

# Assessment Of Pain And Adequacy Of Analgesia In Hemodialysis Patients

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## INTRODUCTION

Pain is the most common symptom in renal patients due to comorbidity, the dialysis technique and the permanence in hemodialysis treatment.

### Pain Definition (IASP):

Unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage.

## AIMS

To determinate the patients in our unit:

- Prevalence and characteristics of intradialytic and chronic pain.
- Adequacy of analgesic treatment of the patients in our unit.

## METHODOLOGY

### Transversal descriptive study



Socio-demographic and clinical data: clinical history



Associated comorbidity: Modified Charlson Index



Level of physical activity: Scale Rapid Assessment of Physical Activity



Off dialysis pain: Scale Brief Pain Inventory



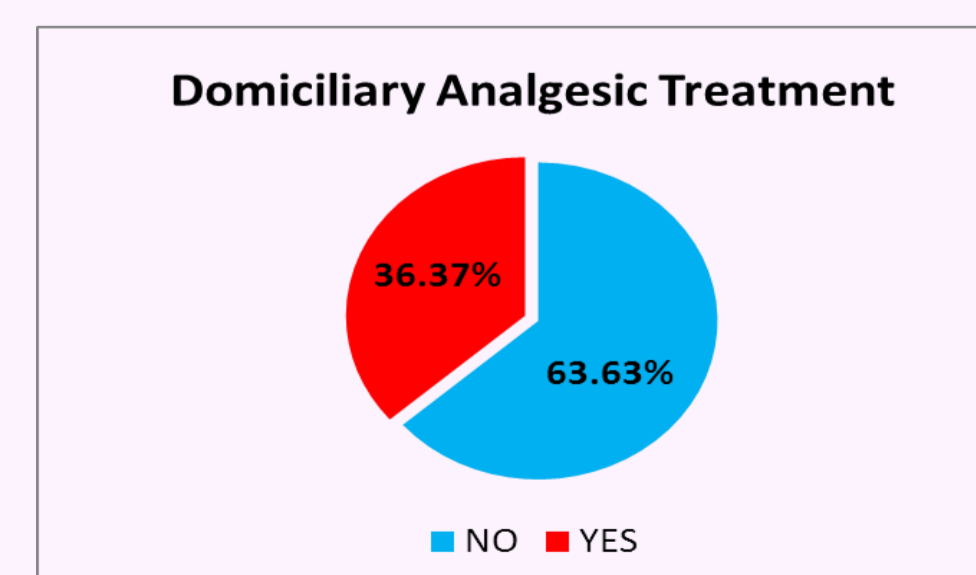
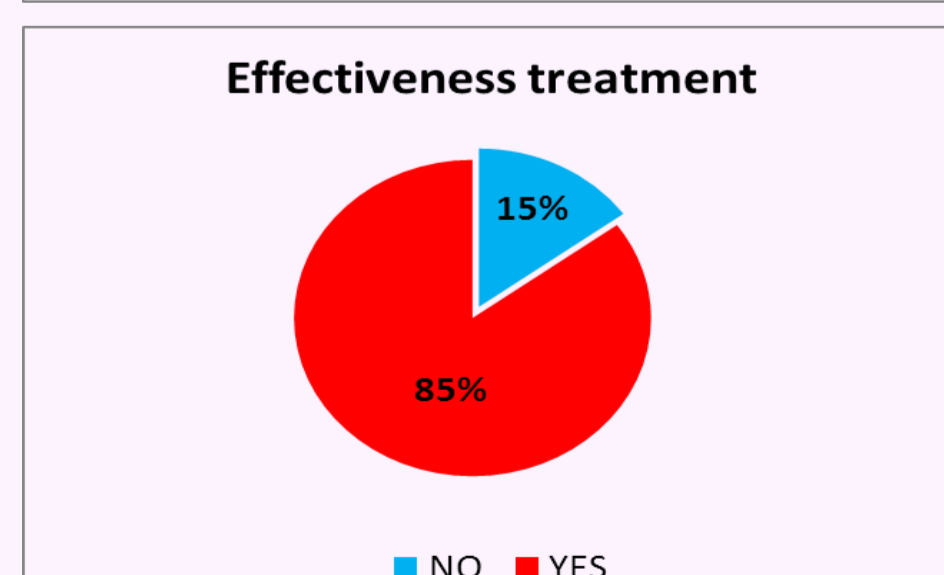
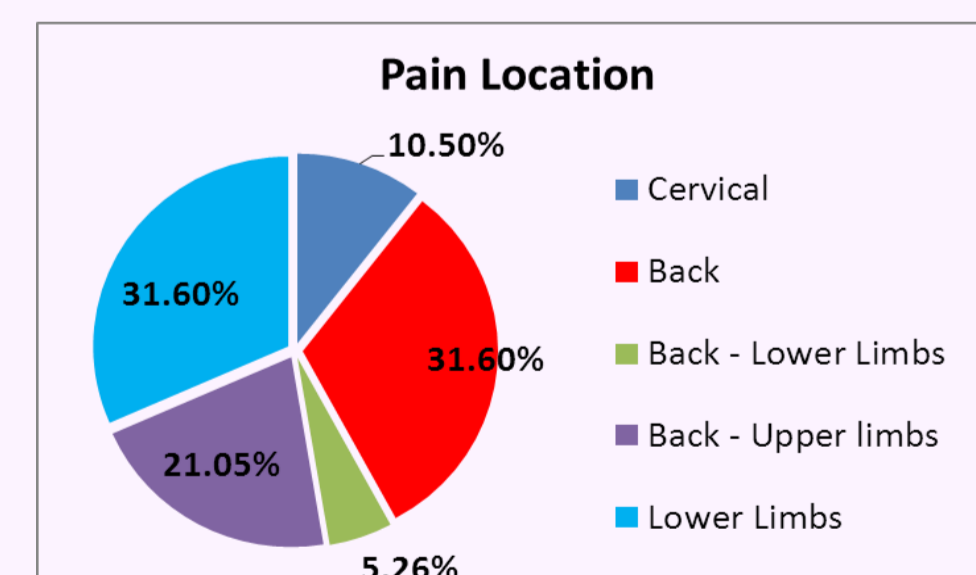
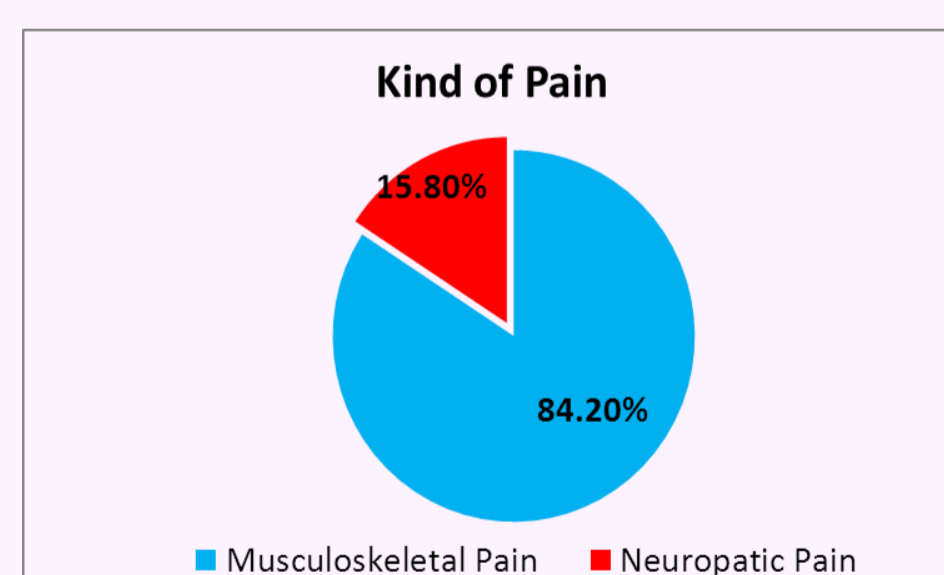
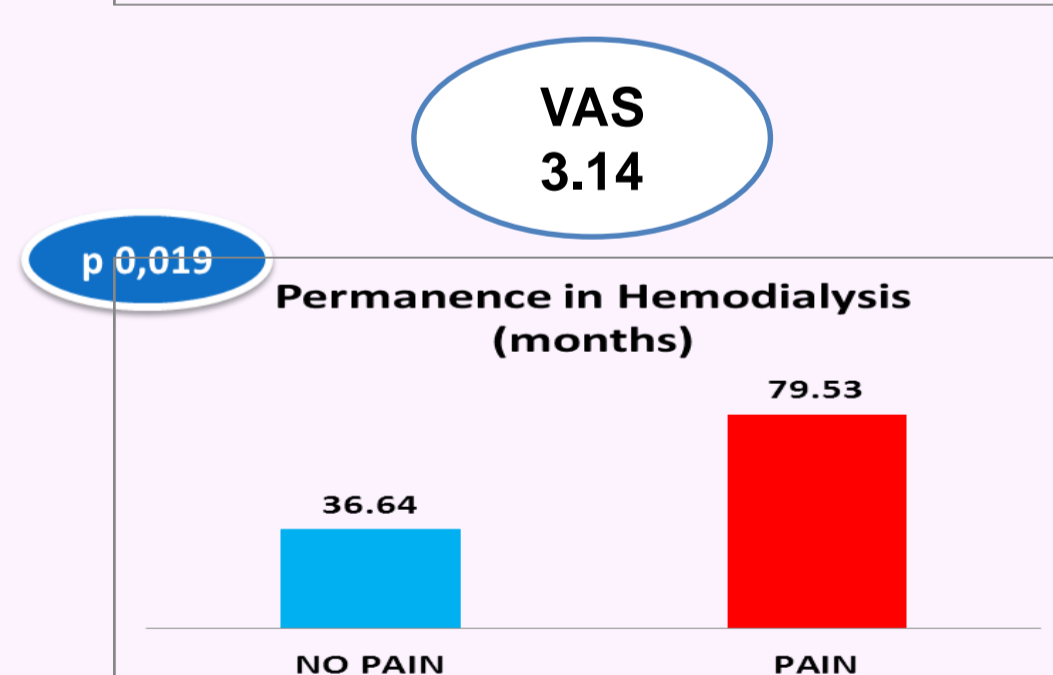
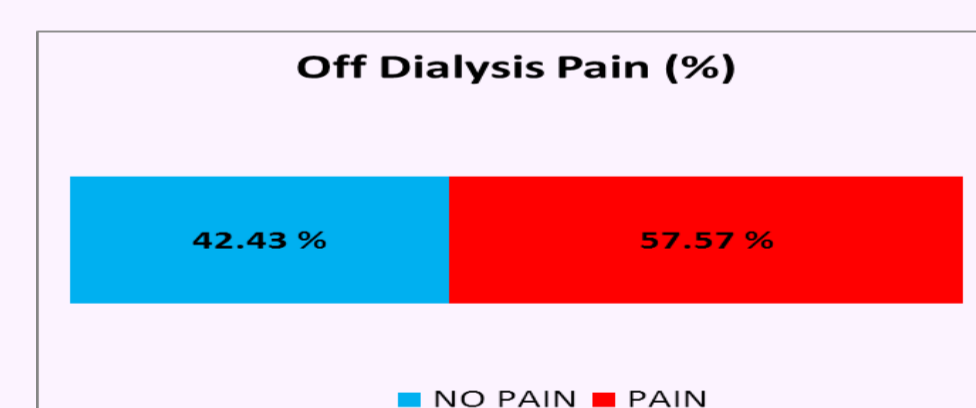
Intradialysis pain: Visual Analogue Scale



