

Association between self-reported pain severity and characteristics of United States (US) adults ≥50 years who used opioids.

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INTRODUCTION

- Several biological and psychosocial factors contribute to variation in pain severity.¹ Individual characteristics can point to potential predictors of pain severity and can inform individualized pain management.

OBJECTIVE

- To identify characteristics that are linked to pain severity in United States adults ≥50 years with pain who used opioids.

METHODS

- A retrospective cross-sectional study using 2019 Medical Panel Expenditure Survey data (MEPS).^{2,3}
- Eligible participants: ≥50 years with data on self-reported pain severity and used opioids.
- Chi square test: compared demographics stratified by pain severity (little/moderate vs. quite a bit/extreme).
- Multivariable logistic regression: assessed associations between characteristics and pain.

Table 1. Selected characteristics of US adults ≥50 years with self-reported pain who used opioid.

Variables	Little/ moderate pain N= 6,640,276 Weighted % (95% CI)	Quite a bit/Extreme pain N= 5,469,426 Weighted % (95% CI)	P-value
Age (≥65 years)	55.3 (50.2 -60.3)	48.0 (42.6, 53.5)	0.0576
Female	57.5 (53.0, 61.9)	63.9 (59.6, 68.1)	0.0458
Non-Hispanic	92.6 (90.2, 95.0)	92.8 (90.3, 95.3)	0.8747
Unemployed	59.0 (54.4, 63.7)	80.5 (76.4, 84.7)	<0.0001
Private Insurance	63.2 (58.8, 67.6)	38.9 (34.2, 43.6)	<0.0001
ADL limitation	2.9 (1.3, 4.5)	15.1 (11.4, 18.8)	<0.0001
IADL limitation	5.6 (3.5, 7.7)	23.9 (19.7, 28.2)	<0.0001
Good perceived health status	40.8 (36.5, 45.2)	40.8 (36.5, 45.2)	<0.0001
Good perceived mental health status	90.4 (87.8, 93.0)	67.1 (62.5, 71.7)	<0.0001
Chronic condition ≥2	86.8 (83.6, 90.0)	89.7 (86.3, 93.0)	0.2366
Smoker (yes)	23.3 (19.4, 27.2)	23.3 (19.4, 27.2)	0.7601
ADL- Activities of daily living. IADL- Instrumental activities of daily living.			

Table 2. Characteristics associated with quite a bit/extreme pain vs. little/moderate pain.

Characteristics	Adjusted odds ratio (95% Confidence interval)
Age 50-64 vs. ≥65 years	1.76 (1.22, 2.54)
Hispanic vs. non-Hispanic ethnicity	0.50 (0.30, 0.85)
Employed vs. unemployed	0.50 (0.33, 0.75)
Private vs. no health insurance	0.15 (0.03, 0.70)
IADL Limitation vs. no IADL limitation	2.27 (1.30, 3.96)
Good vs. poor perceived health	0.32 (0.23, 0.72)
Good vs. poor perceived mental health	0.46 (0.30, 0.72)
Smoker yes vs. no	0.56 (0.37, 0.84)
ADL- Activities of daily living. IADL- Instrumental activities of daily living.	

CONCLUSION

- This study provides insight into characteristics that may be help develop and implement individualized pain management strategies in older adults.

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