



SIP

Societal Impact of Pain

2017

**Structured Cooperation
between Health Care
Systems tackling the
societal impact of pain!**

Chronic Pain Management in Primary Care

An Innovative Approach

Raul Marques Pereira, MD, MSc
Unidade Local de Saúde do Alto Minho, USF Lethes
Portugal

Disclosure Statement of conflict of interest in the context of the subject of this presentation



Within the past 12 months, I or my spouse/partner have had following financial interest/arrangement(s) or affiliation(s)

- **Support for travel** none
- **Honoraria for lectures** none
- **Honoraria for advisory board activities** none
- **Participation in clinical trials** none
- **Research funding** none
- **Financial shares and options** none

Chronic Pain Management in Primary Care An Innovative Approach



OUTLINE

- Chronic Pain Management in Primary Care – **Why?**
- A new framework for chronic pain management – **How?**
- Doing more to improve quality of life and reduce disability days – **What?**

Chronic Pain Management in Primary Care Why?



PORTUGAL

- Population: 10.3M
- Chronic Pain Prevalence¹: **36.7%**
- Access to Chronic Pain Units: **1%** of the population
- Indirect costs of chronic pain in the lower back and joints²: **€740M**



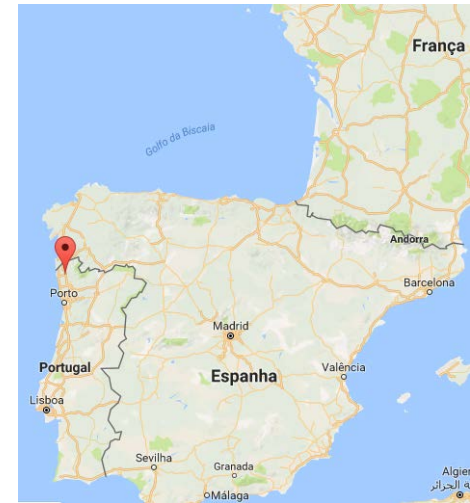
¹ Azevedo, L. F., Costa-Pereira, A., Mendonça, L., Dias, C. C., & Castro-Lopes, J. M. (2012). Epidemiology of chronic pain: a population-based nationwide study on its prevalence, characteristics and associated disability in Portugal. *The journal of pain*, 13(8), 773-783.

² Gouveia, M., & Augusto, M. (2011). Indirect costs of chronic pain. *Revista Portuguesa de Saúde Pública*, 29, 100-107.

Chronic Pain Management in Primary Care Why?

USF LETHES

- Primary Health Care Unit in Ponte de Lima, Portugal
- **16.000 patients**
- 9 Medical Doctors, specialized in Family Medicine
- **Pain Consults since 2015**



A New Framework for Chronic Pain Management How?



REFERRAL PROTOCOL



A New Framework for Chronic Pain Management How?



CHRONIC PAIN CONSULTATION

- Global assessment of patient's needs
- Defining the patient's goals of care
- Adjusting the treatment plan
- Providing a rapid follow-up consultation



A New Framework for Chronic Pain Management How?



CHRONIC PAIN CONSULTATION

➤ Pain Assessment Scales

- Brief Pain Inventory
- Hospital Anxiety and Depression Scale
- DN4 Questionnaire



Date: _____ Study ID: _____
Hospital: _____

Brief Pain Inventory (Short Form)

1. Throughout our lives, most of us have had pain from time to time (such as minor headaches, sprains, and toothaches). Have you had pain other than these everyday kinds of pain today?
 Yes No

2. On the diagram, shade in the areas where you feel pain. Put an X on the area that hurts the most.

3. Please rate your pain by marking the box beside the number that best describes your pain at its **worst** in the last 24 hours.
No Pain 0 1 2 3 4 5 6 7 8 9 10
Pain As Bad As You Can Imagine

4. Please rate your pain by marking the box beside the number that best describes your pain at its **least** in the last 24 hours.
 0 1 2 3 4 5 6 7 8 9 10
No Pain 0 1 2 3 4 5 6 7 8 9 10
Pain As Bad As You Can Imagine

5. Please rate your pain by marking the box beside the number that best describes your pain on the **average**.
 0 1 2 3 4 5 6 7 8 9 10
No Pain 0 1 2 3 4 5 6 7 8 9 10
Pain As Bad As You Can Imagine

6. Please rate your pain by marking the box beside the number that tells how much pain you have **right now**.
 0 1 2 3 4 5 6 7 8 9 10
No Pain 0 1 2 3 4 5 6 7 8 9 10
Pain As Bad As You Can Imagine

Page 1 of 2 Copyright 1991 Charles S. Cleveland, PhD Pain Research Group All rights reserved.