Adequacy of drug therapy: Pain Management Index

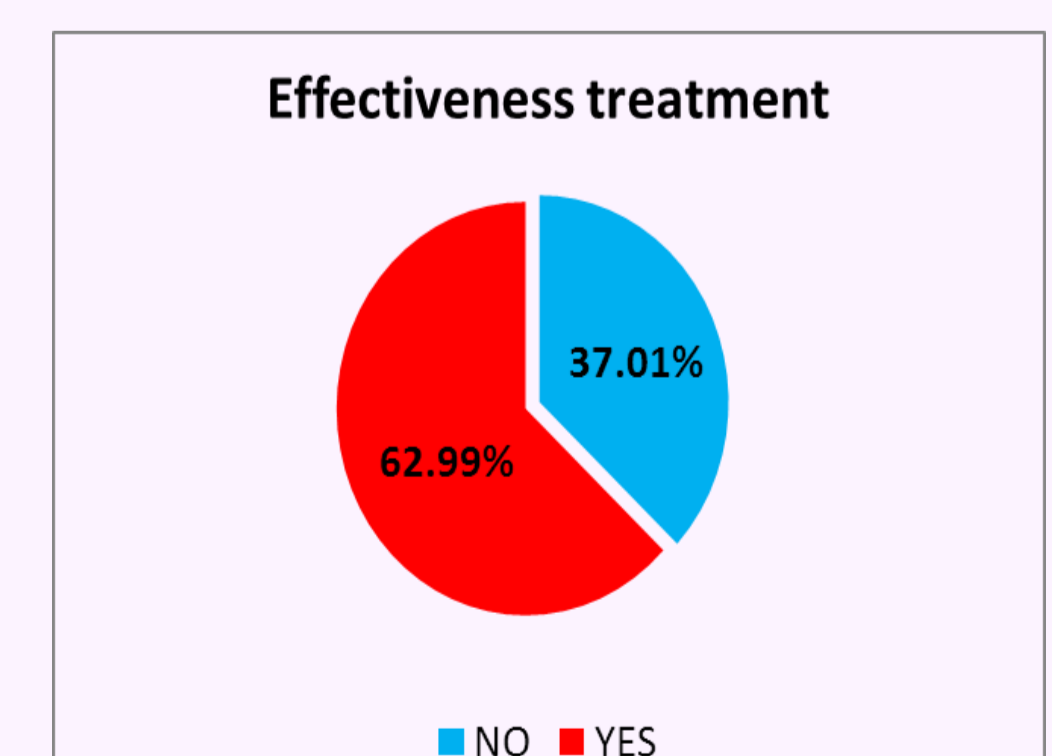
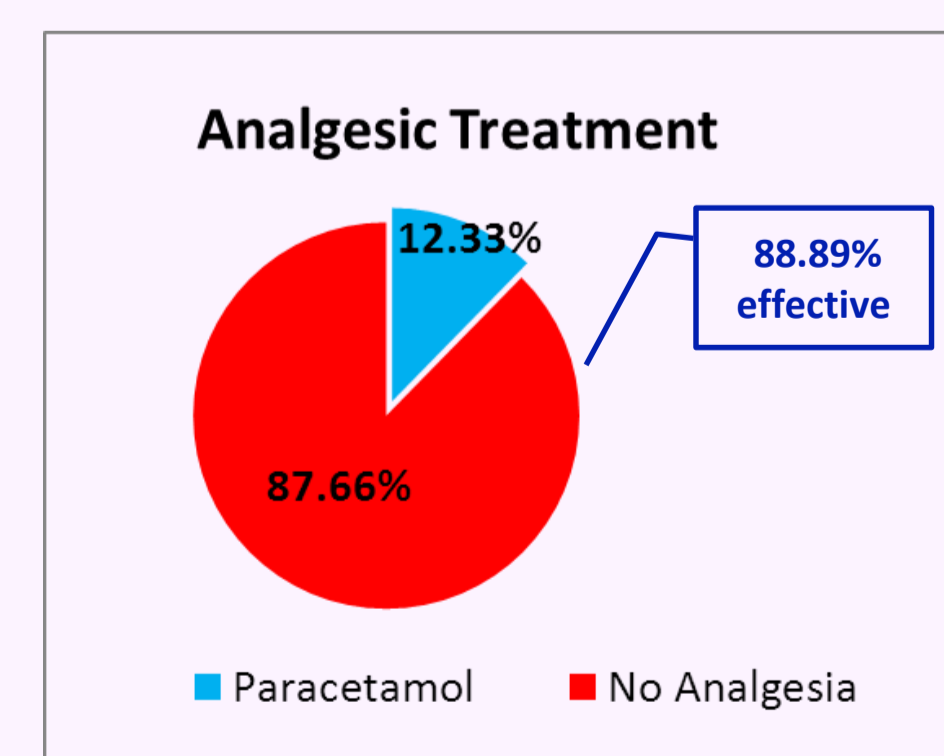
