



Obesity and the location of chronic pain

Chronic pain statistics

- ◆ 50 million Americans suffer from chronic pain and an additional 25 million suffer from acute pain (1)
- ◆ 2/3 of these patients have been living in pain for more than 5 years (2)
- ◆ In 1999 Marketdata Enterprises estimated that approximately 4.9 million Americans saw a physician for chronic pain (3)

Pain and Productivity loss

- ◆ The loss of productivity and activity due to chronic pain is substantial
- ◆ In a study done in 2000 it was reported that 36 million Americans missed work in the previous year due to pain(4)
- ◆ 83 million indicated that pain affected their participation in various activities(4)

References

- ◆ 1)National Pain Survey, conducted for ortho-McNeil Pharmaceutical, 1999
- ◆ 2)Chronic Pain in America: Roadblocks to relief, survey conducted for the American Pain Society, The American Academy of Pain Medicine and Janssen Pharmaceutica, 1999
- ◆ 3)Pain Management Programs: A market Analysis, Marketdata Enterprises, 1999, Tampa, FL
- ◆ 4)Pain in America: A Research Report, Survey conducted for Merck by the Gallup Organization, 2000



Hypothesis

Generalized Pain will correlate more closely to increased BMI than pain localized to a specific location

Methods

- ◆ A survey will be distributed In a rural family practice clinic to patients, 18 years of age or older, who present with the complaint of chronic pain. The Patient's BMI will be calculated by the nursing staff. Nursing staff will inform the patient of their BMI so it can be recorded on the survey. Participation in the study is voluntary and anonymous. Study will be conducted for two weeks. Statistical analysis will be completed and all raw data destroyed.

Results/Conclusions

- ◆ A total of three surveys were collected.
- ◆ No analysis was done due to the low amount of data
- ◆ Collected surveys were destroyed



Reasons for Study Failure

- ◆ The survey was distributed in a Primary care office, which did not see a large enough volume of patients in the two week period allotted for data collection.
- ◆ Nursing staff was relied on to distribute surveys due to demands on their time and the inconvenience of calculating the BMI surveys were not always given to pain patients




Survey

- ◆ The following slides show the survey that was used in this study

- 
- 
- ◆ **By completing the following Questionnaire, I am consenting to participate in a research study. I understand that my responses are anonymous.**

1) Where is your pain primarily located?

- ◆ a) Lower back
- ◆ b) Upper back/neck
- ◆ c) Head
- ◆ d) Knee
- ◆ e) Ankle
- ◆ f) Hip
- ◆ g) Upper extremity
- ◆ h) Other please
specify _____

- 
- ◆ 2) How long have you had pain in this location ?

3) Do you have pain in other locations? (circle all that apply)


- ◆ a) Lower back
- ◆ b) Upper back/neck
- ◆ c) Head
- ◆ d) Knee
- ◆ e) Ankle
- ◆ f) Hip
- ◆ g) Upper extremity
- ◆ h) Other please specify _____

- 
- ◆ 4) How many days per week do you experience pain?


- 
- ◆ 5) On a scale from 1-10 (with 10 being the worst) rate your pain.

- 
- ◆ 6) How many days per week does pain limit your usual activities?

- 
- ◆ 7) How many years have you been treated for chronic pain?



8) How would you describe your weight?



- ◆ a) under weight
- ◆ b) normal weight
- ◆ c) overweight
- ◆ d) very overweight

- 
- ◆ 9) What is your BMI?

- 
- ◆ 10) What is your age?



11) What is your gender?

- ◆ a) male
- ◆ b) female

12) What is the highest educational level you have completed?

- ◆ a) Never completed high school
- ◆ b) High School
- ◆ c) Some college
- ◆ d) Bachelor's degree
- ◆ e) Master's degree or higher