

# Prevalence of bladder and bowel symptoms experienced by patients with general chronic pain

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# Background & Aims

- Links between general chronic pain & bladder / bowel symptoms
  - Clinical experience
  - Evidence (Eliasson et al , Smith et al , Almansa C et al)
    - Predominately studies of women, poorly defined chronicity
- Prevalence of bladder and bowel symptoms in these patients when compared with general population data (AIHW 2006)
- Inform planning of services

Eliasson K et al. Manual Therapy 2008  
Smith MD et al. Clin J Pain 2008

Almansa C et al Clin Gastroenterol Hepatol. 2009  
Australian Institute of Health and Welfare (AIHW) 2006.

# Method

Patients with general chronic pain ( $\geq 3$  months) attending the community rehabilitation service

Questionnaire (anonymous)

- Demographics, body pain chart
- Validated symptom scores for
  - Urinary incontinence
  - Faecal incontinence
  - Constipation



# Method

## Comparison with national estimates

### Australian Institute of Health and Welfare (AIHW)

- Men (1478) and women (1533)
- Urinary incontinence and faecal incontinence

### Australian Longitudinal Women's Health Study (ALWHS)

- Women (42 724)
- Constipation



Australian Institute of Health and Welfare (AIHW) 2006.  
Chiarelli P, Brown, W and McElduff, P (2000) Int Urogynecol J

