

Multidimensional aspects of patients in pain clinic center : epidemiological study

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Background

The heterogeneity among patients suffering from chronic pain poses challenges for improving their management. The objective of this study is to gather epidemiological data that can aid in understanding the characteristics and factors associated with chronic pain.

Methods

A retrospective analysis was conducted 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 pain at the CMETD between 2007 and 2017 was included. Data collection encompassed sociodemographic information and diagnoses.

Results

We examined 1000 medical records, of which 73% represented women. The average age of patients was 49 years, and they had experienced symptoms for a median duration of 4 years. Approximately 43.6% were professionally active, and the most common occupation among them was that of cleaning staff. In contrast, 30.3% were on disability. The lumbar region was the most affected anatomical area, accounting for 42.7% of cases, and 42.4% of patients reported suffering from depression. Additionally, depression was significantly more prevalent among women.

Conclusions

Our findings highlight the complex relationship between prognostic factors across various domains and support the notion that clinicians should adopt a multidimensional approach in their management of patients with chronic pain.