



Which methods are used as treatment of chronic pain among older adults?

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Conclusions

- The utilization of pain treatment methods does not reflect our current best knowledge on effective pain treatment or management of chronic pain.
- Passive methods are generally the most used treatments for chronic pain by older adults.
- Treatments across the spectrum does not seem to be perceived as effective by the users.
- Treatments involving a health care practitioner were often rated as the most effective, while psychological and social strategies were perceived less effective.
- Effort has to be made to identify and correct the flow of knowledge from the first line of research to the last line of patient understanding and utilization of treatment methods in order to effectively impact chronic pain problems.

Background

Treatment of chronic pain should ideally evolve over time due to novel research - which in turn influences guidelines, implementation in healthcare and public understanding of pain management and usage of effective treatment methods.

However, which methods of treatment that actually are utilized by those in pain and their perceived effectiveness is less known.

Aim

The aim of this study was to survey which methods of treatment for chronic pain that are used by older adults and their perceived effectiveness.

Method

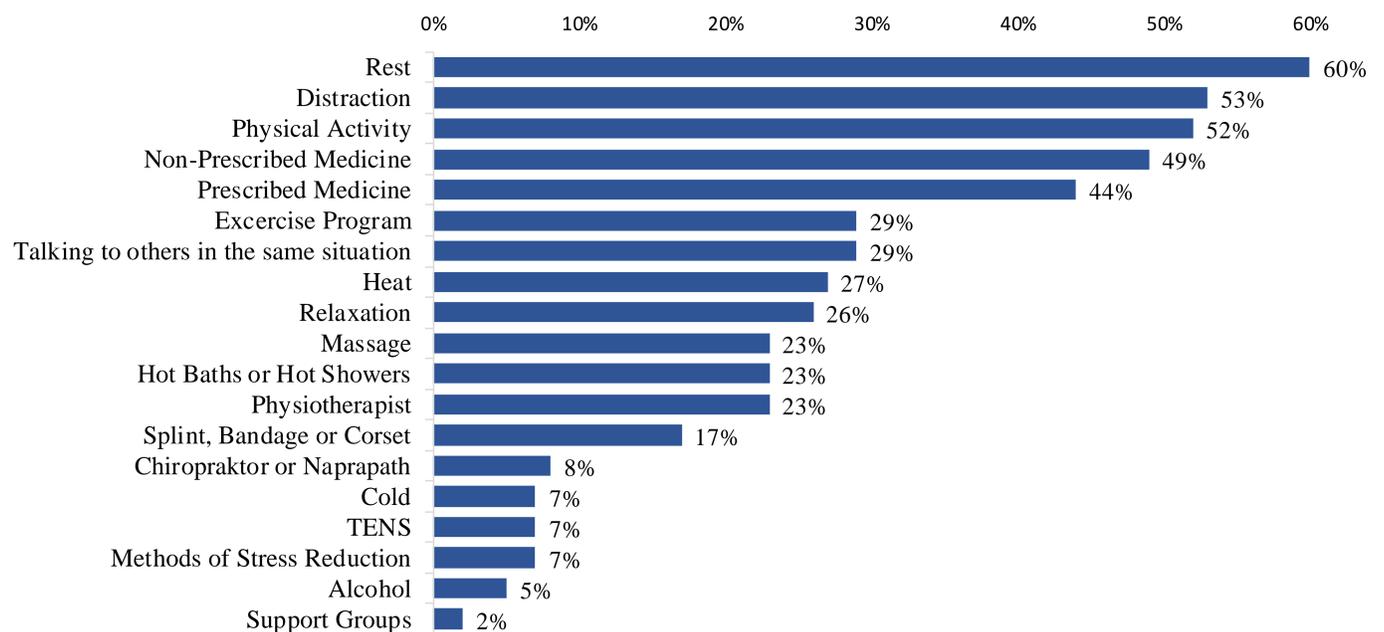
Data were collected through 2000 questionnaires sent to older adults (65+) recruited through Swedish Register of Inhabitants on a randomized basis.

A total of 1141 participants responded and was included in the study.

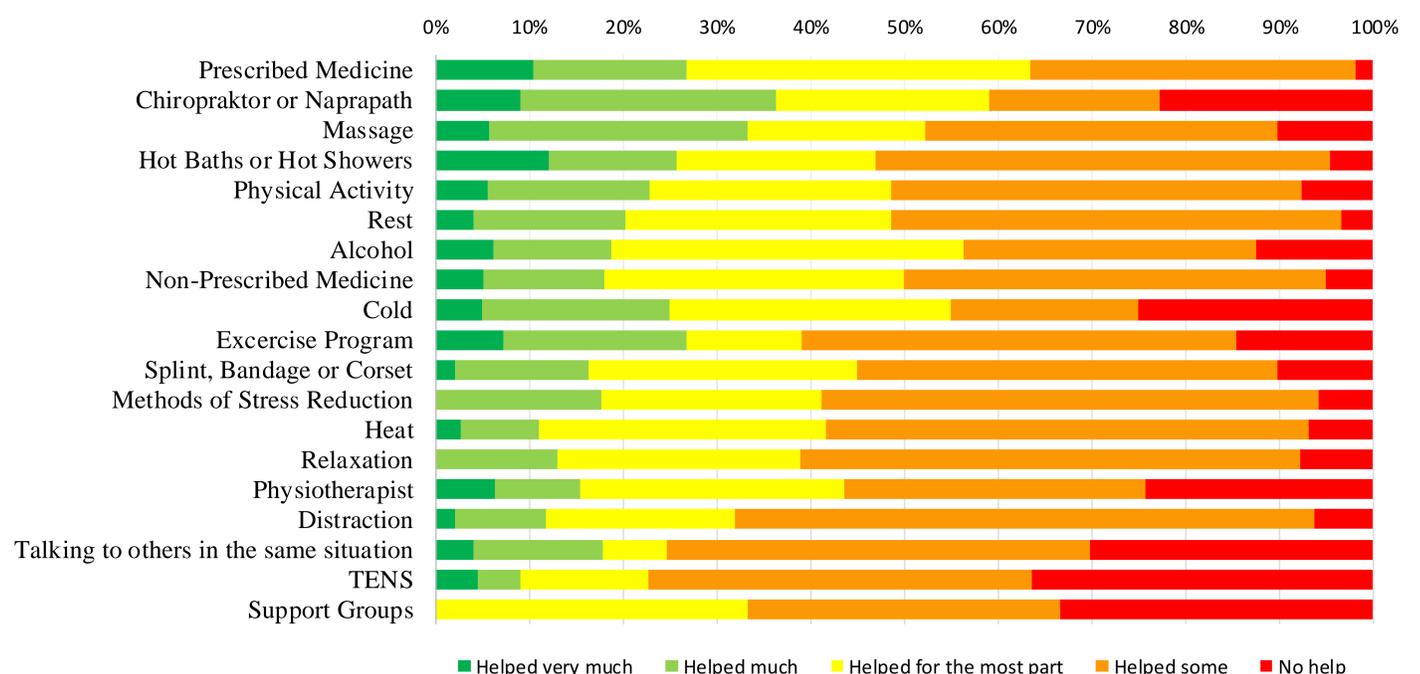
Results

41.9% of the included participants reported having had pain the last week and 38.5% reported having pain for 3 months or longer. The mean duration of chronic pain was 10,1 years. Median age of older adults with chronic pain was 73 years and 63,5% were women.

Utilization of pain treatment methods



Perceived effectiveness of pain treatment methods



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