# Results

**82** participants

- 53 women
- 29 men

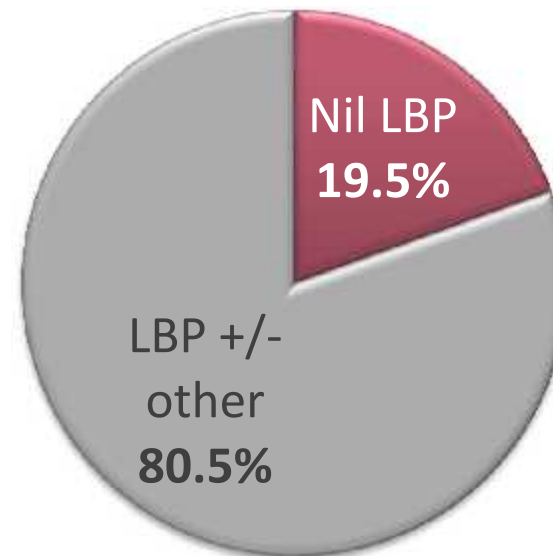
Average age **58**

- age range 26-83

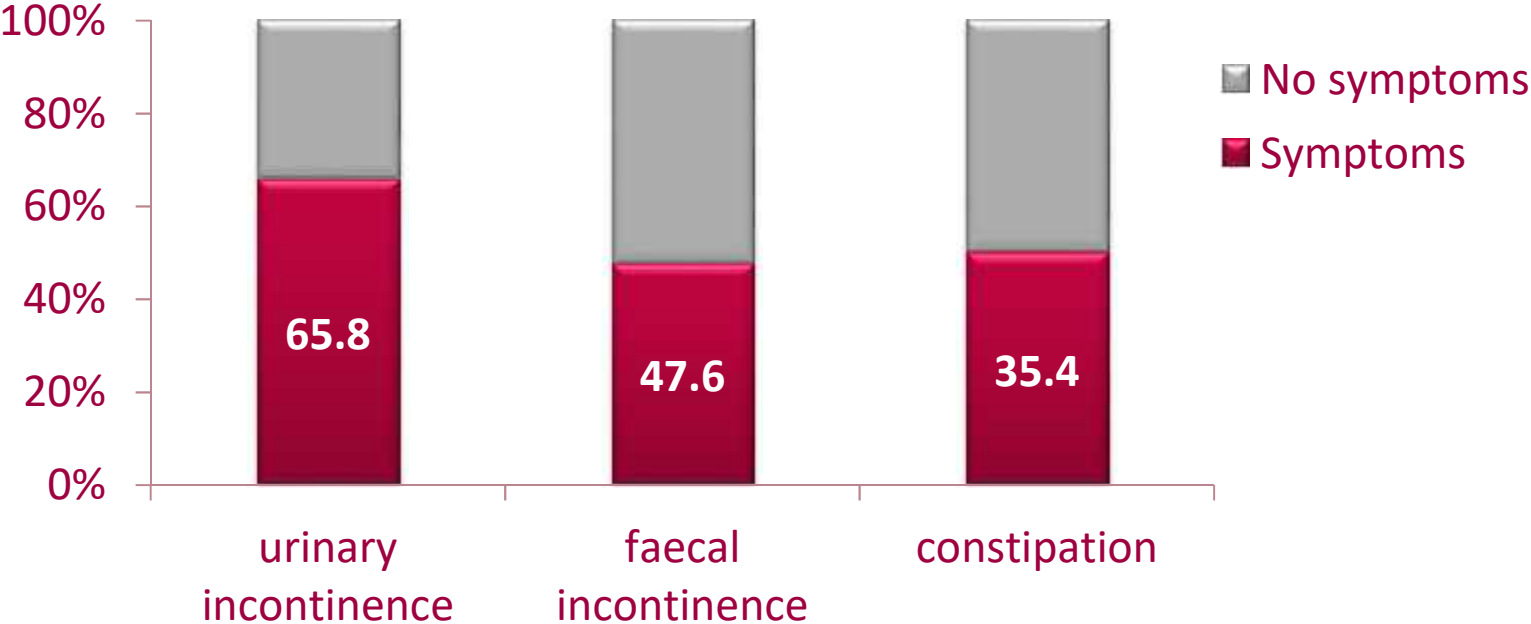
Pain duration >12months **84%**



