.06;1.27)
Sleep Disorders: Yes				0.83(0.3)	0.006	(0.24;1.43)
Duration of pain				-0.07(0.0)	0.014	(-0.12;-0.01)

R² corrected=0.264
The self-perceived health status was included in the model as a confounding variable.

R² corrected=0.133

Multivariate analysis of the factors associated with the Health Status EQ-5D.						
Variables	CNP (N=33)			PNP (N=203)		
	Coefficient (ET)	p-value	CI 95%	Coefficient (ET)	p-value	CI 95%
Constant	49.71(11.0)	<0.001	(26.98;72.44)	56.87(10.3)	<0.001	(36.52;77.21)
Age				0.18(0.1)	0.041	(0.01;0.35)
Gender: Woman				-8.07(2.9)	0.006	(-13.77;-2.36)
Work status: Active	23.76(7.2)	0.022	(-27.17;-2.30)	8.21(3.0)	0.008	(2.20;14.22)
Ethnicity: Latin American	24.96(5.6)	<0.001	(13.45;36.47)			
Depression: Yes	-14.73(6.0)	0.025	(-25.47;-1.92)			
Sleep Disorders: Yes	-13.69(5.7)	0.025	(-25.47;-1.92)			
Receiving adequate treatment	11.57(5.3)	0.041	(0.51;22.62)			
Location pain spine: Yes	-15.38(5.3)	0.008	(-26.33;-4.43)			
Pain location upper limbs: Yes	-12.43(5.6)	0.036	(-23.99;-0.87)			
Other locations: Yes	-62.05(16.6)	0.001	(-96.46;-27.63)			
Duration of pain	0.349(0.3)	0.325	(-0.37;1.07)	-0.16(0.3)	0.537	(-0.67;0.35)
Intensity of pain (VAS)				-2.44(0.6)	<0.001	(-3.68;-1.12)
Level of certainty: Definite				6.86(3.1)	0.026	(0.84;12.88)

R² corrected=0.605

R² corrected=0.159

CONCLUSIONS

Pain intensity and QoL are affected by different factors in patients suffering central or peripheral neuropathic pain. Identifying these factors could serve to guide therapeutic strategies and improve QoL of patients.

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