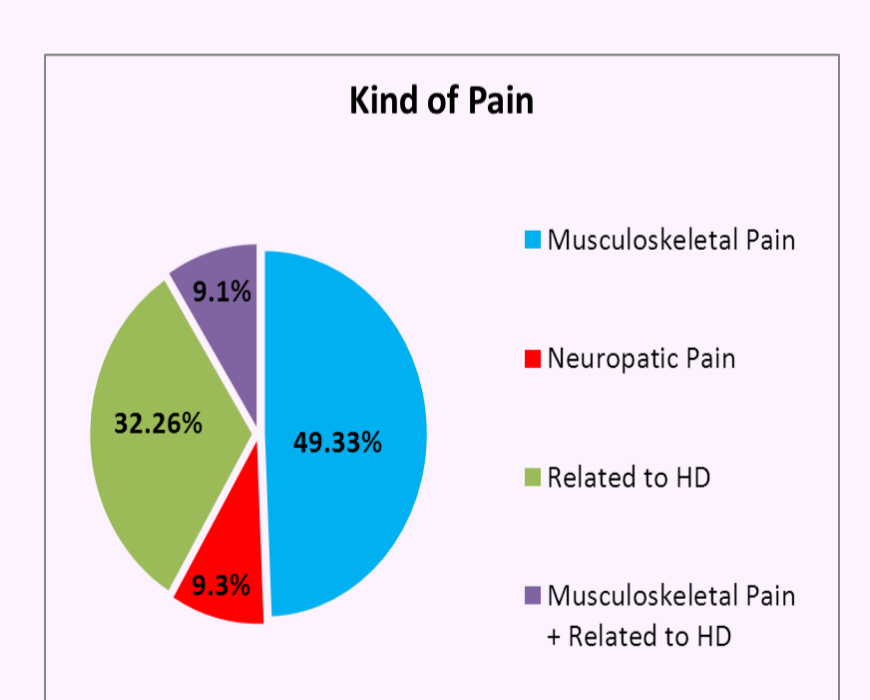
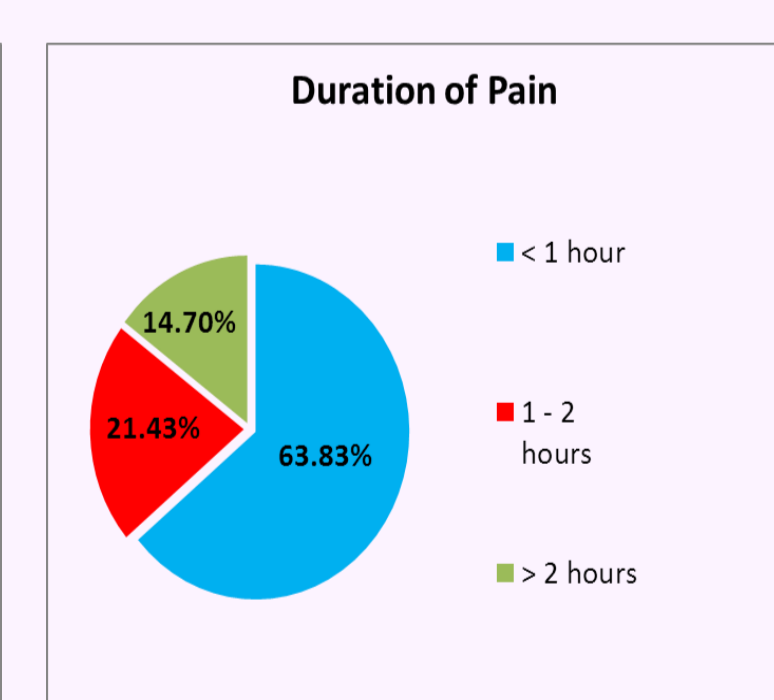
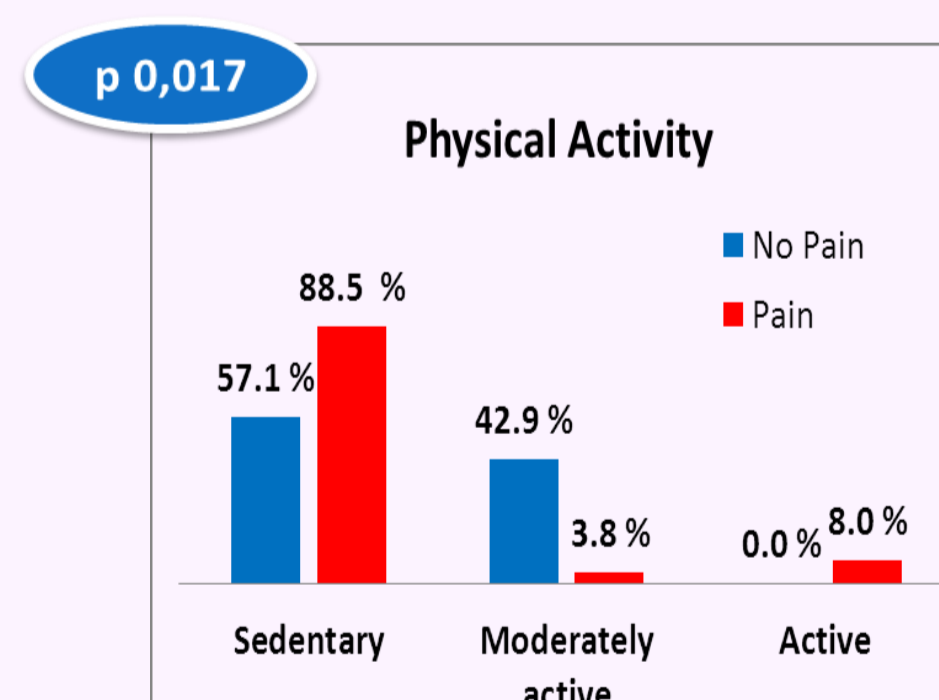