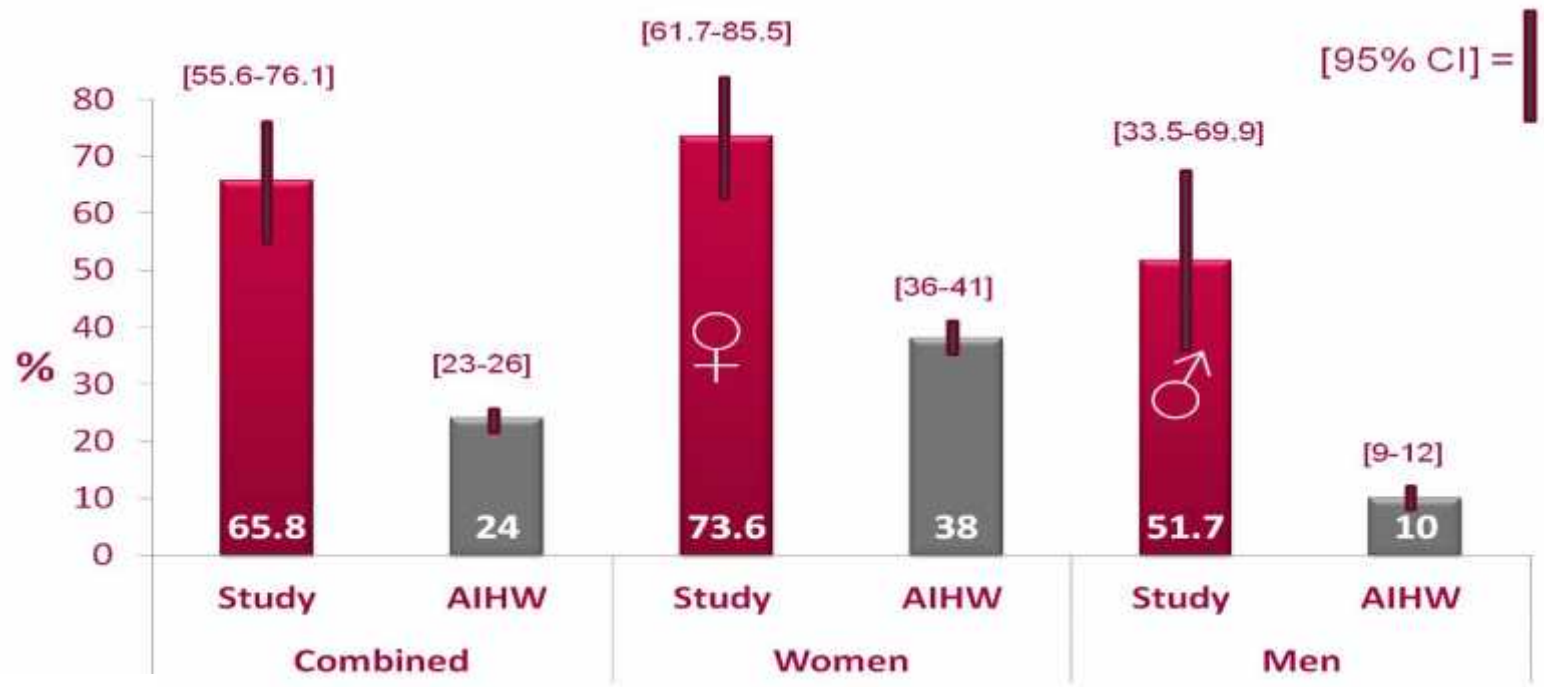
**Pain location**



# Reported symptom rates

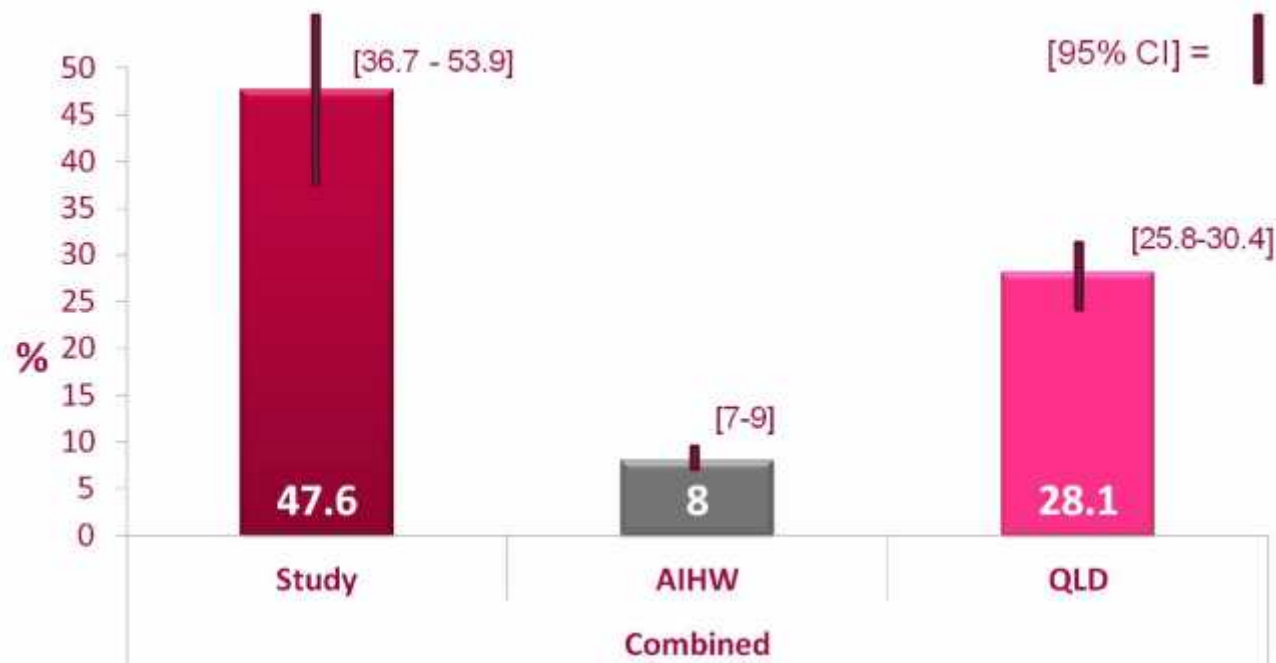


# Prevalence of urinary incontinence



Australian Institute of Health and Welfare (AIHW) 2006.

