European Respiratory Society Annual Congress 2012

Abstract Number: 3339

Publication Number: P1912

Abstract Group: 1.2. Rehabilitation and Chronic Care

Keyword 1: Comorbidities Keyword 2: Rehabilitation Keyword 3: Quality of life

Title: Characteristics and comorbidities associated with pain in people with chronic obstructive pulmonary disease (COPD)

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Body: Background: A recent survey demonstrated that the prevalence of pain in people with COPD was more than twice that in age-matched people without COPD, and pain was ~2.5 times more severe. Purpose/Hypothesis: to determine the characteristics and comorbidities associated with pain in people with COPD. Methods: Patients were recruited from respiratory clinics and pulmonary rehabilitation programs. Respondents participated in a mail survey that included: the McGill Pain Questionnaire (MPQ), the Brief Pain Inventory (BPI), a form to list comorbidities (modified from the Charlson Index) and medications. Results: Sixty-five of 92 COPD patients responded to the survey (70% response rate). They had an FEV₁ of 44±17 % pred, a BMI of 27.6 kg/m² and were 74±8 years. Forty-four respondents (67%) self-reported pain. On the BPI, 64% of these COPD patients had moderate to very severe pain and 73% had moderate to very high pain interference with daily activities. Average pain severity scores on the MPQ and BPI were correlated (r= 0.74). Of 44 COPD patients who experienced pain, 39 (89%) reported ≥2 comorbidities and 20 (45 %) reported ≥4 comorbidities; the most common were musculoskeletal (21%) and circulatory disorders (21%). Twenty-eight (64%) of COPD patients used pain alleviating treatments, the most common were non-prescription pain medications (acetaminophen and ibuprophen [n=18; 64%) followed by prescription NSAIDS and narcotics. Conclusions: Moderate to severe pain is common in people with COPD. This pain likely compromises full participation in rehabilitation and the ability to increase physical activity. Musculoskeletal causes appear to be a major contributing factor.