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Amputee Pain: A Multifaceted Challenge With Psychological and Functional Implications

Topic: Pain

Iheb Nticha, Mariem Gaddour, Ines Loubiri, Bassem Tiss, Sawsen Layouni, Sonia Jemni

Physical Medicine and Rehabilitation Department at Sahloul Hospital, Monastir Faculty of Medicine, Sousse, Tunisia

BACKGROUND

Post-amputation pain control is a major clinical challenge and has a significant impact on patient quality of life. This study aims to assess the psychological and functional consequences of pain in amputees

METHODS

This is a prospective cross-sectional study conducted in physical medicine and rehabilitation department. All patients with lower and/or upper limb amputations were included. The DN4 and VAS scores were used to characterize pain, the Hospital Anxiety and Depression Scale (HAD) for psychological assessment, and the Functional Independence Measure (FIM) for functional evaluation.

RESULTS

Mean age of patients is 49 years , with male predominance. Lower limb amputations accounted for 93% of cases, with 57.1% being transtibial. Most patients suffer from pain: neuropathic pain (51.7%). Phantom limb pain was noted in 37.5%. Mean HAD-D score is 12.1 ± 4.7. Neuropathic pain and phantom limb pain were associated with higher anxiety and depression scores. Mean FIM score is 89/126 in thigh amputees revealing a significant loss of autonomy.

CONCLUSION

Post-amputation pain, including nociceptive, neuropathic, and phantom limb pain, impairs mental health and reduces autonomy. A multidisciplinary approach integrating targeted analgesics, early rehabilitation, optimized prosthesis use, and comorbidity management emerges as a key strategy to improve quality of life.

Statement of Disclosures

None

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Corresponding Author:
Iheb Nticha
Physical Medicine and Rehabilitation Department at Sahloul Hospital, Monastir Faculty of Medicine, Sousse, Tunisia
Email: iheb.nticha@gmail.com