

Risk Factors of Thomas et al for Severe Post-Operative Pain

Overview: Thomas et al identified risk factors associated with post-operative pain. This can help identify patients who may benefit from closer monitoring or more aggressive analgesic use. The authors are from Darlinghurst Australia.

Parameters associated with severe post-operative pain:

- (1) female gender (odds ratio 1.73)
- (2) high level pre-operative pain severity (odds ratio 3.09)
- (3) pre-operative pain lasting > 6 months (odds ratio 1.70)
- (4) high level of post-operative pain expected (odds ratio 2.41)
- (5) age < 60

As the number of these factors increased the percentage of patients reporting high satisfaction with pain control decreased.

Parameters associated with worse than expected post-operative pain:

- (1) female gender (odds ratio 3.23)
- (2) high level of pre-operative pain severity (odds ratio 2.60)
- (3) low level of post-operative pain expected (odds ratio 3.23)
- (4) age < 60
- (5) high anxiety about risks (odds ratio 1.87)
- (6) high willingness to report pain (odds ratio 1.63)

References:

Thomas T Robinson C et al. Prediction and assessment of the severity of post-operative pain and of satisfaction with management. *Pain*. 1998; 75: 177-185.