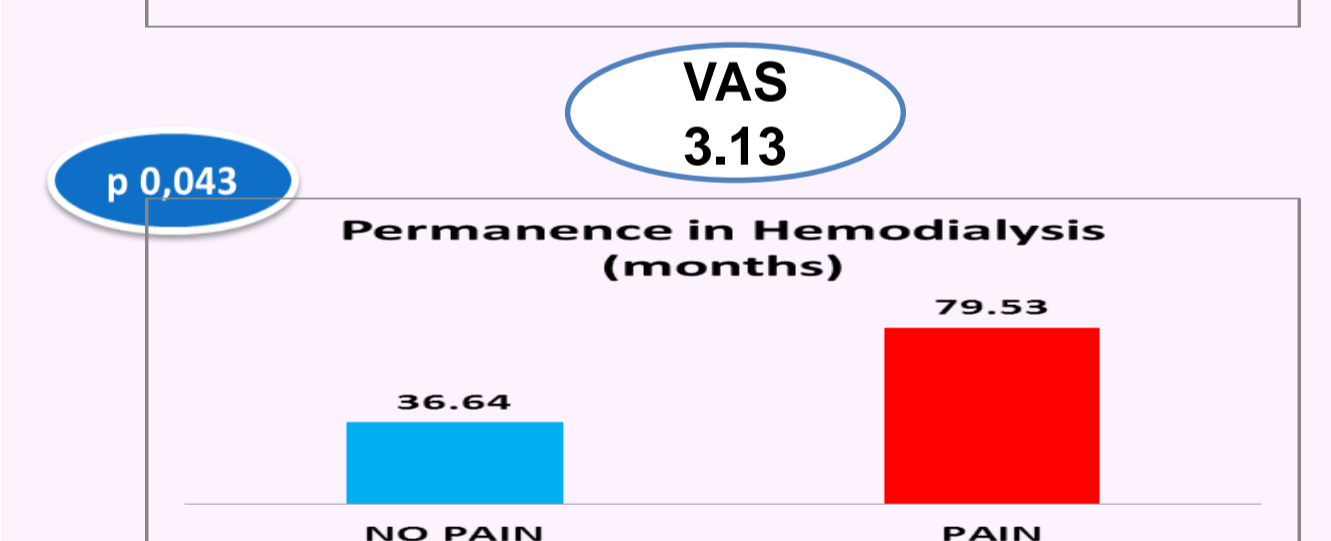
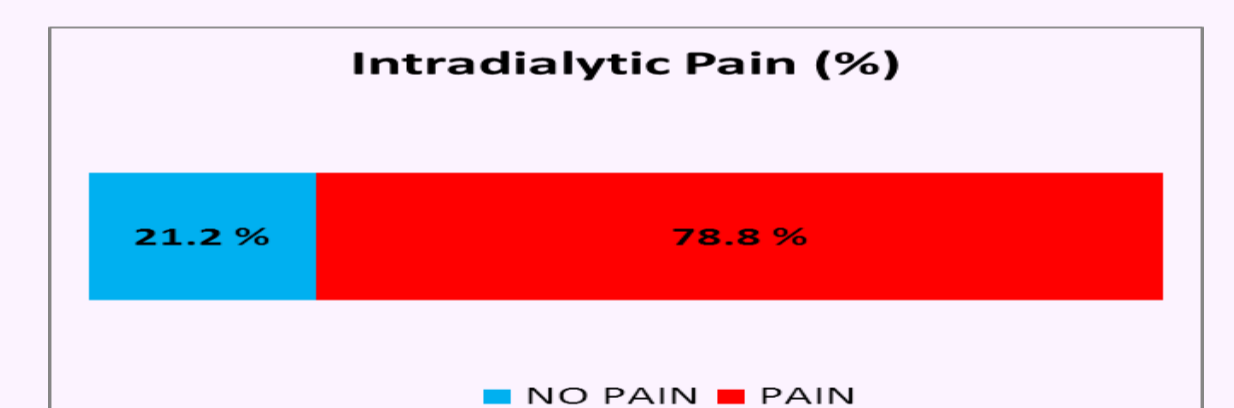
## RESULTS CHRONIC PAIN / OFF DIALYTIC PAIN