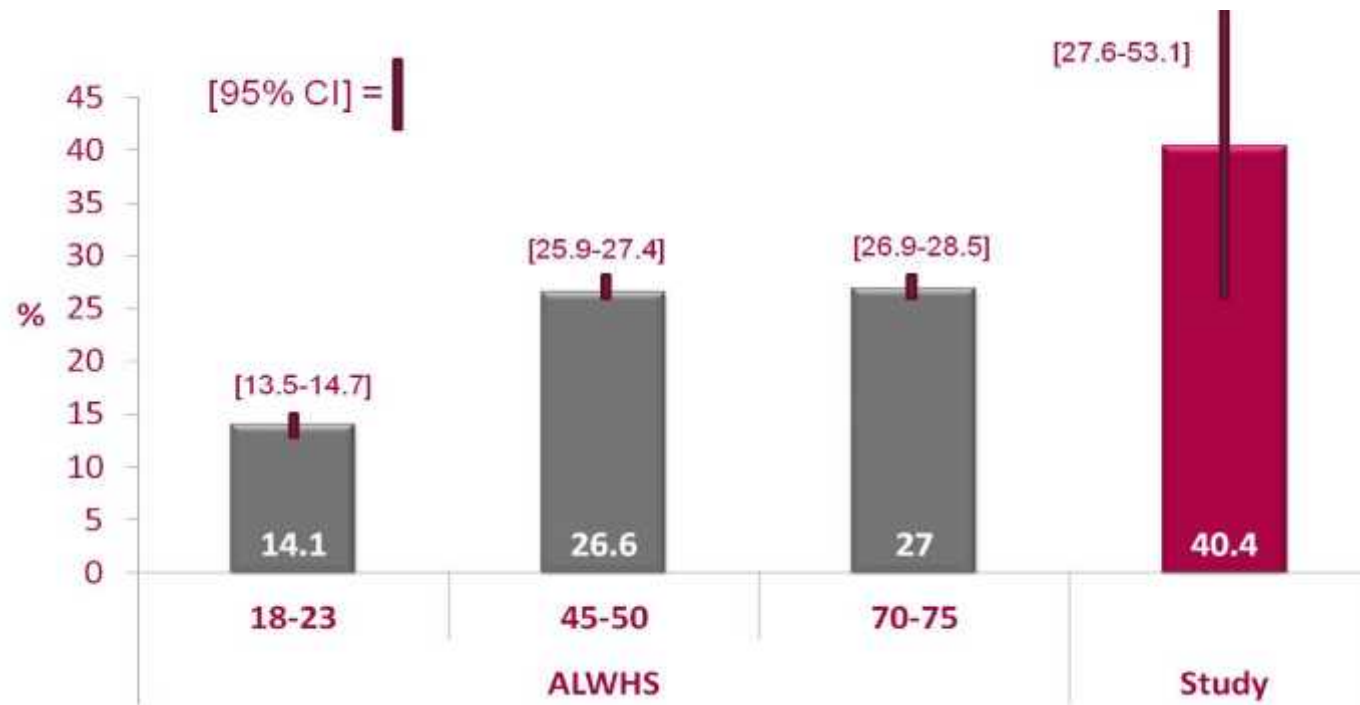
# Prevalence of faecal incontinence



Bartlett LM et al 2013, Rural & Remote Health  
Australian Institute of Health and Welfare (AIHW) 2006.



