

# First results of the COVID-19 Survey 2020

## COVID-19 AND YOUR CHRONIC PAIN

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SURVEY



*Conducted by PAE with the kind support of EFIC (Kevin Vowles) and  
sponsored by Grünenthal*

# Survey about COVID-19 and chronic pain patients

Pain Alliance Europe (PAE) was aware that surveys were being conducted to find out what COVID-19 is doing with specific target groups. PAE has run a survey to find out how the pandemic affects chronic pain patients across Europe.

With the scientific knowledge and support of the European Pain Federation (EFIC) and Grünenthal as sponsor, PAE was able to develop and execute a comparable survey in 12 languages within a time span of 6 weeks. This was made possible with help from volunteers within PAE's member associations. The analysis was done on a voluntary basis by Professor Kevin E Vowles, School of Psychology, Queen's University, Belfast.

The first results will be presented to you now. The complete analysis and comparison with other surveys will be done in the weeks to come. The complete outcome will be sent to you and also will be available on the PAE website.

# Sample Description

- 1556 total respondents (88% female, primarily aged 36-65)
- Pain duration – 4+ years (70% of respondents)
- 19 countries represented:
  - 6 countries (UK, Denmark, Netherlands, Finland, Sweden, France)  $\geq 90$  respondents
  - 4 additional countries (Belgium, Portugal, Ireland, Spain)  $\geq 50$  respondents
  - 2 additional countries (Germany, Greece)  $\geq 20$  respondents
  - Remaining 7 countries (Austria, Cyprus, Italy, Malta, Romania, Serbia, Slovenia)  $\leq 16$  respondents
- Diagnosis was very mixed – most frequent FMS, arthritis, genetic problems, LBP, CRPS (all  $\geq 5\%$ )

# COVID Impact on Person

- Risk of infection - 60% feel more at risk, 12% do not know
- Worried about COVID – Average moderate to very
  - Top worries: loved one becoming infected, self becoming infected, not knowing when pandemic will end, not being able to see family/friends
- Mood affected by COVID – Average Little worse
- Pain Intensity – Average little worse
- Pain Interference – Average little worse
- How much help in coping needed? – Average a little to moderate

# COVID Impact on Health Behavior

- Fear of taking prescribed medication – 15% are worried about taking prescription medication
- Home healthcare – Vast majority (93%) not receiving home healthcare
- Self-management plan impact – Of those that had a plan, 29% are not able to continue with the care plan
- Speaking with someone about mental health difficulties – Most individuals said they could speak to family member, professional, GP, patient association or other. 14% said they have no one.

# COVID Impact on Appointments

- Scheduled appointments impact: Most by phone (32%), cancelled (28%), or rescheduled (17%).  
Only 16% seen in person
- Top 3 providers (physio, pain specialist, other)
- Appointment cancelled by patient rarely occurred (78% not relevant)

# Access to Resources

- Generally poor rating of information received from government, family doctor, healthcare specialist, and patient association
  - Range 1.8 - 2.9 on 10 point scale, where higher scores recorded more adequate information
- Most frequent types of help needed
  - Access to chronic pain treatment, getting health questions answered, coping with worries and fears, and improving social interaction with family/friends

THANK  
YOU

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