Resource Utilization Due to Breakthrough Pain in Patients With Chronic Painful Conditions

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Background
- Breakthrough pain, also referred to as a pain flare, has been defined as “a transitory increase in pain to greater than moderate intensity, which occurs as a result of non-cancer pain that is unstable or less than a patient’s maximum intensity” (Pizzi et al., 2012).
- Limited research has been published to demonstrate the economic impact of pain flares in terms of direct and indirect costs.

Objectives
- To capture healthcare resource consumption and work loss in a population of patients with chronic pain due to pain flares from Cephalon, Inc.
- Analysis
  - Work productivity loss due to pain flares
  - Healthcare utilization due to pain flares
  - Quality of life (SF-12, v2)*
  - Sleep quality (Pittsburgh Sleep Quality Index)*

Study Design
- A 3-month prospective, observational study of outpatients from a large tertiary U.S. medical center

Methods

Eligibility Criteria
- Patients with chronic non-cancer pain receiving opioids due to small sample size
- Most participants experienced pain flares during the diary period
- Work productivity lost due to pain flares

Data Collection
- Participants recruited through Jefferson University Physicians’ practice
- Jefferson Pain Center
- Rheumatology
- Hematology (sickle cell)
- Neurology
- Outpatient medical visits
- Percentage of patients who were not able to communicate in English
- Most participants completed the diary every day or five days a week
- Most participants completed the diary every day or five days a week
- Most participants followed their physician

Pain Flares During Diary Week
- The mean pain score was 5.7 ± 2.2
- Pain flare vs. no pain flare groups

Limitations
- Participants with chronic non-cancer pain frequently consume healthcare services to address pain flares.

conclusions
- Analysis reflects only utilization, not costs
- Most participants experienced pain flares during the diary week, which precluded group testing between the pain flare vs. no pain flare groups
- Analysis reflects only utilization, not costs

Disclosure
- This study was funded through an investigator-sponsored research grant from Cephalon, Inc.

Acknowledgements
- The authors wish to thank Dr. Chi-Chih Yu, RPh, B.Cert, for his assistance in developing this paper

References