

# Clinical and sociodemographic profile of patients with rheumatic conditions referred to multidisciplinary pain treatment facilities in Quebec, Canada

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## Background

- For persons with rheumatic conditions, pain is often a chief complaint and a major source of disability [1]
- These persons may benefit from pain management services delivered in multidisciplinary pain treatment facilities (MPTF) [2,3]
- Few recent studies investigated the profile of patients with rheumatic conditions accessing MPTF
- Obtaining such data would help better understand service provision for this population.

## Objectives

- Describe the clinical and sociodemographic profile of patients with rheumatic conditions referred to MPTF in Quebec, Canada's second most populated province

## Methods

- Retrospective study of the Quebec Pain Registry, a database of patients who received services within five MPTF between 2007 and 2014
- Patients were identified as having a rheumatic condition based on the National Arthritis Data Workgroup (NADW) definition [4]
- Data were collected from administrative records, self-administered questionnaires, structured interviews and physician assessments

## Results

Among the 8402 Quebec Pain Registry patients, 3665 patients (43.6%) had a NADW rheumatic condition and were included in the study.

**Table 1.** Sociodemographic characteristics of patients with NADW rheumatic conditions in MPTF (n = 3665)

	n (%)	Missing
Age (mean ± standard deviation)	55.3 ± 14.2	7 (0.2)
Sex		2 (0.1)
Female	2408 (65.7)	
Male	1255 (34.2)	
Education (highest completed level)		5 (0.1)
None	16 (0.4)	
Elementary	337 (9.2)	
High school	1391 (38.0)	
College	989 (27.0)	
University	927 (25.3)	
Civil status		1 (0.03)
Single	818 (22.3)	
Married / common law	2041 (55.7)	
Separated / divorced	563 (15.4)	
Widowed	242 (6.6)	
Living conditions		37 (1.0)
Alone	966 (26.4)	
With family	2544 (69.4)	
Other	118 (3.2)	
Employment status		1 (0.03)
Employed (full-time/part-time)	905 (24.7)	
On permanent disability	733 (20.0)	
On temporary disability	576 (15.7)	
Retired	915 (25.0)	
Unemployed/Laid off	225 (6.1)	
Other	310 (8.5)	
Household income		4 (0.1)
Less than \$20,000	951 (25.9)	
\$20,000-34,999	709 (19.3)	
\$35,000-49,999	494 (13.5)	
\$50,000-79,999	593 (16.2)	
\$80,000 and more	481 (13.1)	
Did not wish to answer	433 (11.8)	

**Table 2.** Clinical characteristics of patients with NADW rheumatic conditions in MPTF (n = 3665)

Pain characteristics	Mean ± SD	Missing
Pain duration (years)	7.4 ± 9.0	4 (0.1)
Pain intensity (0-10 numeric pain rating scale)		3 (0.1)
Pain right now	6.4 ± 2.3	
Average pain in past 7 days	6.9 ± 1.9	
Worst pain in past 7 days	8.3 ± 1.7	
Pain interference (BPI global score)	5.9 ± 2.2	2 (0.1)
Pain catastrophizing (PCS global score)	30 ± 13	9 (0.2)
Self-reported comorbidities	n (%)	Missing
Depressive disorders	1664 (45.4)	3 (0.1)
Anxiety disorders	1505 (41.1)	2 (0.1)
Hypertension	1331 (36.3)	2 (0.1)
Dyslipidemia (hypercholesterolemia)	1170 (31.9)	2 (0.1)

## Discussion

- A considerable proportion of patients receiving care in MPTF had a rheumatic condition.
- 20% were on permanent disability and 45 % had a household income of less than \$35,000 CDN / year
- The clinical features of these patients suggest a high burden in terms of pain intensity and activity limitations, as well as high rates of psychological disorders.
- A better understanding of the characteristics of this population is crucial in order to plan and deliver appropriate pain management services to patients with rheumatic conditions.

