



International Pain Management Network

IPM Network Survey Results

662 responders



Survey: Global Perceptions and Attitudes About Chronic Pain and Pain Management (cont'd)

- Plans to create enduring materials from survey
 - Potentially submit for publication
 - Use as a public relations opportunity to raise general awareness and to promote IPMN
 - Create educational videos from survey findings
 - Develop a curriculum for a panel symposium/presentation
 - Develop general educational materials tailored to geographic region and culture

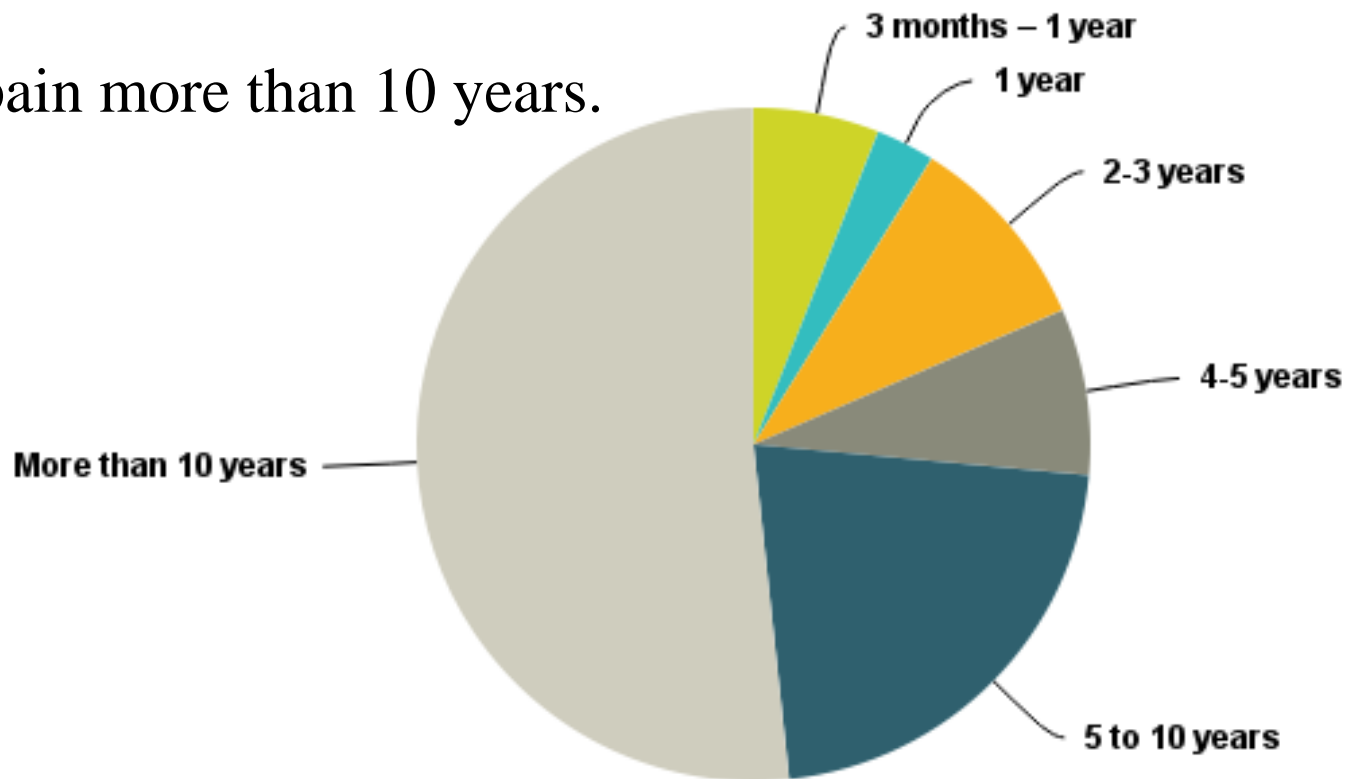


IPMN Survey Questions

Have you experienced persistent or recurring pain for more than 3 months?

97% said Yes

50% have had pain more than 10 years.



