

# FUNCTIONAL FITNESS OF OLDER PEOPLE WITH CHRONIC PAIN

 Grażyna Puto<sup>1</sup>, Marta Muszalik<sup>2</sup>



JAGIELLONIAN UNIVERSITY  
MEDICAL COLLEGE  
IN KRAKÓW



NICOLAUS COPERNICUS  
UNIVERSITY  
IN TORUŃ

Ludwik Rydygier  
Collegium Medicum in Bydgoszcz

## ● INTRODUCTION:

Chronic pain was assessed using the Geriatric Pain Measure (GPM-24), Katz scale (PADL), and instrumental activities of daily living (IADL).

## ● METHODS:

Deterioration of functional efficiency is one of the symptoms of chronic pain. The aim of the study was to assess the impact of chronic pain on the functional capacity of older people with chronic pain.

## ● RESULTS:

Among 181 people over 65 years of age with chronic pain, more women than men participated (61.9% vs 38.1%). Women obtained higher scores in withdrawal due to pain ( $5.2 \pm 1.9$  vs  $4.5 \pm 2.2$   $p=0.03$ ), pain intensity ( $15.8 \pm 3.3$  vs  $14.7 \pm 3.6$   $p=0.04$ ), and in the total ( $17.5 \pm 4.8$  vs  $15.8 \pm 5.5$   $p=0.03$ ) and final ( $41.7 \pm 11.5$  vs  $36.3 \pm 13.7$ ,  $p=0.006$ ) of the GPM-24 score. More intense pain was experienced by women more often than men (83.9% vs 66.7%  $p=0.01$ ) – table. Women more often than men showed disability in the range of P-ADL ( $4.73 \pm 1.59$  vs  $5.55 \pm 0.89$ ;  $p < 0.001$ ) and in the range of IADL ( $18.28 \pm 4.78$  vs  $20.53 \pm 4.75$ ;  $p=0.002$ ).

Table. Demographic and social variables determine the functional capacity of people with chronic pain.

Variables	GPM-24									
	Subscale					Score		Pain intensity		
	disengagement because of pain	pain intensity	pain with ambulation	pain with strenuous activities	pain with other activities	total	adjusted	<30 mild pain	30-69 moderate pain	>70 severe pain
Sex	mean±SD	mean±SD	mean±SD	mean±SD	mean±SD	mean±SD	mean±SD	N(%)	N(%)	N(%)
women	5.2±1.9	15.8±3.3	2.7±1.5	2.6±0.8	2.8±1.4	17.5±4.8	41.7±11.5	18 (16.1)	94 (83.9)	0 (0.0)
men	4.5±2.2	14.7±3.6	2.4±1.6	2.5±0.9	2.4±1.5	15.8±5.5	36.3±13.7	23 (33.3)	46 (66.7)	0 (0.0)
p <sup>t</sup>	0.03	0.04	0.25	0.38	0.05	0.03	0.006	p <sup>Chi2</sup> = 0.01		

N - number of subjects; % - percentage of respondents; mean - arithmetic mean, SD - standard deviation; value: p<sup>Chi2</sup> – for Chi2 test; p<sup>t</sup> – for Student's t-test.

## ● CONCLUSIONS:

Chronic pain was more often experienced by women than men with higher intensity, which resulted in withdrawal due to pain. Women are more likely to be disabled in basic and complex activities of daily living.

<sup>1</sup> Institute of Nursing and Midwifery, Faculty of Health Sciences, Jagiellonian University Medical College, Kopernika 25 Street, 31-501 Krakow, Poland; email: grazyna.puto@uj.edu.pl

<sup>2</sup> Department of Geriatrics, Faculty of Health Sciences, Nicolaus Copernicus University in Torun, Collegium Medicum in Bydgoszcz, 85-094 Bydgoszcz, Poland