



Can we use pain as a quality indicator for health care



Rolf-Detlef Treede, Chair of Neurophysiology,
Medical Faculty Mannheim, Heidelberg University
President of the International Association for the Study of Pain

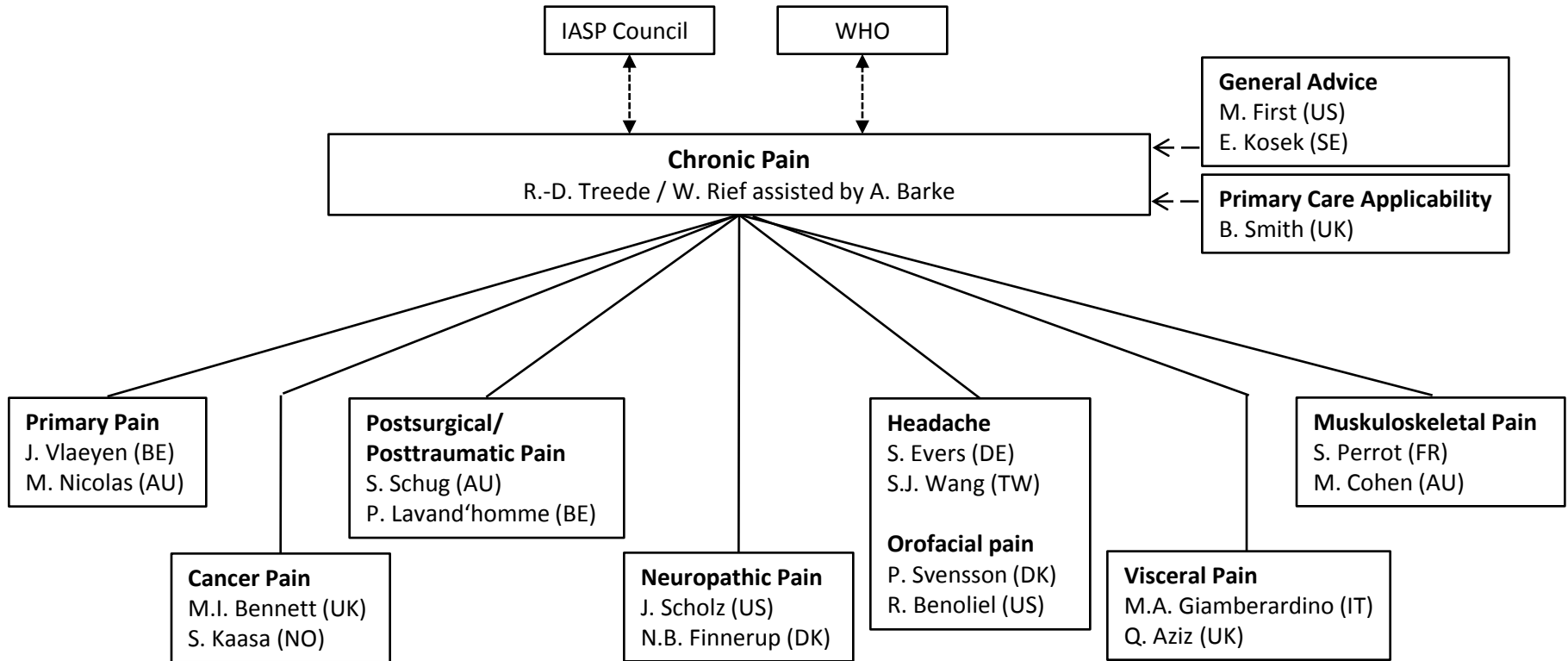
Pain severity and Quality of Life

Pain as QoL indicator

Pain as quality indicator for healthcare systems.



Pain severity and Quality of Life



Chronic Pain Diagnoses for ICD11

Pain severity

Pain severity =
a combination of pain intensity, pain-related distress and pain-related disability

pain intensity last week (measured on a VAS / NRS)

no pain – worst pain I can imagine

0 = no pain

1 = mild pain (NRS: 1-3; VAS: <31mm)

2 = moderate pain (NRS: 4-6; VAS: 31-54mm)

3 = severe pain (NRS: 7-10; VAS: 55-100mm)

pain-related distress (measured VAS/NRS) Similar to “distress thermometer”

not distressing – as distressing as it could be

pain-related disability (measured VAS/NRS)

No interference – unable to carry on activities

Patient quality of life: EQ5D

Under each heading, please tick the ONE box that best describes your health TODAY.

