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**P**revalence and intensity of pain during a rehabilitation process

**Abstract:**

**Background and Aims:** Pain is extremely prevalent in our consultations and during the rehabilitation process. That is why some authors consider our specialty as one of the fundamental ones for the management and treatment of pain. The aim is to describe the prevalence of pain and its intensity in patients who are in a rehabilitation process.

**Methods:** Cross-sectional observational study. The sample will include a total of 140 patients treated consecutively in the service as a representative sample. Patients treated over two days in July 2024. The dependent variable will be: pain in the last 24 hours and its intensity, pain during treatment, pain characteristics. The pain assessment will be done with the Numeric Rating Scale (NRS) of pain (from 0 to 10) and the Spanish version of the Brief Pain Inventory (BPI) questionnaire, used to measure the intensity of pain and its impact on activities of daily living. Statistical analyses will be performed using IBM SPSS statistics v.28. It will be set as a value of statistical significance of 0.05.

**Results:** The study included 140 patients; 13.7% had acute pain and 86.3% chronic pain, of which 57.9% were women and a mean age of 55.6 years. Most patients had nociceptive pain (68.8%). Pain intensity on the NRS was 5.32. A total of 52.5% were receiving analgesics, and 86.4% didn't want more drugs. The BPI reported the degree to which their pain interferes with functioning in seven domains: 90% had alterations in general activity, 35% had an interference in walking, 28% hadn't a mood interference but 27% had a moderate one, 64% with some sleep problems, 33% had a moderate work interference, 30% had problems with relations with other persons, and 64% had interfered in enjoyment of life.

**Conclusion:** The results of our study demonstrate a high prevalence of pain and a high impact on activities of daily living in rehabilitation process. However, participants do not wish to use additional medications.

**Biography**

**Laura Sucarrats**, has completed his PhD at the age of 24 years from Hospital Clínic, Universitat de Barcelona. Speciality in Physical Medicine and Rehabilitation in the year 2013 at Hospital Universitari Mutua de Terrassa, Spain.