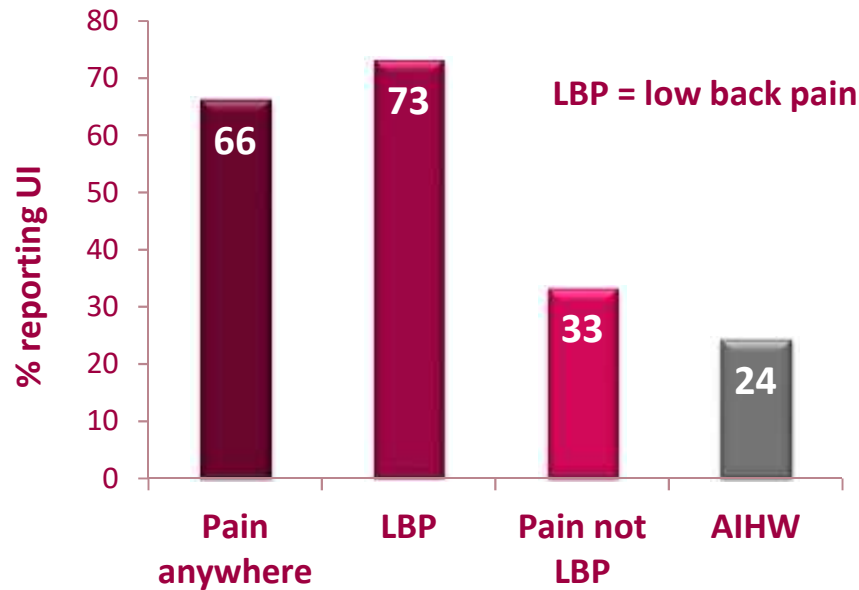
# Constipation in Australian women



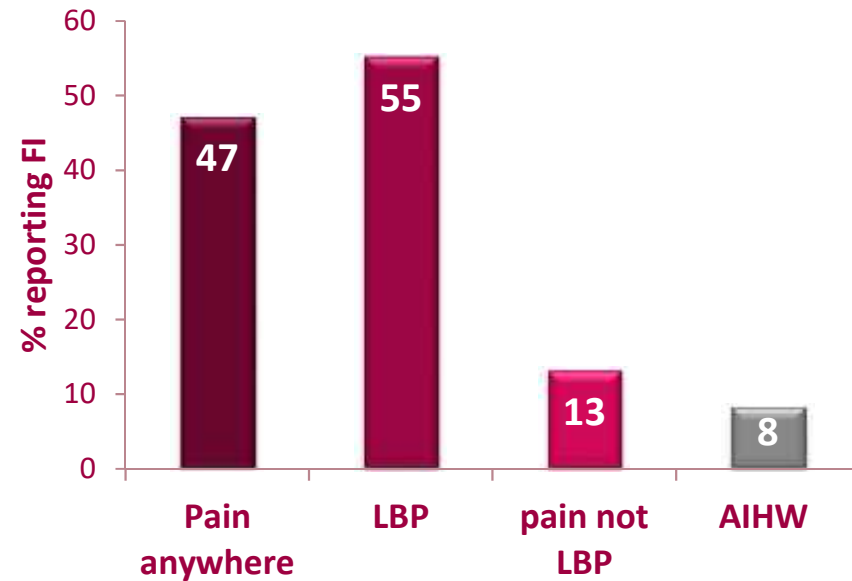
Chiarelli P et al. 2000. Int Urogynecol J

# Incontinence and pain location

## Urinary incontinence



## Faecal incontinence



### Strong associations:

Urinary incontinence & LBP (Fisher's exact test  $p < 0.01$ )

Faecal incontinence & LBP (Fisher's exact test  $p < 0.01$ )

# Limitations

Limited number of participants

Potential bias

- Self selection
- Reliance on staff to recruit

Barriers to recruitment



# Conclusions and recommendations

Men and women with general chronic pain have a higher prevalence of urinary & faecal incontinence

Strong associations exist between chronic LBP and both faecal incontinence and urinary incontinence



Take the opportunity to ask





Thank you