E-Poster

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Neuropathic Pain in Chronic Spinal Cord Injury, Quality of Life and Mental Health: Comparative Cross-Sectional Study

Topic: Pain

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BACKGROUND

Spinal cord injury (SCI) is a complex condition, implicated in developing and worsening various pathological conditions. Central neuropathic pain is a frequent complication of SCI and may cause a deteriorated quality of life (QoL) and mental health. Therefore, we conducted this study to explore the possibly neuropathic pain (NP) associated impairments.

METHODS

Fifty adult patients with chronic SCI (more than 6 months of evolution) were included. Exclusion criteria was the presence of any other cause of NP (diabetic neuropathy, Guillain Barré syndrome…). Twenty nine patients had NP (58%) and 21 had not (42%). The presence or not of NP was judged by the DN4 score. The primary outcome was the QoL which was evaluated by Arabic SF-36 questionary adapted to the Tunisian population. Secondary outcomes were general function which was assessed by Spinal Cord Independence Measure III (SCIM III) and mental health which was assessed by the Hospital Anxiety and Depression Scale (HADS).

RESULTS

Sociodemographic data showed a male predominance (78%), 38 traumatic and 12 non-traumatic SCI, 32 were paraplegics (64%) and 18 tetraplegics (36%). Patients with NP had impaired QoL in almost all domains when comparing to the patients without NP, but significant difference between the two groups was only detected on: overall health ($p = 0.005$), physical functioning ($p = 0.008$) and pain ($p = 0.002$). NP group had a more deteriorated general function, anxiety and depression but that was not statistically significant. Our findings revealed that chronic NP in SCI is involved in QoL impairment of this population. The essential impact was found on overall health, physical functioning and pain related QoL.

CONCLUSION

In our study we didn't detect a significant difference in anxiety and depression scores between the two groups. But, a negative impact was found on several domains of QoL. Further studies with larger sample sizes are necessary to explore the impact of NP on mental health and overall QoL in SCI.

Statement of Disclosures

None

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