

**CARP Pain Management Poll Report
October 5, 2015**

Key Findings

Three quarters of members suffer from some kind of muscular skeletal condition like arthritis, and just fewer suffer chronic pain as a result. This condition has lasted more than 8 years, on average. One quarter of members in total are on a doctor-devised pain management protocol, but most say pain is only managed “somewhat well”. Very few manage their pain with opioid drugs, and about half of those who do have been warned by their doctor about the dangers of dependence.

Specifically, two thirds of members suffer joint pain and three quarters say it affects their quality of life, primarily affecting hips, knees, neck and back, on average, more than 3 joints at once. Two thirds of members have other chronic conditions besides muscular skeletal pain, most commonly high blood pressure or diabetes.

All members have a primary health care provider, and almost all are satisfied with the care they receive, more than half saying they are “very satisfied”. Just three quarters, on the other hand, of those with joint pain say this pain is satisfactorily managed, and close to half say they are only “somewhat satisfied”.

In addition to pain drugs, almost all members use other methods to manage their pain, including primarily exercise.

There is wide agreement that chronic pain can lead to a cascading series of negative consequences which can lead to depression, illness and isolation.

Relatively few are caregivers to those with joint pain, but those who are, are very likely to say pain affects the quality of life of their charges and themselves, leading to stress, exhaustion and depression.

After having achieved parity in July, the Liberals and Conservatives have moved ahead, leaving the NDP behind. The Liberals now lead.

Detailed Findings

More than three quarters of members or their spouses suffer from a muscular skeletal condition like arthritis (78%), and it is usually the respondent (60%).

Do you or your spouse suffer from arthritis or some other muscular skeletal condition?

YES	78%
Me	60%
Spouse	18%
No	22%

In total, 6-in-10 members suffer pain from a muscular skeletal condition (61%).

Do you or your spouse have chronic pain as a result of this condition?

Yes	61%
No	21%
NO CONDITION	18%

Among those with a muscular skeletal condition, the condition has existed for, on average, 8 years.

For how long have you or your spouse had this condition?

A year or less	4%
One or two years	13%
Three to five years	20%
Five to ten years	26%
More than 10 years	32%
AVG # OF YEARS	8.2 years

In total, about one quarter of members are on a pain management program devised by a doctor (27%)

Are you or your spouse on a pain management plan devised by a doctor?

Yes	27%
No	46%
HAVE NO PAIN	4%
NO CONDITION	20%

Among those on a pain management program, more than half say the pain is managed “somewhat well” (55%) and just one tenth say it is handled “very well” (11%).

How well is the pain managed?

Very well	11%
Somewhat well	55%
Not very well	26%
DON'T KNOW	3%

In total, fewer than one tenth of members are on opioid pain management programs (7%), while more than half of members are on non-opioid pain drugs (53%).

Is the pain managed with opioid or non-opioid drugs?

Opioids	7%
Non-opioids	53%
DON'T KNOW	13%
HAVE NO PAIN	6%
NO CONDITION	21%

Members on opioids are equally likely not to have been warned of their dangers (46%) as they are to have been warned by their doctor (43%).

Have you or your spouse been cautioned by a doctor on the dangers of dependence on opioid drugs?

Yes	43%
No	46%
DON'T KNOW	11%

Two thirds of members suffer joint pain somewhere (63%).

Do you suffer pain or swelling in your neck, back, shoulders, elbows, wrists, hands, hips, knees, ankles or feet for most of the days in a month, across the last 12 months?

Yes	63%
No	38%

Three quarters of those with pain say this pain affects their daily life (78%), but just one tenth say it affects it a “great deal” (11%).

How much does this pain affect your daily life?

AFFECTS	78%
A great deal	11%
Quite a bit	28%
Somewhat	39%
DOESN'T AFFECT	22%
Not Much	19%
Not at all	3%

Hips or knees (18%) or the neck or back (11%) are the most common loci for pain.

Which joints are affected by muscular skeletal pain?

Hip/knee	18%
Neck/back	11%
Wrist/hand	6%
Ankle/foot	5%
Shoulder/elbow	4%
NO PAIN	23%

On average, members with joint pain feel it in just more than 3 joints (3.4 on average).

How many joints in total of those mentioned are affected by muscular skeletal pain?

One	15%
Two	27%
Three	22%
Four	16%
Five or more	20%
AVG # OF JOINTS	3.4

In total, more than a quarter of members have high blood pressure (28%), while about a tenth suffers from diabetes (11%). One third of members suffer no chronic conditions (35%).

Do you have any other long-term chronic conditions?

High blood pressure	28%
Diabetes	11%
Heart condition	8%
Lung condition	5%
Circulatory condition	2%
Stroke	*
OTHER	11%
NO OTHER CONDITIONS	35%

Virtually all members have a primary health care provider (94%).

Do you have a primary health care provider, like a family doctor or a nurse practitioner you see regularly?

Yes	94%
No	6%

Virtually all members with a primary care physician are satisfied (91%), and more than half are very satisfied (56%). In contrast, just three quarters of members with joint pain are satisfied with the pain management they get from their primary care physician (75%), and just 3-in-10 (29%)

How satisfied are you with the care you receive from your primary health care provider/ How satisfied are you with the care you receive from your primary health care provider for muscular skeletal pain?

