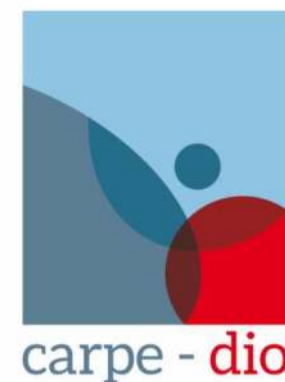


PREVALENCE AND CHARACTERIZATION OF BREAKTHROUGH PAIN IN PATIENTS WITH CANCER IN SPAIN: THE CARPE-DIO STUDY.



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Background

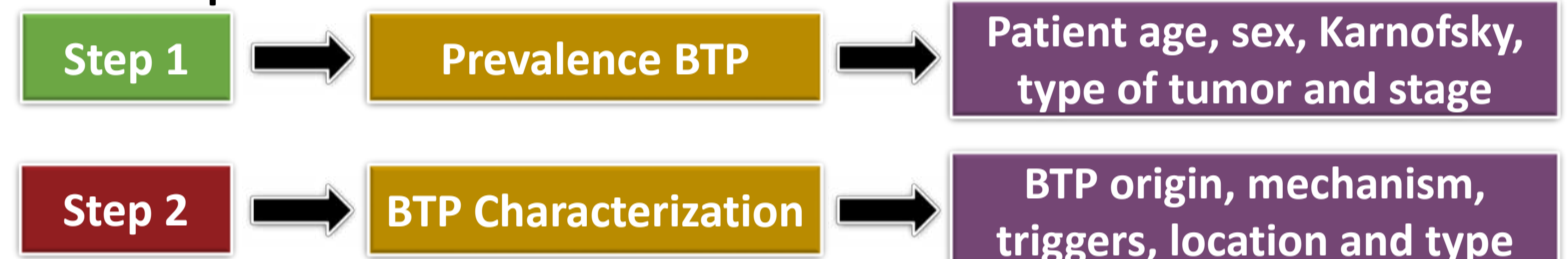
- Breakthrough pain (BTP) is a common problem encountered in clinical practice in patients with cancer, has a heterogeneous clinical presentation, and is associated with an important impact on the patient, family, caregivers and society.
- The clinical picture of BTP varies greatly from patient to patient. In a European study conducted in 1.000 patients with cancer, 44% had incident pain, 41.5% had spontaneous pain and 14.5% had a combination of both forms of presentation¹.
- Age, type of cancer, performance status, background pain intensity, and mechanism are among the factors affecting the clinical presentation of BTP².
- Information on the prevalence and clinical characteristics of BTP in Spain is very limited.

Study Objectives

- **Primary objective:** To evaluate the prevalence of BTP in patients with cancer attending the main specialties involved in the diagnosis and management of BTP in Spain.
- **Secondary objectives:** Describing the clinical characteristics of patients with BTP, and evaluating the impacts on daily activities and quality of life (through Alberta, BPI and SF-12 questionnaires).

Study Design

Multicenter, observational, cross-sectional, multidisciplinary study conducted in the medical oncology, radiation oncology and hematology departments as well as in pain and palliative care units from November 2016 to April 2018.



Study Results

A total of 3765 patients were seen at 32 sites by 43 specialists. Over 1117 patients with cancer-related pain, 539 had BTP (48%, 95%CI, 45% to 51%). In characterization study 207 adult patients with oncologic pain adequately controlled with opioids and meet criteria of BTP (Davies' algorithm) were included.

BTP Characteristics *	Type I N=67 (32.4%)		Type II N=59 (28.5%)		Type III N=31 (15.0%)		Type IV N=47 (22.7%)	
BPI Intensity	4.9	1.6	5.4	1.8	6.3	1.6	5.4	1.9
BPI Interference	5.5	2.2	6.0	1.8	7.9	1.5	5.8	1.9
SF-12 Physical	29.3	8.6	30.1	8.6	25.9	4.5	27.6	7.7
SF-12 Mental	38.9	9.2	35.8	9.1	31.0	8.7	39.1	9.7

*Mean | Standard Deviation

Pain qualitatively description	N	%
Stabbing	113	57.9
Splitting	58	29.7
Sharp	57	29.2
Punishing-Cruel	53	27.2
Heavy	52	26.7
Hot-Burning	50	25.6
Fearful	42	21.5

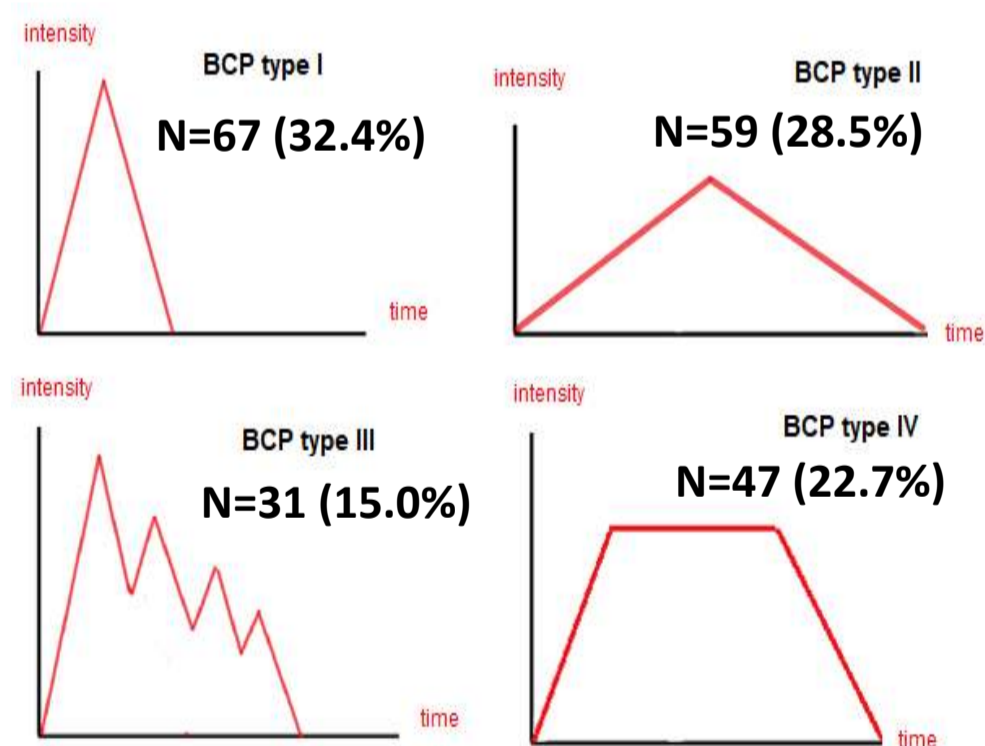
Pain intensity *	N	%
Mild	3	1.5
Moderate	31	15.9
Severe	160	82.1

* Alberta Q4: Pain intensity

Relationship to baseline pain*	N	%
Brief flare up of baseline pain	101	53.2
Different from baseline pain	69	36.3
Not sure	20	10.5

* Alberta Q1: Relationship to baseline pain

Type of Breakthrough Pain



Conclusions

- In the Spanish setting there is a high prevalence of BTP among patients exhibiting cancer-related pain.
- BTP is heterogeneous, and therefore cannot be considered as a single entity, it needs an early detection and should be investigated and characterized in every patient with cancer pain in order to provide orientation for pain management.

References

1. Davies et al. *J Pain Symptom Manag.* 2013.
2. Mercadante et al. *Cancers (Basel).* 2018.
3. Deadrea et al. *J Pain Symptom Manag.* 2013.

Acknowledgments

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