660 responses



IPMN Survey Questions

- ❖ More than 70% were 45 or older
- ❖ 78% were women
- ❖ Where do you live:
 - ❖ Urban/city 20%
 - ❖ Suburban 43%
 - ❖ Town or village 24%
 - ❖ Rural 12%
- ❖ Income
 - ❖ Under \$20,000 = 18%
 - ❖ \$20,000 to \$39,000 = 21%
 - ❖ \$40,000 to \$79,999 = 30%
 - ❖ \$80,000 to \$100,000 = 12%
 - ❖ Over \$100,000 = 19%

90% have a diagnosis



IPMN Survey Questions

How do/have you treat your pain–	Responses–
–Over-the-counter medications (e.g., ibuprofen, aspirin, naproxen, paracetamol)	57.35%
–Prescription medications (other than opioids)	74.95%
–Opioids (e.g., morphine, codeine)	55.90%
–Marijuana (cannabis)	13.61%
–Acupuncture	26.86%
–Chiropractic/osteopathy	27.22%
–Mind therapies (e.g., hypnosis, counseling)	29.58%
–Herbal therapies (vitamins, nutraceuticals)	33.76%
–Physiotherapy (movement/exercise)	43.01%
–Surgery	28.68%
–Injections	42.83%
–Massage	34.48%



IPMN Survey Questions

Do you believe that your doctor or health care provider takes your pain seriously?

Yes **75%**

No **25%**

How understanding is your doctor or health care provider toward your pain?

20 % believe their HCP is understanding



IPMN Survey Questions

What type of doctor helps treat or manage your pain?
check all that apply

- | | |
|-----|--------------------------------------|
| 60% | General practitioner or primary care |
| 13% | Internist (internal medicine) |
| 47% | Pain specialist |
| 32% | Neurologist |
| 12% | Psychiatrist |
| 2% | Medical oncologist |
| 8% | Orthopedic surgeon |
| 12% | Rheumatologist |



IPMN Survey Questions

In general, how do you pay for the costs associated with treating or managing your pain?

Private insurance	38.29%
Government insurance/national health service	23.81%
Personal income	28.17%
A combination of insurance/government and my income	33.73%
Visit a free clinic	2.18%

Comments:

- It is very hard to cover all the cost. We have filed bankruptcy due to me not being able to work or get disability.
- Personal income for purchasing magic mushrooms/truffles
- Samples when possible-- as BLUE CROSS has denied non opioid meds! I want to use any option BEFORE opioids, & in conjunction with
- Specialist doctors don't take ACA (silver plan), I mostly pay cash. Pharmacy does accept ACA plan.



IPMN Survey Questions

Have you encountered any difficulties obtaining a prescription for your pain medication(s)?

50% Yes

50% No



IPMN Survey Questions

Is a prescription needed to get opioid pain medicines where you live? **97% Yes**
3% No

Once a pain medication is prescribed, have you encountered difficulties obtaining it from a pharmacy? **30% Yes**
70% No

If yes is the difficulty related to:

9% Distance

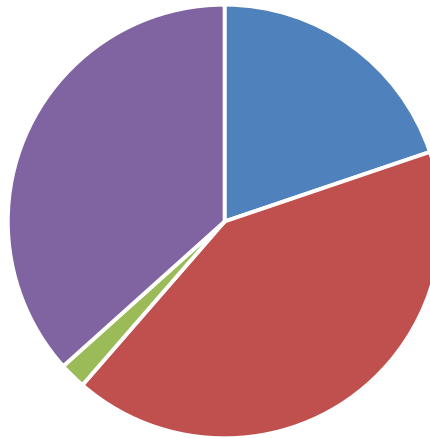
80% Availability

39% Cost



IPMN Survey Questions

What do you typically do if you cannot obtain pain medication that has been prescribed?



- Go to Hospital
- Self-medication OTC
- Buy in Internet
- Nothing



IPMN Survey Questions

What do you do to manage your pain? (self-management) check all that apply

Regular exercise	50.32%
–Yoga	17.97%
–Relaxation or stress management	66.60%
–Breathing techniques	46.72%
–Meditation/self reflection	38.69%
–Goal setting	19.24%
–Music or art	32.56%
–Peer support group	32.14%



IPMN Survey Questions

What is the general attitude toward pain where you live? Check all that apply

- 37%** Pain is a serious medical condition that warrants medical attention or treatment
- 51%** Pain is something that everyone endures at various stages in life
- 7%** treated
- 18%** Pain should be self-managed
- 29%** Pain is something that you should not complain about



IPMN Survey Questions

Have you ever contemplated suicide or harming yourself because you could not get relief your pain?

45 % Yes

55% No



Proposed Survey Questions

Thank you!