INTRODUCTION

Pain is not a disease, but might be a symptom of a disease, the effect of a disease or an accident. It pervades a person’s daily life activities, social interaction and productive hours. It has powerful psychological and social consequences. At present, in Russia, there are no solid estimates of the magnitude of the condition.

OBJECTIVE

This study is aimed to assess co-morbidity, quality of life (QOL), work/productivity loss, and resource utilization in Russian urban adults with pain.

METHODS

Patients’ self-reported data were collected from 2011 National Health and Wellness Survey (NHWS). Survey represented major urban areas in Russia. QOL was measured by the physical (PCS) and mental (MCS) component summary scores of the SF-12v2. Loss of work/productivity was measured by the Work Productivity and Activity Impairment instrument. Medical resource utilization was measured by healthcare provider, ambulance request and hospitalization in the past 6 months.

RESULTS

- Of the 10,039 adult respondents, 2,670 (28%) reported to experience pain over the past month (17% mild, 54% moderate and 28% severe) – 35% not receiving medication at all (Figure 1).
- Average age of patients experiencing pain was 41.5 years.
- Pain group reported more co-morbidities than non-sufferers (headaches 77%, sleep difficulties 54%, insomnia 47%, heartburn 45%, depression 39%, high blood pressure 33%) (Table 1).
- Compared to patients not suffering from pain, those experiencing pain in the past months had a lower mean scores of PCS (43.4 vs. 47.8) and MCS (40.0 vs. 45.0), more patients visited healthcare providers (83% vs. 67%), and a higher percentage were hospitalized (13% vs. 8%) over the past 6 months. (Table 2)
- Furthermore, pain group reported 35.9% impairment in daily activity compared to 23.0% in no experiencing pain group. All mentioned differences were statistically significant (p< 0.00) and all percentages or means are projected values. (Table 2)

CONCLUSIONS

From Russian NHWS results, patients experiencing pain suffer from impairment in QOL, work/productivity loss and more co-morbidities. Findings indicate there is still an unmet medical need in Russian patients with pain.