

# AB197. SOH22ABS051. Multiple pain sources are the norm in patient's attending chronic pain clinics: a multi-center retrospective study

Alena-Mihaela Boros<sup>1</sup>, Alexander Moudrakovski<sup>2</sup>, Wei Lan<sup>3</sup>, Dominic Harmon<sup>1</sup>

<sup>1</sup>Department of Anaesthesia, University Hospital Limerick, Limerick, Ireland; <sup>2</sup>Department of Anaesthesia, Beaumont Hospital, Dublin, Ireland; <sup>3</sup>Department of Anaesthesia, Cork University Hospital, Cork, Ireland

**Background:** Identifying the source and mechanism of pain is of major importance in treating chronic pain. The treatment outcome of patients is impacted by the multiple pain sources. The coexisting conditions appear more common in women than men. We designed a multi-center retrospective study to assess sources of pain in patients referred to a chronic pain clinic.

**Methods:** Three hundred adult patient charts were randomly selected from three pain management center's in Ireland. We recorded patient demographics, the sources of pain, as well as what caused pain (e.g., road traffic accident, work injury or surgical interventions).

**Results:** From 300 adult patients between 18 to 92 years of age (56 years  $\pm$ 15.75) 184 (61.3%) were women and 116 were men (38.7%). Our study showed that 188 had more than one source of pain. This was more common in women (136/188) 72.3% than in men (52/188) 27.7%. The most common source of pain was back pain 119/300 (39.7%) followed by joint pain 117/300 (39.0%), back and leg pain 103/300 (34.3%) and neck pain 76/300 (25.3%). A total of 59/300 (19.7%) were with injuries caused by road traffic accident, work related injuries and post-surgical.

**Conclusions:** The majority of patients attending a chronic pain clinic had more than one source of pain. Diagnosing the source and mechanism of pain is crucial in the treatment of chronic pain conditions. This study demonstrates the importance of a pain management service and the need to refine the diagnostic skills and techniques.

**Keywords:** Pain; multiple chronic pain conditions; pain management service; diagnosis; diagnostic

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## Footnote

*Conflicts of Interest:* The authors have no conflicts of interest to declare.

*Ethical Statement:* The authors are accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.

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