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FUNCTIONALITY AND DESCENDING INHIBITORY SYSTEM OF PAIN IN PATIENTS WITH FIBROMYALGIA

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Introduction: Fibromyalgia is a chronic diffuse pain syndrome characterized by allodynia and hyperalgesia. Articles shows the pain impact in the functionality, related to emotional aspects. This pathology is about a malfunction of the Central Nervous System (CNS) and its nociceptive pathways. The Descending Inhibitory System of Pain is related to nociceptive responses inhibition at the spinal cord; however, in fibromyalgia, it seems that this pathway do not present its full activity, increasing painful stimuli instead of controlling it. Therefore, the understanding of this system and its clinical correlations are important to understand the FM physiopathology. Wherefore, this study aimed to correlate the descending inhibitory system of pain activity and functionality of fibromyalgia women. **Methods:** This study results are part of a randomized clinical trial baseline, approved by La Salle University Ethics Committee (70005317.5.0000.5307). 112 women with medical diagnosis of fibromyalgia were included, they should not have an associated inflammatory disease, diabetes, cancer or other painful syndromes. Recruitment happened by phone number, in which 112 patients were included and 134 were excluded. It was used for evaluation: Sociodemographic Questionnaire, Conditioned Pain Modulation (CPM) and Chronic Pain Patients Functional Capacity Scale (divided in 3: intensity and frequency, pain interference in activities and pain interference in emotions). Data were tabulated and analyzed in SPSS 20.0. Statistical analysis was made by Spearman Correlation and it was considered significant difference when $P < 0.05$. **Results:** Patients mean age was $48,92 \pm 9,41$ years and scholarship $11,89 \pm 4,25$ years. In this sample, it was observed that the greater CPM results are, the greater is intensity and frequency of pain ($P=0,026$; $Rho \text{ Spearman}=0,217$) and the greater is its interference in emotions ($P=0,007$; $Rho \text{ Spearman}=0,253$). **Conclusion:** this study showed that the more impaired is descending inhibitory system of pain, higher will be pain intensity, frequency and its interference in emotions. This means that this system may be correlated to depressive behavior, since it does interfere in emotions. Besides that, it is known that this system is responsible for the inhibitory control of endogenous pain, which does justify higher frequency and intensity in patients that has low indexes in CPM.