PAIN INTENSITY RATHER THAN PAIN FREQUENCY IS REPORTED WHEN CHILDREN WITH JUVENILE IDIOPATHIC ARTHRITIS IS ASKED TO RECALL PAIN.

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Pain in juvenile idiopathic arthritis is a major contributor to morbidity. The currently employed and validated Patient/Parents reported outcome is based on recall data. We wanted to compare this with data from an electronic diary.

Methods: 35 consecutive patients were asked to fill out a Juvenile Arthritis Multidimensional Assessment Report (JAMAR) before a visit at the outpatient clinic. After the visit the patients were asked to fill out an electronic diary for the next 7 days.

Results: The recalled pain from the question “How much pain has you/your child had because of the arthritis during the last week” on a Visual analogue scale 0-10 (VAS 10). The group had a median VAS score of 2.8 (0; 7.7).

The How-R-you app was used as an e-diary. Symptoms were required to be reported at least once daily on a VAS 10 scale to score the worst pain since last entry.

Maximum pain reported during the period was VAS 3.5 (0; 85) and the average pain score was VAS 0.7 (0; 3.2). All children reporting pain in the JAMAR also reported pain in the e-diaries. All patients did, however, also experience completely pain-free days.

Conclusion
Self-reported maximum pain during seven days of diary registration correlates with recalled pain during the previous week but not with average pain score from the diary.

The sensation of severe pain seems to weigh higher than the number of days with absence of pain.