

OPIOID INDUCED CONSTIPATION IN CHRONIC PAIN

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Junta de Andalucía
Comunidad de Salud y Familia
HOSPITAL DE ALTA RESOLUCIÓN DE GUADIX

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INTRODUCTION

- **Chronic pain** is a major cause of disability worldwide.
 - In Spain, chronic pain affects about 12% of the population
 - Severe in about 50% of all cases
- **Opioids are the mainstream analgesics** for moderate to severe pain
- **Opioid-induced bowel dysfunction**
 - Serious impact on the patient's quality of life
 - Refractory, in most cases, to laxatives
- **Two new opioids developed with improved profile**
 - Reduction of gastrointestinal adverse effects

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MATERIALS AND METHODS

- **Cross-sectional observational study** carried out in our Unit, on
 - Patients with moderate to severe chronic pain, treated with **strong opioids** for at least one year.
- **Data source**
 - Patients' clinical history
 - Interview during the visit (BFI).
- **The data collected**
 - Demographic (age, gender)
 - Pathology-related (type of pain and underlying disease)
 - Treatment-related (current type and dose of opioids, duration)
 - Bowel function index (BFI) and previous constipation.
- **Primary objective:** Assess whether there are significant BFI differences associated to the type of opioid treatment administered.

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MATERIALS AND METHODS

- Inclusion criteria**
 - Age ≥ 18 years
 - Moderate to severe chronic pain treated with strong (WHO analgesic ladder step III) opioids during at least one year before the visit
 - Given informed consent.
- Exclusion criteria**
 - Cognitive impairment or other conditions that would impede the subject to answer the BFI questionnaire

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MATERIALS AND METHODS

STATISTICAL ANALYSIS

- Categorical variables were described through absolute and relative frequencies.
- Pearson's χ^2 test was used to analyze the association between two categorical variables.
- Continuous variables were described through mean, standard deviation, median and range.
- Kendall τ_b was calculated to analyze the association between continuous variables. Differences in continuous variables between groups were estimated using Mann-Whitney test (in case of two groups) or Kruskal-Wallis test (in case of three or more groups). The threshold of statistical significance was set at $p = 0.05$ for statistical tests and at 0.95 for confidence intervals. All tests were bilateral.
- Linear regression model fitting was done using backwards elimination strategy, with $p > 0.1$ as the exclusion criterion

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RESULTS

Patología

Tipo de dolor

Duración del tratamiento

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The patients had undergone the treatment for an average of 3.1 years (range: 1 to 6 years; median: 3.0 years; DE: 1.4 years)

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THANK YOU!