Chart 1 — Hospital Anxiety and Depression Scale

This questionnaire will help your physician know how you are feeling. Read every sentence. Place an "X" on the answer that best describes how you have been feeling during the LAST WEEK. You do not have to think too much to answer. In this questionnaire, spontaneous answers are more important. Mark only one answer for each question.

A (1) I feel tense or wound up:
3 () Most of the time
2 () A lot of times
1 () From time to time
0 () Not at all

D (8) I feel as if I am slowed down:
3 () Nearly all the time
2 () Very often
1 () From time to time
0 () Not at all

D (2) I still enjoy the things I used to:
0 () Definitely as much
1 () Not quite so much
2 () Only a little
3 () Hardly at all

A (9) I get a sort of frightened feeling like butterflies in the stomach:
0 () Not at all
1 () From time to time
2 () Quite often
3 () Very often

A (3) I get a sort of frightened feeling as if something awful is about to happen:
3 () Very definitely and quite badly
2 () Yes, but not too badly
1 () A little, but it doesn't worry me
0 () Not at all

D (10) I have lost interest in my appearance:
3 () Definitely
2 () I don't take so much care as I should
1 () I may not take quite as much care
0 () I take just as much care as ever

D (4) I can laugh and see the funny side of things:
0 () As much as I always could
1 () Not quite as much now
2 () Definitely not so much now
3 () Not at all

A (11) I feel restless, as if I had to be on the move:
3 () Very much indeed
2 () Quite a lot
1 () Not very much
0 () Not at all

A (5) Worrying thoughts go through my mind:
3 () Most of the time
2 () A lot of times
1 () From time to time
0 () Only occasionally

D (12) I look forward with enjoyment to things:
0 () As much as I ever did
1 () A little less than I used to
2 () Definitely less than I used to
3 () Hardly at all

D (6) I feel cheerful:
0 () Most of the time
1 () Usually
2 () Not often
3 () Not at all

A (13) I get a sudden feeling of panic:
3 () Very often indeed
2 () Quite often
1 () From time to time
0 () Not at all

A (7) I can sit at ease and feel relaxed:
0 () Definitely
1 () Usually
2 () Not often
3 () Not at all

D (14) I can enjoy a good TV or radio program or book:
0 () Often
1 () Sometimes
2 () Not often
3 () Hardly at all

DN4 Questionnaire

PATIENT INTERVIEW

Question 1. Does the pain have any of the following characteristics?

1. Burning
2. Painful sensation of cold
3. Electric shocks

Question 2. Is the pain associated with any of the following symptoms in the same area?

4. Tingling
5. Pins and needles
6. Numbness
7. Itching

PATIENT EXAMINATION

Question 3. Is the pain located in an area where the physical examination may reveal one or more of the following characteristics?

8. Hypoaesthesia to touch
9. Hypoaesthesia to prick

Question 4. In the painful area, can the pain be caused or increased by:

10. Brushing

YES = 1 point
NO = 0 points

Patient's score: ____/10

If the patient's score is ≥ 4 , the test is positive. (sensitivity 82.9%; specificity 89.9%)

Reprinted from Bohasaia D, et al. This questionnaire has been reproduced with permission of the International Association for the Study of Pain (IASP). The questionnaire may not be reproduced for any other purpose without permission.

Fig 2. DN4 questionnaire.

A New Framework for Chronic Pain Management How?



CHRONIC PAIN CONSULTATION

- More than 150 patients every year
- Clinical improvement in more than 80% of the patients
- Expanding the consultation – Family Medicine residents and medical students



Doing more to improve quality of life and reduce disability days

What?

GOALS AND OBJECTIVES

- Provide a replicable model on the implementation of a chronic pain consult in other Primary Care Health Units
- Improve patient access to our consultation
- Improve the quality of life of our patients
- Measure the impact of this type of consultation on quality of life
- Measure the reduction of disability days

