

Does health-related quality of life improve following pain management interventions?

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Background

- Many patients suffering from chronic pain report being less able or no longer able to take part in various daily activities and thus impacting quality of life.
- The EQ5D-5L questionnaire is a standardised tool and generic measure of health status developed by the EuroQoL Group.

Aim

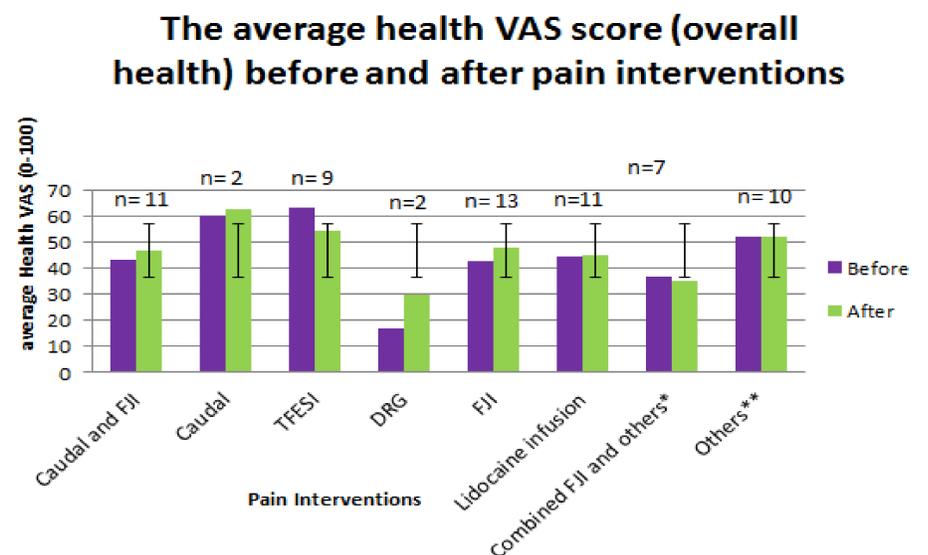
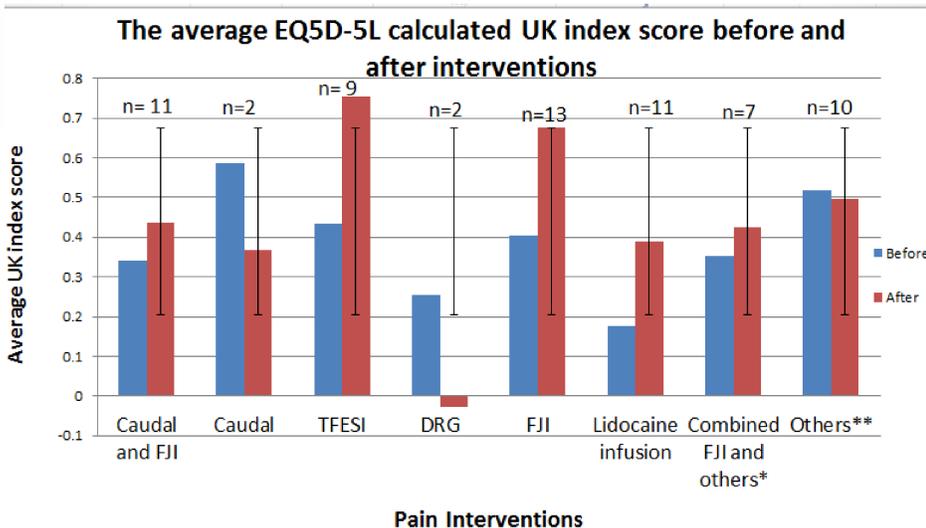
- The primary purpose of this service evaluation was to assess the improvement in quality of life (QoL), function, and overall health before and after interventions for chronic pain.

Method

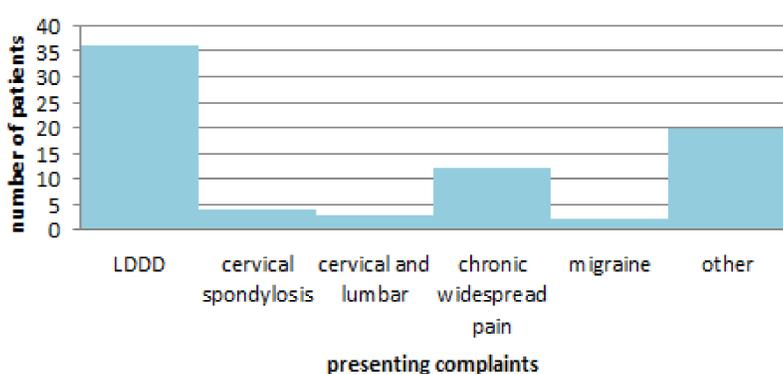
- As part of clinical effectiveness audit, EQ5D-5L questionnaires were distributed to adult patients to complete prior to their scheduled pain intervention. Post-intervention questionnaires were collected 8-12 weeks after their pain intervention.
- The UK index score was calculated using a EQ5D-5L calculator that computed the individual responses given for mobility, self-care, pain/discomfort and anxiety and depression. The average of these scores were analysed for each pain intervention.

Results

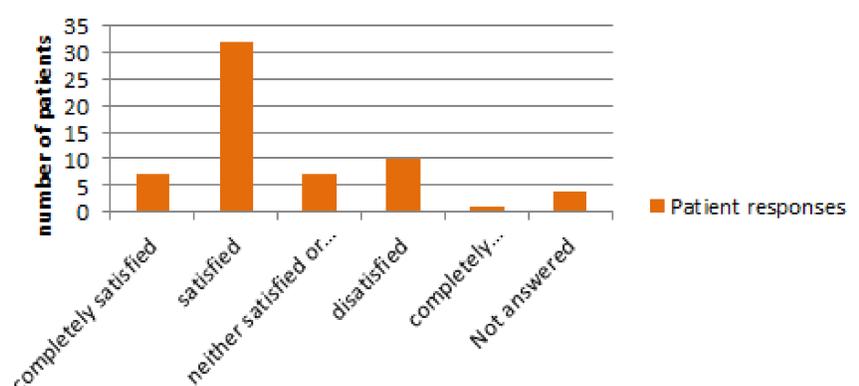
- 66 patients completed pre and post intervention questionnaire 1st August 2017- 3rd April 2018.
- 54 patients reported a decrease in the severity of their pain, and of these 13/54 patients who had FJI, reported a 27% ($p>0.05$) pain decrease and a positive overall health score of 5%. 12/66 patients had no improvement or any significant changes.
- 9/54 patients who had TFESI reported a decrease of 32% ($p<0.05$) in the severity of their pain, however a decline in overall health score of 9% was seen.
- 7/54 patients who had combined FJI + other pain injections reported a 7.1% ($p>0.05$); pain decrease, reported a -1.15% drop in overall health when compared before and after.



The number of patients per presenting complaint



Patient feedback responses to their pain interventions



*FJI and other injections include: Sacroiliac injection (SJI), Transforaminal epidural steroid injections (TFESI) or trigger point injections (TPI).

** Others include: percutaneous electrode nerve stimulation (PENS) or Radiofrequency denervation.

Conclusions

Our results suggest interventions especially for patients suffering from low back pain (n=36); FJI, TFESI and combined FJI with other injections have a significant impact in improving patients' quality of life and pain intensity. The results of the average EQ5D-5L calculated UK index score suggest considerable improvement after pain interventions however the health VAS scores do not indicate this.

Limitations

- Variable patient numbers in each intervention.
- Small numbers because some patients didn't complete both questionnaires. or questionnaires were not collected on the weekends.