

What psychological factors are associated with neuropathic pain in chronic hemodialysis patients?

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Introduction

The pain (DL) is a sensory and emotional experience unpleasant. Chronic hemodialysis patients represent a population with a high prevalence of pain including neuropathic pain but insufficiently studied, the goal of our work is to explore the associations between neuropathic pain experienced by dialysis patients and their anxiety levels, depression.

Patients and Methods

This is a cross-sectional study, descriptive and analytical conducted in the month of January 2020, including 71 chronic hemodialysis in renal unit CHU Ibn Rushd CASABLANCA, their characteristics were collected from medical records and interviews with patients, Neuropathic pain was identified through the questionnaire "DN4" which is a simple tool to search for neuropathic pain, the questionnaire is divided into 4 issues representing 10 items, If the patient's score is equal or greater than 4/10, the test is positive, and we used the HAD score to assess anxiety and depression. It contains 14 items rated from 0 to 3, if the score is less than or equal to 7: absence of symptoms, if it is between 8 and 10 questionable symptoms and if it is greater or equal to 11: some symptoms.

Results

71 patients were collected with an average age of 46.5 +/- 15.4 years with extremes ranging from 16 to 93 years, the sex ratio M / F is 1.1. The average time on dialysis was 17.3 +/- 9.05 years (1-44). The prevalence of LD was 64.4%. According to patients, the pain was considered neurological in 21% of cases. DN was symmetrical, proximal and systematized in a path of a nerve in 39%, 35% and 79% of the cases respectively. Anxiety and depression are associated with greater pain. The presence of negative emotions is also associated with more pain. The dramatization and avoidance strategies are associated with more pain, while ignorance painful sensations and persistence in activities associated with less pain, 46% of our patients have anxiety and depressive disorders, anxiety was found in 15% of patients, the mean score of anxiety was 10 ± 2 (3- 17), depression is found in 36% cases, the average depression score is 11 ± 2 (4-19)

Discussion

These results show the importance to pay attention to the emotional state of patients. Interventions on the emotions and ways to cope with pain could be proposed to the patients but also for caregivers to help them better support patients.

Conclusion

Chronic hemodialysis represent a population characterized by a high prevalence of douleur. Neuropathic pain less often do not answer to nonspecific analgesics where the interest of the search in order to prescribe the right treatment to relieve patients.