Psychosocial factors associated with Pain in patients treated by Haemodialysis: a 2 month follow-up protocol

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Introduction

- Haemodialysis is a vital treatment for patients suffering from End Stage Renal Disease (ESRD). Sessions last about 4 hrs, 3 times a week.
- 30 to 50% of patients treated by HD feel pain, including headaches, cramps and puncture pain during HD sessions (Gamondi et al., 2013).
- Psychosocial factors, such as personality, coping or depression and anxiety, can be associated with pain (Goodin & Bull, 2013; Radat & Koleck, 2011).
- Dialysis nurses have a specific relationship with patients (Vioulac et al., 2016) and are their first interlocuter regarding symptom management.

No research has investigated pain in ESRD with a longitudinal, session-to-session, follow-up approach.

Objectives

1. Assess the frequency of pain and its evolution through haemodialysis sessions
2. Evaluate the association between pain and psychosocial factors
3. Identify profiles of patients at risk for pain

Population

- 100 Patients: Hemodialysis > 3 mois
- 20 Nurses: working in HD centres

Recruitment

- Volunteer call broadcasted through a patient association’s journal (France Rein)
- 5 centres in the Paris area (hospitals and out-center)

Procedure

Start

- If pain event (e.g., Session 5)

T1

- Dialysis session 1

T2

- Dialysis session 24

Ecological assessments during dialysis sessions

- Emotional State
  - Sadness
  - Worries
- Presence
  - Intensity
- Pain
  - Description
  - Communication
- Patient-Nurse Relationship
  - Empathy
  - Support

Interviews

- 40 individual semi-structured interviews:
  - 20 Patients
  - 20 Nurses

Interview schedule based on the Critical Incident Method to focus on a recent pain event

- Cognitions
- Emotions
- Behaviours
- Communication

Interviews

- Sessions last about 4 hrs, 3 times a week.
- Pain intensity and description
- Anxiety and Depression
- Pain related Coping
- Quality of life
- Personnality
- Therapeutic Alliance

T1 & T2 Questionnaires

- PAS
- HADS
- LOT-R
- 4-PAS

Current stage

- 66 Patients included (47 completed their participation)
- 3 Interviews

- 39 Patients have declared pain at T1 (53.8%)
- Mean intensity = 6.7 / 10 (Min = 1 ; Max = 10)
- HADS
  - Depression: Mean 5.9
  - Suspected depression: 23.4% (Score > 8)
  - Anxiety: Mean 6.4
  - Suspected anxiety: 36.2% (score > 8)

Therapeutic alliance

Evaluation by the patient 37.7/ 44

BUT

- A higher level of pain is associated with a lower therapeutic alliance ($r = - .27$)