

Evaluation and analysis of chronic pain in hemodialysis patients

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INTRODUCTION

Despite progress these recent years in support the hemodialysis, chronic pain remains a problem concern that ultimately affect the quality of life and psycho-emotional state, even among dialysis patients already psychologically fragile. However, it is often overlooked and its characteristics in chronic hemodialysis (HDC) are poorly understood. The purpose of this study was to evaluate the prevalence, features, impact and treatment of pain in our population of chronic hemodialysis patients and to determine the factors associated with it.

PATIENTS AND METHODS

cross-sectional study conducted in January 2020 including 71 chronic hemodialysis patients from the nephrology department of the CHU ibn rochd CASABLANCA. They were subjected to a questionnaire on socio-demographic characteristics, the characteristics of the pain, its impact on daily life, the various treatments performed. The pain is chronic if it persists for more than 3 months. The intensity was assessed using a visual analog scale.

RESULTS

Of the 71 patients, 64.4% report chronic pain, the average age of our patients was 46.5 years, ranging from 16 to 93 years, with a sex ratio M / F 1.1, seniority hemodialysis was 17.3 years. The pain is continuous, frequent, intermittent and rare in respectively 55.5%, 27.5%, 13.7%, 3.44% of cases, it is a weak, moderate, severe, very severe in respectively : 13.7%, 58.6%, 17.24%, 10.3%, causing musculoskeletal was predominant in 75.8% of cases, the most common sites are: shoulders (47,23%), knees (34.5%), the head (41.2%) and the back (19.65%). It resounded on the patient's daily activity in 55.17%, and sleep in 41.3%, the treatment was essentially based analgesics in 58.6% of cases, these analgesics were level 1 in 47.1% cases and level 2 in 52.9% of cases. This is taken daily in 28.5% of patients, common in 42.8% and 28.5% rare among of them, the disappearance of pain was achieved in 65.51% of cases. In per dialyse, the intensity of the pain does not change in 79.4% of patients.

Pain was favored by advanced age and age dialysis (advanced age ($p = 0.043$) and age dialysis ($p = 0.01$)).

DISCUSSION

Chronic pain was common among our patients. Its prevalence in our study was 51%. This prevalence was similar to that reported in the literature [5-9]. Many reasons explain this situation. First, the field of kidney failure Chronic is itself a cause of this pain. In addition, studies have shown that pain Chronic appears at the beginning stage of the disease and worsens As the disease progresses to dialysis stage the [10-12]. In this area in addition to many comorbidities causing pain.

CONCLUSION

Chronic pain is a major problem in hemodialysis by its high prevalence, its significant intensity and its impact on life daily patient. However its management remains inadequate. Regular assessment of pain using a well-codified questionnaire is necessary to improve the care of dialysis patients.