In Motion

Highlighting Articles Advancing Pain Research in Canada and the World

Featured article:

Guliani, H., Hadjistavropoulos, T., Jin, S., & Lix, L. **Utilization of Health Care Resources by Long-term Care Residents as a Function of Pain Status**. Clinical Journal of Pain, 36(6), 472-479. 2020. DOI: 10.1097/AJP.0000000000000826

This research examines how different levels of pain among long-term care residents impacts their use of healthcare services.

Key insights from the study:

- **More Pain, More Medical Visits:** Residents who experience clinically significant pain are more likely to require medical services even after controlling for prior medical services uses, comorbid health problems and several other key factors.
- **Managing Pain Could Reduce Medical Visits:** If pain is detected and treated early, residents might not need as many medical services, pointing to a need for better pain control.
- **Need for Better Pain Check-ups:** The results show how important it is for care homes to have good pain assessment systems to keep residents healthier and possibly reduce medical costs.

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Quick Article Link: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7203621/

What happened?

The study looked at health records from 24,870 residents in long-term care homes across Saskatchewan, categorizing them as having clinically significant pain or not and tracking how often they used medical services. They found that residents with more severe pain used more health care resources even after controlling for comorbid conditions, demographic characteristics and prior healthcare utilization.

Why is it important?

Managing pain well in long-term care homes can make a big difference in how often residents need to use medical services. This not only helps improve the lives of the residents by keeping them more comfortable but could also help reduce the overall healthcare utilization.

What now?

Long-term care homes should use regular and detailed checks to manage pain effectively. This could involve using digital assessment tools. More studies are suggested to continue improving how pain is managed in these settings, ultimately helping residents and reducing unnecessary medical costs.