MOBILITY

- | | | | |
|---|-------------------------------------|---------------------------------------|-----------|
| I have no problems in walking about | <input type="checkbox"/> | | |
| I have slight problems in walking about | <input checked="" type="checkbox"/> | 1 <input type="checkbox"/> | |
| I have moderate problems in walking about | <input type="checkbox"/> | 2 <input checked="" type="checkbox"/> | |
| I have severe problems in walking about | <input type="checkbox"/> | 3 <input type="checkbox"/> | Level = 2 |
| I am unable to walk about | <input type="checkbox"/> | 4 <input type="checkbox"/> | |
| | <input type="checkbox"/> | 5 <input type="checkbox"/> | |

SELF-CARE

- | | | | |
|---|-------------------------------------|---------------------------------------|-----------|
| I have no problems washing or dressing myself | <input checked="" type="checkbox"/> | | |
| I have slight problems washing or dressing myself | <input type="checkbox"/> | 1 <input checked="" type="checkbox"/> | |
| I have moderate problems washing or dressing myself | <input type="checkbox"/> | 2 <input type="checkbox"/> | |
| I have severe problems washing or dressing myself | <input type="checkbox"/> | 3 <input type="checkbox"/> | Level = 1 |
| I am unable to wash or dress myself | <input type="checkbox"/> | 4 <input type="checkbox"/> | |
| | <input type="checkbox"/> | 5 <input type="checkbox"/> | |

USUAL ACTIVITIES (e.g. work, study, housework, family or leisure activities)

- | | | | |
|--|-------------------------------------|---------------------------------------|-----------|
| I have no problems doing my usual activities | <input checked="" type="checkbox"/> | | |
| I have slight problems doing my usual activities | <input type="checkbox"/> | 1 <input checked="" type="checkbox"/> | |
| I have moderate problems doing my usual activities | <input type="checkbox"/> | 2 <input type="checkbox"/> | |
| I have severe problems doing my usual activities | <input type="checkbox"/> | 3 <input type="checkbox"/> | Level = 1 |
| I am unable to do my usual activities | <input type="checkbox"/> | 4 <input type="checkbox"/> | |
| | <input type="checkbox"/> | 5 <input type="checkbox"/> | |

PAIN / DISCOMFORT

- | | | | |
|------------------------------------|-------------------------------------|---------------------------------------|-----------|
| I have no pain or discomfort | <input type="checkbox"/> | | |
| I have slight pain or discomfort | <input type="checkbox"/> | 1 <input type="checkbox"/> | |
| I have moderate pain or discomfort | <input checked="" type="checkbox"/> | 2 <input type="checkbox"/> | |
| I have severe pain or discomfort | <input type="checkbox"/> | 3 <input checked="" type="checkbox"/> | Level = 3 |
| I have extreme pain or discomfort | <input type="checkbox"/> | 4 <input type="checkbox"/> | |
| | <input type="checkbox"/> | 5 <input type="checkbox"/> | |

ANXIETY / DEPRESSION

- | | | | |
|--------------------------------------|-------------------------------------|---------------------------------------|-----------|
| I am not anxious or depressed | <input type="checkbox"/> | | |
| I am slightly anxious or depressed | <input type="checkbox"/> | 1 <input type="checkbox"/> | |
| I am moderately anxious or depressed | <input type="checkbox"/> | 2 <input type="checkbox"/> | |
| I am severely anxious or depressed | <input type="checkbox"/> | 3 <input type="checkbox"/> | Level = 4 |
| I am extremely anxious or depressed | <input checked="" type="checkbox"/> | 4 <input checked="" type="checkbox"/> | |
| | <input type="checkbox"/> | 5 <input type="checkbox"/> | |

Health state 21134



major constituent of QoL
often negative predictor for outcome

Patient quality of life: ICF generic set



BODY FUNCTIONS =Physiological functions of body systems (including psychological functions)	
b130	Energy and drive functions General mental functions of physiological and psychological mechanisms that cause the individual to move towards satisfying specific needs and general goals in a persistent manner. <i>Inclusions: functions of energy level, motivation, appetite, craving (including craving for substances that can be abused) and impulse control</i> <i>Exclusions: consciousness functions (b110); temperament and personality functions (b126); sleep functions (b134); psychomotor functions (b147); emotional functions (b152)</i>
b152	Emotional functions Specific mental functions related to the feeling and affective components of the processes of the mind. <i>Inclusions: functions of appropriateness of emotion, regulation and range of emotion; affect; sadness, happiness, love, fear, anger, hate, tension, anxiety, joy, sorrow; lability of emotion; flattening of affect</i> <i>Exclusions: temperament and personality functions (b126); energy and drive functions (b130)</i>
b280	Sensation of pain Sensation of unpleasant feeling indicating potential or actual damage to some body structure. <i>Inclusions: sensations of generalized or localized pain in one or more body part, pain in a dermatome, stabbing pain, burning pain, dull pain, aching pain; impairments such as myalgia, analgesia and hyperalgesia</i>

