

# EFFICACY OF INTRAVENOUS LIDOCAINE INFUSIONS ON PATIENTS WITH CHRONIC WIDESPREAD PAIN: SNAPSHOT SURVEY

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## OBJECTIVES

To assess efficacy of intravenous Lidocaine infusions on patients with chronic widespread pain.

## METHODS

Thirty five patients with chronic widespread pain syndromes presenting for intravenous Lidocaine infusion therapy were selected for this survey. Exclusion criteria were presence of cardio-respiratory co-morbidities and significant yellow flags. A self reporting outcome measure questionnaire (pictured right) was filled in at the start and given to the patient with a request for completion and return after 6 weeks. This questionnaire developed by our service uses a 10 point scale to evaluate pain, sleep, mood and activity. Lidocaine in a dose of 5 mg/ kg was infused intravenously over 1 hour. We designated the treatment as efficacious if there was 2.5 point reduction in pain and /or a 2.5 point improvement in activity, mood and sleep.

## RESULTS

### Demographics (range)

Mean Age 47 (20 – 73)

Female: Male 26 : 9

### Mean Score Improvement (range)

Pain 3.5 (1 – 7)

Sleep 2.9 (1 – 8)

Mood 2.7 (1 – 7)

Activity 2.7 (1 – 6)

All 35 patients returned their questionnaires. One patient reported no improvement in any of the questionnaire modalities.

In the remainder, there was a mean 3.5 point reduction in pain scores with a 2.9 and 2.7 point improvement in sleep and mood/activity respectively.

## CONCLUSIONS

Intravenous Lidocaine infusions are a useful adjunct to multimodal therapy in patients with chronic widespread pain reducing overall pain scores while improving sleep, mood and activity. Further studies are required to determine long-term effectiveness of serial Lidocaine infusions in chronic widespread pain syndromes.

Pain Outcome Measure

I.D. Male / Female Age Date  
Diagnosis: Intervention:

O (circle) the score before the treatment  
X (cross) the score after the treatment

Best Pain  
Worst  
Best Mood Sleep  
Best Activity

Pain medicines (before injection):  
Any reduction in pain medicines? (after injection): yes / no  
If yes - please provide details:

Comments:

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