

Americans Living With Pain Survey (2004)

This 2004 survey was conducted by Roper Public Affairs and Media, on behalf of the American Chronic Pain Association (ACPA) with support from Endo Pharmaceuticals. The survey findings are based on 800 telephone interviews conducted with adults experiencing chronic pain in the United States.

The purpose of this survey was to ascertain:

- ❖ How pain impacts the quality of life for people living with pain.
- ❖ The extent of their communication with doctors.
- ❖ Perceptions and use of various treatment options.

Key Findings:

- ❖ Chronic pain is a serious health condition that some have been living with for a relatively long time and, in most cases, facing it daily.
- ❖ Nearly one half of respondents say their pain is not under control – in particular, those whose pain is ever present, men, and those who are middle aged.
- ❖ Among those who reported having chronic pain, age does not play a significant role in reporting back pain – the most prevalent type of pain. Similar proportions of younger (56% of 18 – 34 year olds), middle aged (50% of 35 – 64 year olds) and older (49% of 65 + year olds) report their back is where they feel the most pain.
- ❖ Those with chronic pain experience difficulties on the job and their personal relationships suffer due to their condition.
- ❖ Chronic pain adversely affects quality of life for people with pain – both in terms of their day-to-day activities and their emotional well-being.
- ❖ People's attitude toward their pain when it first develops is quite casual. Although, nearly half talk to a doctor about it within a month, nearly as many wait longer with a significant number waiting for over 3 months.
- ❖ Those with chronic pain are just as likely to be taking an OTC medication as an Rx medication; relatively few are only using alternative treatments.
- ❖ Exclusive OTC usage is mainly a function of the nature of the user's pain, product performance, and financial considerations.
- ❖ Nearly all of those with chronic pain turn to alternative treatments regardless of the medications they are using or the nature of their pain. This would indicate that current Rx and OTC medications by themselves are not providing as much relief as desired or that such usage helps ease the financial burden of treatment.

- ❖ Significant numbers of those with chronic pain have concerns about taking pain medications; their concerns range from potential side effects, the medication being addictive, the need for increased usage over time and the possibility of having to take them for the rest of their lives. Such concerns are higher among women and those who are not exclusive Rx users and vary based on the age of the individual.
- ❖ There is hesitancy to take a narcotic pain reliever among a significant number of those currently taking a Rx medication for their pain, especially among women and those taking OTC medication along with their prescription medication.
- ❖ Those using both Rx and OTC medication for their pain are more likely to be experiencing side effects from the medication than exclusive Rx users. This dual treatment may be required, since the pain being treated this way affects a wider range of everyday activities and relationships with other people than the pain being treated differently.
- ❖ Other factors affecting treatment include the high incidence of taking Rx medication for other health conditions, the belief or possibility that their access to Rx pain medication might be more difficult in the future, as well as currently not getting their Rx prescriptions filled due to financial considerations, especially among those with ever present pain.
- ❖ Most of those with chronic pain do not know if a prescription patch product can provide the same amount of relief as a Rx oral pain medication, primarily because they do not know enough about them and how they work.
- ❖ Non-compliance is a major issue in taking RX medication for pain, especially among those taking both Rx and OTC medications. Side effects and financial factors are the primary causes.