



Pain profile and opioid medication use in patients with idiopathic inflammatory myopathies

Abhiram Bhashyam, MD, PhD^{1,2}, Jerry Williams², Emily Filmore², Lynn Wilson², Manuel Lubinus, PhD², Osniel Gonzalez Ramos³, Salman Bhai, MD^{2,3}
¹ Harvard Medical School and Massachusetts General Hospital, Boston, MA, USA; ² Myositis Support and Understanding, USA; ³ Institute for Exercise and Environmental Medicine, University of Texas Southwestern Medical Center, Dallas, TX, USA

BACKGROUND

Pain is commonly reported in patients with myositis, yet the prevalence and management of pain in myositis are unknown. Pain is an understudied and underappreciated aspect of myositis. This study assesses the presence of pain in the subtypes of myositis as well frequency of opioid and non-opioid pain medication use. We suspect that pain is more prevalent in myositis than previously understood.

METHODS

A survey was developed and distributed by Myositis Support and Understanding, a patient-led advocacy organization, to members of its group. Multivariate logistic regression analysis and chi-squared tests were performed.

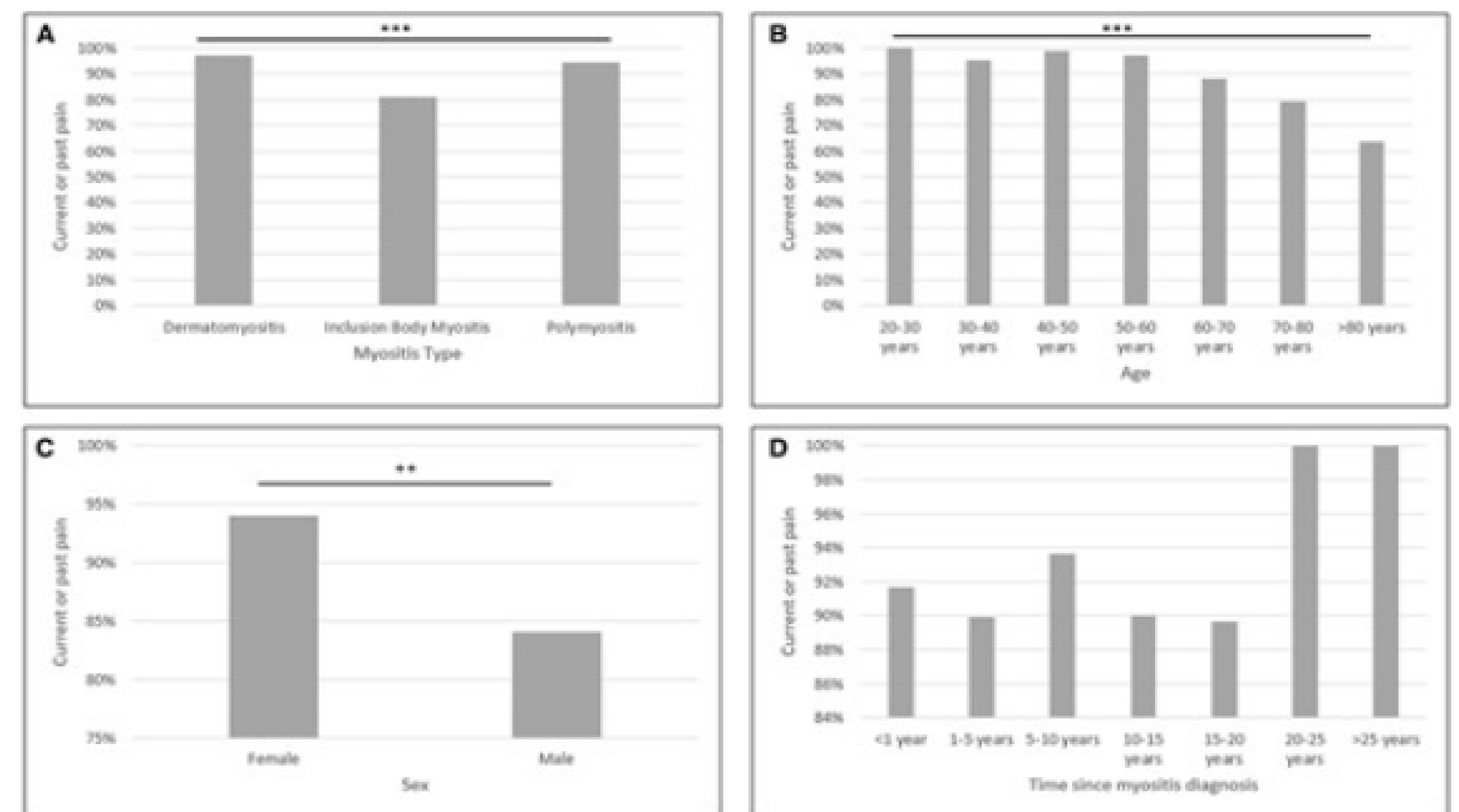
RESULTS

A total of 468 participants completed the survey. 423 participants (DM n=183, PM n=109, and IBM n=131) were included, based on reported diagnosis, for final analysis. 91.5% of myositis patients reported current or past pain with 99% attributing their pain to myositis.

Association of pain with (A) myositis subtype, (B) age, (C) sex and (D) time since myositis diagnosis. ** $P = 0.002$, *** $P < 0.001$

| Characteristic | Current or past pain | | Any pain medication | |
|----------------|----------------------|---------|---------------------|---------|
| | OR (95% CI) | P-value | OR (95% CI) | P-value |
| Myositis type | | | | |
| IBM | - | - | - | - |
| DM | 3.7 (1.3, 10.2) | 0.011 | 1.0 (0.4, 2.2) | 0.957 |
| PM | 2.1 (0.7, 6.7) | 0.188 | 2.0 (0.8, 5.2) | 0.165 |
| Age >60 years | 0.2 (0.1, 0.6) | 0.003 | 0.7 (0.4, 1.4) | 0.280 |
| Male | 0.8 (0.4, 1.7) | 0.542 | 0.9 (0.4, 2.0) | 0.831 |

| Characteristic | Non-opioid pain medication | | Opioid pain medication | |
|----------------|----------------------------|---------|------------------------|---------|
| | OR (95% CI) | P-value | OR (95% CI) | P-value |
| Myositis type | | | | |
| IBM | - | - | - | - |
| DM | 1.1 (0.4, 3.2) | 0.825 | 1.2 (0.7, 2.2) | 0.523 |
| PM | 0.7 (0.3, 1.9) | 0.491 | 2.0 (1.04, 3.8) | 0.038 |
| Age >60 years | 1.2 (0.5, 2.7) | 0.679 | 1.0 (0.6, 1.7) | 0.854 |
| Male | 0.5 (0.3, 1.2) | 0.118 | 0.9 (0.5, 1.6) | 0.784 |



CONCLUSION

Pain is a commonly reported symptom in myositis with variable treatment strategies, including opioid medications. This study highlights the importance of addressing pain as part of myositis treatment as well as the need for future studies understanding treatment effectiveness.