| Characteristic           | OFF DIALYTIC PAIN |             |
|--------------------------|-------------------|-------------|
|                          | No                | YES         |
| <b>GENDER</b>            |                   |             |
| Male                     | 9 (64.3%)         | 9 (47.4%)   |
| Female                   | 5 (35.7%)         | 10 (52.6%)  |
| Average AGE (years)      | 66.05±17.74       | 70.29±14.23 |
| <b>NEPHROPATHY</b>       |                   |             |
| Diabetic                 | 4 (28.6%)         | 2 (10.5%)   |
| Vascular                 | 5 (35.7%)         | 6 (31.6%)   |
| Glomerular               | 3 (21.4%)         | 5 (26.3%)   |
| Systemic                 | -                 | 4 (21.1%)   |
| Others                   | 2 (14.3%)         | 2 (10.5%)   |
| <b>HD TECHNIQUE</b>      |                   |             |
| Conventional HD          | 3 (21.4%)         | 5 (26.3%)   |
| On line HDF              | 11 (78.6%)        | 14 (73.7%)  |
| <b>PHYSICAL ACTIVITY</b> |                   |             |
| Sedentary                | 13 (92.9%)        | 14 (73.7%)  |
| Moderately active        | 1 (7.1%)          | 3 (15.8%)   |
| Active                   | -                 | 2 (10.5%)   |