ACTIVITIES AND PARTICIPATION = execution of a task or action by an individual and involvement in a life situation	
d230	Carrying out daily routine Carrying out simple or complex and coordinated actions in order to plan, manage and complete the requirements of day-to-day procedures or duties, such as budgeting time and making plans for separate activities throughout the day. <i>Inclusions: managing and completing the daily routine; managing one's own activity level</i> <i>Exclusion: undertaking multiple tasks (d220)</i>
d450	Walking Moving along a surface on foot, step by step, so that one foot is always on the ground, such as when strolling, sauntering, walking forwards, backwards or sideways. <i>Inclusions: walking short or long distances; walking on different surfaces; walking around obstacles</i> <i>Exclusions: transferring oneself (d420); moving around (d455)</i>
d455	Moving around Moving the whole body from one place to another by means other than walking, such as climbing over a rock or running down a street, skipping, scampering, jumping, somersaulting or running around obstacles. <i>Inclusions: crawling, climbing, running, jogging, jumping and swimming</i> <i>Exclusions: transferring oneself (d420); walking (d450)</i>
d850	Remunerative employment Engaging in all aspects of work, as an occupation, trade, profession or other form of employment, for payment, as an employee, full or part time, or self-employed, such as seeking employment and getting a job, doing the required tasks of the job, attending work on time as required, supervising other workers or being supervised, and performing required tasks alone or in groups. <i>Inclusions: self-employment, part-time and full-time employment</i>



Chronic Pain Diagnoses for ICD11: severity includes QoL
Chronic primary pain: CWP, FMS, CRPS, IBS, TMD, ...
Primary headaches

Chronic Pain as co-diagnosis in ICD11: part of QoL and prognosis
Postsurgical/posttraumatic pain: code with surgery or trauma
Cancer pain: code with cancer or its treatment
Neuropathic pain: code with neurological diagnosis
Orofacial pain: secondary trigeminal neuralgia
Visceral pain: code with organ diagnosis
musculoskeletal pain: code with orthopedic/rheumatology diagnosis

If present: lower QoL, lower functioning,
poor prognosis, higher healthcare efforts, ...

Chronic pain may shift from co-diagnosis to primary diagnosis

Quality indicators for Health Care (SIP 2013)



Structural Indicators

... inform about what kind of infrastructure, tool, service, etc. is available to provide health care services.

e.g. numbers of inhabitants per inpatient pain service/per outpatient pain service, pain education programmes for physicians/psychologists/physiotherapists, board certification for pain medicine possible, national pain plan, national guidelines for neuropathic pain, back pain, headache, cancer pain

Process Indicators

... inform about what kind of action is being taken to provide health care services.

e.g. measuring pain as 5th vital sign, implementing & using pain registries, measurement of patient activity after pain assessment, educating patients

Outcome Indicators

... inform about the result from delivering the health care service.

This type of indicator is of particular relevance to patients, as they give information on whether or not a specific health care service was successful.

e.g. pain relief, quality of life, return-to-work

Specific national SIP Recommendations 2013



National Quality Indicators	F	D	I	NL	P	UK
Structure						
existence of national action plan against pain	X	X	X		X	X
core curricula on pain	X	X				
number of physicians with pain diploma	X	X				
certified pain teams	X	X				X
number of new patients per year	X					X
Process						
standardized assessment		X	X		X	
practice recommendations	X	X			X	X
existence of multidisciplinary team	X					X
number of patients with ICD code "chronic refractory pain"	X	X				
quality contract between pain centers and payors		X				
reimbursement of multidisciplinary pain treatment, in-patients		X				
Outcome						
waiting times		X				X
pain outcome				X		X
Quality of life						X



Can we use pain as a quality indicator for health care



Rolf-Detlef Treede, Chair of Neurophysiology,
Medical Faculty Mannheim, Heidelberg University
President of the International Association for the Study of Pain

Pain as quality indicator for healthcare systems.

(e.g. Belgium, Germany, France, Italy, Portugal)

vs.

Quality indicators for pain management.

(e.g. acute pain, chronic cancer pain, chronic non-cancer pain)