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ABSTRACT

Background: Breakthrough pain (BTP) is an important and distressing aspect of chronic pain, yet its impact is often underestimated. Pain intensity variations (PIV) and pain tolerance index (PTI) have been proposed as new measures of pain intensity tolerance. This study aimed to evaluate the relationship between PIV and PTI and their association with adverse outcomes in non-cancer chronic pain patients.

Methods: This study included 228 patients who completed three self-assessment surveys. A stepwise regression was performed to further test this relationship.

Results: PIV was significantly associated with PTI and adverse outcomes. The distribution of PTI scores was bimodal. Patients were separated into an "At Risk" PTI group and a "Not at Risk" PTI group using criteria outlined in Table 3.

Conclusion: PIV and PTI are important measures of pain intensity tolerance and are associated with adverse outcomes in non-cancer chronic pain patients.

Keywords: Breakthrough pain, Pain Intolerance, Adverse outcomes, Chronic non-cancer pain patients.