

EPIDEMIOLOGICAL STUDY ON CHRONIC NEURO-MUSCULOSKELETAL PAIN

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Main Category: C (clinical)

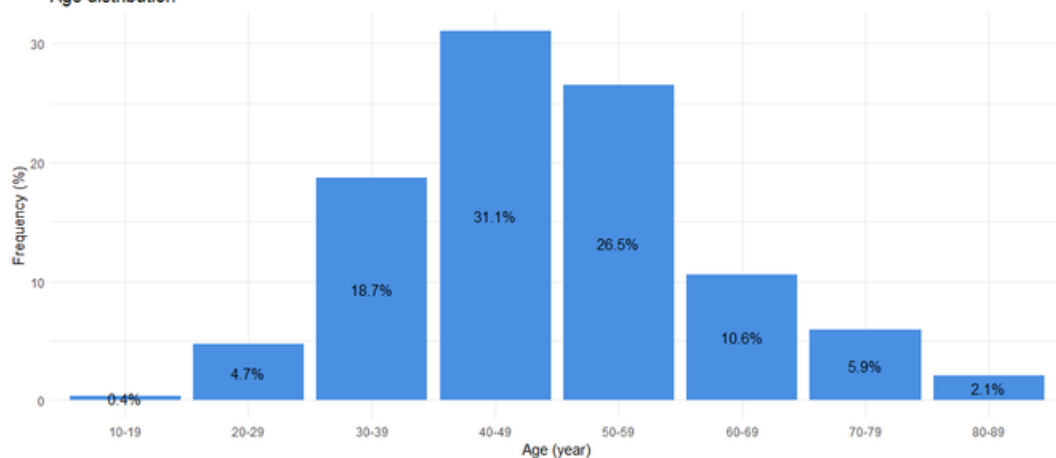
Main Topic: Epidemiology

Background and aims: Chronic pain is a significant personal and economic burden, the majority of which is of neuromusculoskeletal origin. In Belgium, multidisciplinary pain assessment and treatment centers have been established to manage these patients in the third line of care. The aim of this study is to collect epidemiological data on patients at one of these centers to better understand the characteristics and factors associated with chronic pain.

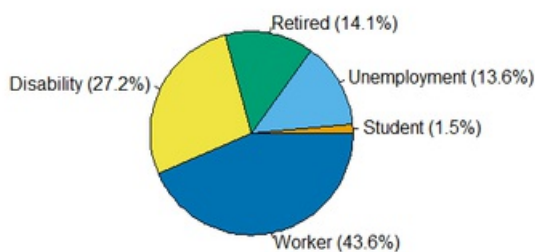
Methods: A retrospective analysis was performed using patient records from the Centre Multidisciplinaire d'Evaluation et de Traitement de la Douleur (CMETD) at Erasme University Hospital (Brussels). A random sample of 100 participants per year with chronic neuromusculoskeletal pain at the CMETD between 2007 and 2017 was included. Data collection included sociodemographic information and diagnosis.

Results: The study analyzed 1000 medical records, 73% of which represented women. The median age of the patients was 48 [40-57] years and the median time to onset of symptoms was 4 [2-8] years. Among them, about 43.6% were professionally active, while 27.2% were on disability. The lumbar region was the most affected anatomical area and 42.4% of the patients reported suffering from depression. In addition, depression was significantly more common in women (49.2% versus 24.3% in men).

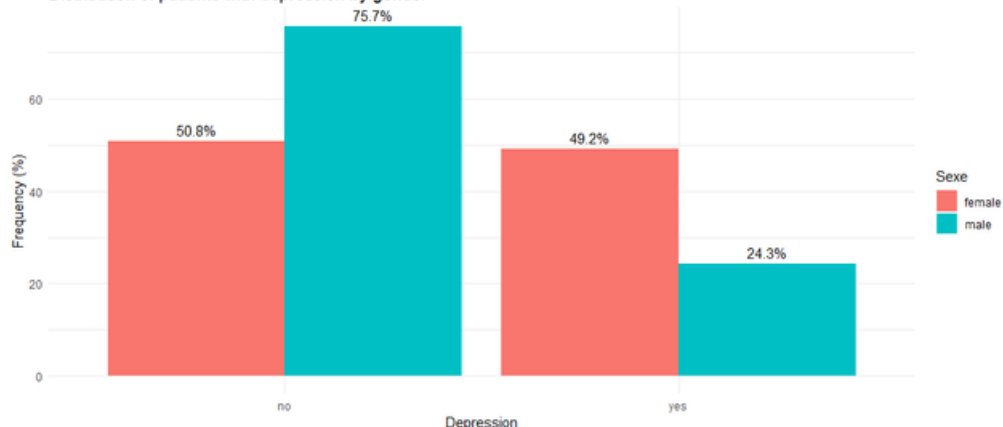
Age distribution



Main activity



Distribution of patients with depression by gender



Conclusions: Our study confirms data already observed in the literature: a higher prevalence in women and people of working age, frequent low back complaints and a strong association with depression. Multidisciplinary pain management in primary care would avoid collateral damage to professional activities and the psychological state of patients.

Do you have any conflict of interest to declare (industry support) for the past 3 years related to this work? No

Has this study been approved by an ethics committee?: Yes

In case of patient case presentations: Do you have approval from the patient/patients? No

Explain why: Obtaining consent is unrealistic given the number of files involved and the likelihood of having many patients who are no longer contactable. There is also a risk of awakening a painful past

I am interested in participating in a poster walk: Yes

My abstract has an industry perspective: No

I wish to be eligible for a poster prize: Yes

If selected, I would like to give an oral presentation in addition to the poster presentation: No