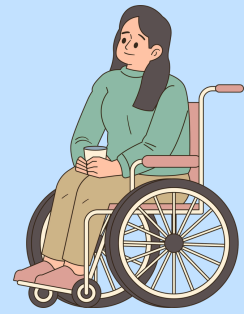


Pain and opioids after spinal cord injury




Findings for Australians who responded to the International Spinal Cord Injury (InSCI) Community Survey and reported experiencing pain

Introduction

In 2018–29, Australia participated in the first ever global survey for people with spinal cord injury (SCI). 1,579 Australians responded to the survey, which included questions about pain and the ways people manage their pain. This sheet provides a summary for 1,167 of the people who responded and said they had pain in the past 7 days (that's 3 in 4 people with SCI who have pain!).

Who told us about their pain?

1,167 people said they had pain in the last week. Below is some information about them


Gender
72% Males
28% Females

Age
59 years


Living
58% Urban
26% Regional
17% Rural

Cause of SCI
83% Traumatic SCI
17% Non-traumatic SCI


Time since SCI
13 years

What did people say about how their pain felt?

Pain often interfered with daily activity, getting a good night's sleep and mood

2 in 3

people felt more than 1 type of pain at the same time

Nearly half

had pain all the time without any relief



What lifestyle and other strategies did people use to help with pain?

40-50% focused on exercise, a healthy diet and sleep

1 in 3 people used physiotherapy or massage for their pain

20% practiced meditation or mindfulness to help with pain



What medicines were commonly used to help with pain?

55% used over-the-counter medicines (e.g. paracetamol)

45% used nerve pain medications (e.g. pregabalin)

1 in 4 people used opioids for their pain (e.g. oxycodone)

Many people who used opioids also used nerve pain medications



More information

Scan to read more about the project



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What does this mean?

Pain is still a problem for many, long after their SCI. Even with different treatments and strategies, pain still affects daily life. More needs to be done to better manage pain for people with SCI.