Gender Differences in Chronic Pain Management Outcomes among a Sample of Pharmacists Licensed to Practice in the State of Arizona

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BACKGROUND

- Approximately fifty million people in the United States have chronic pain.
- Chronic pain management was important to improve a patient's quality of life.
- Chronic pain contributed to an estimated $560 billion each year in direct medical costs, lost productivity, and disability programs.
- Pharmacists played an important role in helping patients manage their pain, but there was no study about how pharmacists manage their chronic pain.

OBJECTIVES

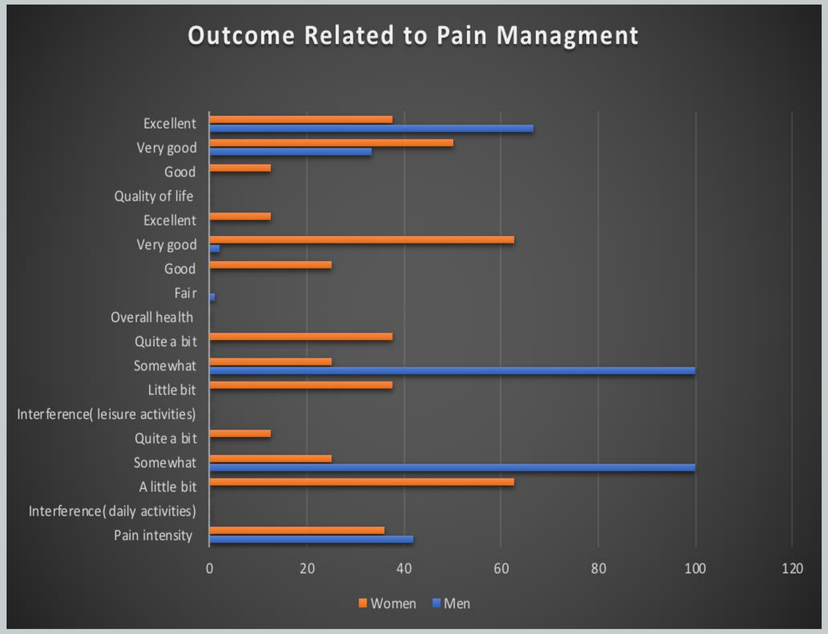
- To determine differences in chronic pain management outcome between male and female pharmacists who were licensed to practice in the State of Arizona.

METHODS

- The study was a descriptive study.
- An online questionnaire was sent out to the pharmacists 18 and older licensed to practice in the State of Arizona.
- To analyze continuous data, t-test was used to compare groups, and chi-square test was used to analyze frequencies and percentage.
- An alpha level of 0.05 was determined a priori.

Questionnaire was sent out → Participants followed the site and answered questions → Data was collected, processed, and stored on a secure server

RESULTS



- Total 11 pharmacists participate in the study. The male pharmacists (mean age 42) were older than female pharmacists (mean age 37).
- Pain intensity reported higher in male pharmacists compare to female pharmacists ($p < 0.001$).
- Male pharmacists (100%) reported that pain somewhat interfered with their daily activities, whereas female pharmacists (63%) reported that pain only interfered a little bit with their daily activities.
- An equal number of female pharmacists (35.5%) reported little bit and quite bit pain interference with physical activities. However, male pharmacists (100%) reported somewhat interference with physical activities compared with female pharmacists (25%).
- Male pharmacists (66.7%) reported very good overall health and excellent quality of life while (50%) female reported very good health as well as quality of life.

LIMITATIONS

- The main limitation of this study was low number of participants.
- The other limitation was the self-reported data.

RECOMMENDATIONS

- Make questionnaire simpler for the participants.
- Follow up to encourage participants completing questionnaires on time for data analysis.

CONCLUSIONS

- Male pharmacists had less tolerance with pain than female pharmacists.
- The high pain interference with physical activities and leisure activities was related to poor chronic pain management. In order to have overall good health and quality of life among both male and female pharmacists, pain control was important.

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