## RESULTS INTRADIALYTIC PAIN

| Characteristic      | Intradialytic Pain |             |
|---------------------|--------------------|-------------|
|                     | No                 | Yes         |
| <b>Gender</b>       |                    |             |
| Male                | 3 (42.9%)          | 15 (57.7%)  |
| Female              | 4 (57.1%)          | 11 (42.3%)  |
| Average Age (years) | 70.29±14.21        | 66.05±17.74 |
| <b>NEPHROPATHY</b>  |                    |             |
| Diabetic            | 1 (14.3%)          | 5 (19.2%)   |
| Vascular            | 2 (28.6%)          | 9 (34.6%)   |
| Glomerular          | 3 (42.9%)          | 5 (19.2%)   |
| Systemic            | 1 (14.3%)          | 3 (11.5%)   |
| Others              | -                  | 4 (15.4%)   |
| <b>HD TECHNIQUE</b> |                    |             |
| Conventional HD     | 3 (42.9%)          | 5 (19.2%)   |
| On line HDF         | 4 (57.1%)          | 21 (80.8%)  |



## CONCLUSION



- Pain is a frequent symptom in our sample.
- It is usually a musculoskeletal pain, mild type and more frequent if the permanence in HD is longer.
- The intradialytic pain presents improper handling.
- It is necessary to adopt a more active attitude towards pain for better control.