



## PainSTORY (Pain Study Tracking Ongoing Responses for a Year)

### Quotes Sheet

'This research reveals an alarmingly high prevalence of uncontrolled chronic pain in our communities. This serious public health problem must be addressed as a matter of urgency. Patients suffering pain require comprehensive evaluation and assessment by skilled healthcare professionals. Selected patients will benefit from a supervised trial of opioid medication in order to achieve an optimal level of analgesia, whilst preventing unwanted opioid adverse effects, including opioid induced constipation. The objective is to ensure that patients can experience the best possible quality of life.'

**Dr Tony O'Brien, Consultant Physician in Palliative Medicine at Cork University**

"This research presents a unique insight into patients' journey in pain across Europe. It is shocking to observe that one year on, patients are still trapped in an ongoing cycle of pain and a large proportion seem to be losing hope. I urge patients to speak to their doctor if they are experiencing chronic pain or are concerned about side effects and not suffer in silence".

**Hans Kress, President Elect, European Federation of Chapters of the International Association for the Study of Pain**

"As a health psychologist, I have been involved in a number of qualitative studies investigating the impact of chronic pain on patients' quality of life. PainSTORY is different in a number of ways: firstly, it presents an innovative mixture of textual and graphic materials, alongside quantitative data; secondly, it spans patients' experience across 13 European countries and thirdly, it gives us a unique insight into patients' experience of pain over an entire year, rather than a snapshot in time. The materials I have seen from PainSTORY show that a vast proportion of patients in chronic pain are experiencing extreme levels of pain, which is causing serious psychological distress. As healthcare professionals, we need to work together to give patients the opportunity to express their suffering and ensure that they get access to treatment that alleviates suffering as quickly as possible".

**Dr Helen Poole, Health Psychologist and Senior Lecturer, Liverpool John Moores University**

“The results from PainSTORY show that despite effective treatments being available, patients’ pain is not being managed effectively, compromising their quality of life. The survey reveals that a vast number of patients are resigning themselves to a life of chronic pain, believing that everything is being done to help them. Patients need better access to the multidisciplinary healthcare team, including regular consultations with pain specialists, to obtain the diverse range of support they require, from advice on pain medication, to coping with side effects and managing aspects of daily living.”

**Professor Serdar Erdine, Founder and President, World Institute of Pain**

“Not only do the PainSTORY findings reveal the major impact of chronic pain on patients’ daily lives, they also demonstrate a clear call-to-action for improved European guidance on the treatment of patients suffering moderate to severe chronic pain and the management of side effects patients’ experience as a result of current treatment strategies.”

**Dr Harald Breivik, Professor of Anesthesiology, Rikshospitalet University Hospital, Oslo**

“I will never be pain-free again. That’s the hardest part, I got so used to my medication that pills do not cover my pain anymore. Side effects are also part of my life: amnesia, flushes, overweight and stomach problems to mention just a few...”

**Vera Thas, Chronic Pain Patient, Belgium**

“I used to be a busy active person, but with the onset of chronic pain, my life changed drastically. I was kept in hospital for four weeks while they struggled to develop the most appropriate pain management regimen; it was the toughest time of my life. Even now, my life is very different and there are many things I cannot do, such as driving the 200-mile trip to see my daughter and new granddaughter in Rugby. No matter how much I want to go, with this pain I simply get too tired.”

**Sheila Richards, Chronic Pain Patient, Swansea, UK**

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