



## Definitions and predictors associated with persistent post-surgical pain: an integrative review

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### RESUMO

Chronic postoperative pain is pain that persists for at least two months after surgery. Despite its clinical importance, there is a research gap on its risk factors. Understanding these factors is essential to develop preventive strategies, optimize protocols, and provide more targeted treatments.

**Keywords:** Chronic pain, Postoperative, Risk fator.

### 1 INTRODUÇÃO

Chronic postoperative pain is pain that persists for at least two months after surgery. Despite its clinical importance, there is a research gap on its risk factors. Understanding these factors is essential to develop preventive strategies, optimize protocols, and provide more targeted treatments. This study aimed to review the definition of chronic postoperative pain and its risk factors indicated in the literature. This is an integrative review on the definition and risk factors of chronic postoperative pain in the areas of gynecology, orthopedics and thoracic surgery. Articles were consulted in the full online format from 2012 to 2022 in the Embase and PubMed databases, using Health Sciences Descriptors "chronic pain and post operative" and "chronic and postoperative pain". Of the 20 articles selected, one is national. The definition of chronic postoperative pain by the International Association for the Study of Pain (IASP) was the most widely adopted, considering it as persistent for more than three months after surgery. The main risk factors identified included preoperative pain, previous use of analgesics, long hospital stay, use of remifentanyl, prolonged surgeries, severe post-surgical pain, subsequent complications, and personal characteristics such as anxiety, smoking, and high body mass index. These determinants allow anticipating the potential for postoperative pain, which significantly increases the well-being of patients. There are several associated



risk factors, so recognizing them allows the development of preventive strategies in order to improve the quality of life of patients with chronic post-surgical pain. The unified definition of chronic postoperative pain is vital to ensure comparable research, establish clear clinical guidelines, facilitate communication between professionals and patients, and influence health policies.