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THE IMPACT OF PAIN ANXIETY ON CHRONIC PAIN AMONG ELDERS

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Introduction: Pain is a complex and multifacial phenomenon, which interferes in almost every person's life, while in case it turns into chronic, can cause a significant disturbance in individual's physical, psychological and social sphere. That means the intense communication and interaction between ache biome, living conditions and state of health. Cognitive factors play a significant role on the recurrent dysphoria levels, while cognitive functions participate actively in pain intensity, sense of disability and medicine response.

Aim: Estimate the possible significance between pain anxiety and pain intensity

Materials and methods: Eighty six elders suffering from various types of chronic pain were examined by the Pass-20 (Pain Anxiety Symptoms Scale) scale, and GPM (Geriatric Pain Measure), while the results were assessed by SPSS 14 and specifically the Linear Regression method.

Results: It was found statistical significance between the four sub-scales and the presence and existence of chronic pain among participants. Specifically the first subcale (avoidance of pain) was linked with the intensity of pain ($p=,00$), the second scale (fearfull thinking) was associated with the prevalence of pain and the gender ($p=,014$), the third scale (cognitive anxiety) showed a statistic significance with GPM results and education levels ($p=,00$) and the forth scale (psychological responses) was found to affect the pain sense, while it was depended by gender ($p=,0015$).

Discussion: Among elders pain anxiety can deteriorate the pain sense affecting the general well-being. For that reason non-pharmacological interventions can be very helpful both for the patient and clinician.