	Care	Pain Management
SATISFIED	91%	75%
Very satisfied	56%	29%
Somewhat satisfied	35%	46%
NOT SATISFIED	9%	25%
Not very satisfied	7%	21%
Not at all satisfied	2%	4%

In total, almost all of those with joint pain use other methods besides drugs to manage their pain (85%), primarily exercise (32%).

In addition to pain management drugs, do you manage your muscular skeletal pain with any other methods?

YES	85%
Exercise	32%
Physio	7%
Massage	7%
Meditation	2%
Acupuncture	1%
MORE THAN ONE OF THESE	24%
OTHER	12%
NO PAIN MANAGEMENT DRUGS OR OTHER	15%

Three quarters of members agree that chronic pain can cascade into a series of other connected ills (75%).

Do you agree or disagree that when chronic pain is combined with the limitations it puts on everyday activities, such as soreness, stiffness or weakness, the result can be increased dependence, isolation and depression, which in turn leads to more pain?

AGREE	75%
Agree strongly	25%
Agree	50%
DISAGREE	9%
Disagree	8%
Disagree strongly	1%
DON'T KNOW	17%

One sixth are caregivers to someone with muscular skeletal pain (14%).

Are you a caregiver to a person with muscular skeletal pain?

Yes	14%
No	86%

The vast majority of caregiver members say pain affects the daily life of the person they care for (85%).

How much does pain affect the daily life of the person you're caring for?

AFFECTS	85%
A great deal	23%
Quite a bit	28%
Somewhat	34%
DOESN'T AFFECT	16%
Not Much	12%
Not at all	4%

Three quarters of caregiver members say their duties affect their quality of life (74%).

How much does your role as caregiver affect your quality of life?

AFFECTS	74%
A great deal	15%
Quite a bit	27%
Somewhat	32%
DOESN'T AFFECT	26%
Not Much	20%
Not at all	6%

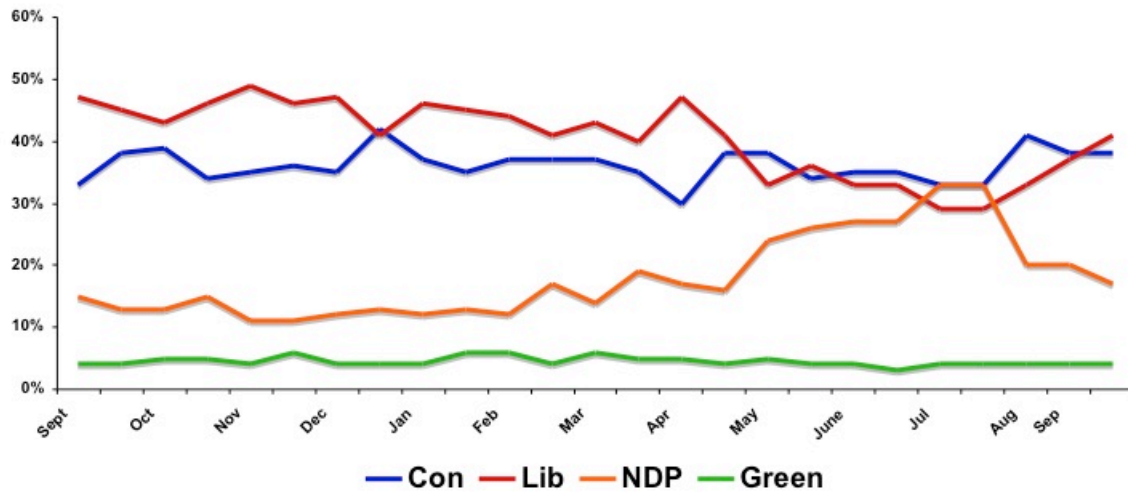
While 3-in-10 say no negative consequences flow from their role as a caregiver (31%), stress (19%) and weariness are common (18%).

Has your role as a caregiver led to any of the following negative consequences?

Stressed	19%
Worn out/tired	18%
Suffer depression from time to time	7%
Have developed chronic condition	7%
More isolated now	6%
Now suffer from muscular skeletal pain	4%
Suffer depression frequently	2%
OTHER	5%
NO CONSEQUENCES	31%

Electoral Preference

After having achieved parity in July, the parties have moved apart again, and the Conservatives (38%) are now second to the Liberals (41%), while the NDP have fallen sharply back in our members' favour (17%). These trends mirror, even foreshadow, trends noted in national polls.



Most members expect the Conservatives to win the next election (50%), followed by the Liberals (37%). The NDP is no longer seen to be competitive (12%). The NDP has stalled after increasing their share of this measure, and the Liberals are now back in second place in CARP voter expectations.

Which party do you EXPECT to win the next election?

	June 30	July 7	July 20	Aug 31	Sept 15	Sept 25
Liberals	26%	23%	21%	19%	31%	37%
Conservatives	46%	44%	46%	46%	42%	50%
NDP	27%	32%	33%	35%	26%	12%

Almost 1500 CARP Poll™ online panel members responded to this poll between September 26 and 30, 2015. The margin of error for a probability sample this size is about plus or minus 3%, 19 times out of 20