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The age of patients with chronic pain and the experience of chronic pain and quality of life

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Introduction: The age structure of patients with chronic pain in Public Health Centre Sarajevo is very diverse, representation is evident and almost uniformly distributed in the age groups 19-65 years and 66+. **Objective:** To analyze whether age influences the subjective experience of pain and quality of life. **Method:** The study is conducted by surveying patients with chronic pain. Period: September-December 2015, within 3 teams of family medicine from Dom zdravlja Sarajevo. The studied variables were: age, gender, numerical pain score at rest and during activity, numerical grades (0-10) evaluating the quality of life: mood, general activity, interaction with others, sleeping. The patients were divided into two age categories: 19-65 years and 66+. The data was then statistically analyzed.

Results: Total number of patients was 120, 83 women (60.2%), 37 men (30.8%), average age 61.9, SD 39.9 (55 patients up to 65 and 65 patients 66 years or older). Statistical analysis of the data collected for these two age groups gave the following results no statistically significant differences with respect to diagnosis (hi-square=4.681; $p=0.322$); no statistically significant difference in the score for pain at rest ($t=1.324$, $p=0.188>0.05$); no statistically significant difference in the average score for the quality of life-sleeping ($t=0.900$, $p=0.370>0.05$); there is statistically significant difference in the score for pain while under burden ($t=2.436$; $p=0.016<0.05$); there is statistically significant difference in the average assessment of quality of life-general activity ($t=4.557$, $p=0.000<0.05$); there is statistically significant difference in the average assessment of quality of life-mood ($t=3.188$, $p=0.002<0.05$); there is statistically significant difference in average assessment of quality of life-relationships with people ($t=2.041$; $p=0.043<0.05$).

Conclusion: The findings obtained in this study indicate that the age is a very important reference in the treatment of patients with chronic pain and as such must be given more space in the daily work of family medicine team.