Chronic pain following traumatic injury in patients treated at the East Midlands Major Trauma Centre (EMMTC)

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Introduction and Aim

Chronic pain impacts health, employment, disability, can last 84 months post injury and is a financial burden on the economy and healthcare systems[1,2].

The aim of this project was to quantify the rate and severity of chronic pain in trauma patients treated at a UK MTC.

Method

Patients treated at the EMMTC were contacted 3 months after their injury and completed a questionnaire related to pain they were experiencing.

	Study cohort n= 41
Age	59 (48-76)
Sex Male Female	24 (59%) 17 (41%)
Injury Severity Score (ISS)	13 (9-17)

Table 1- Patient characteristics: age and injury severity score (mean & interquartile range), sex (number of patients/percent)

Results

Of the 76 patients contacted, 41 completed the questionnaire. 78% of patients reported some level of pain versus no pain (recorded via the EQ-5D5L health questionnaire) and over 60% of patients rated their pain as moderate or severe at its worst (via an 11 point Numerical Rating Scale 0-10).

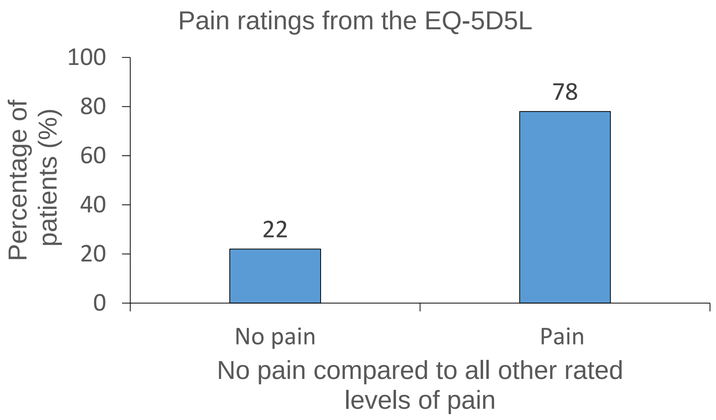

Figure 1- Percentage of patients who reported no pain compared to pain (ranging from mild-extreme) via the EQ-5D5L

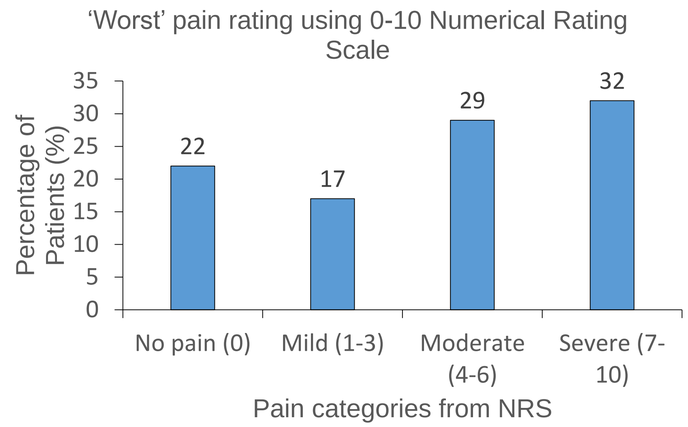

Figure 2- 'Worst' level of pain reported by patients on an 11 point NRS broken into sub categories ranging from none-severe

Conclusion and Impact

Chronic pain is highly prevalent and a considerable number of patients suffer moderate-severe levels of pain. Future research is needed to understand and evaluate the long-term effects of chronic pain in trauma patients.

References

1- Rosenbloom BN, Khan S, McCartney C, Katz J. Systematic review of persistent pain and psychological outcomes following traumatic musculoskeletal injury. Journal of pain research. 2013;6:39

2- Cohen SP, Vase L, Hooten WM. Chronic pain: an update on burden, best practices, and new advances. The Lancet. 2021 May 29;397(10289):2082-97.