Supplementary Material

Management of the Procedural Pain Induced by Bone Marrow Biopsies: An Observational Study

Guillaume Economos1,2, Sophie Munier1, Colombe Tricou1, Murielle Ruer1, Audrey Fawoubo1, Elise Perceau-Chambard1 and Marilene Filbet1

1Centre de Soins Palliatifs de Lyon Sud, Centre Hospitalier Lyon Sud, Lyon, France
2Cicely Saunders Institute for Palliative Care, Policy and Rehabilitation, King’s College London, London, United Kingdom

Abstract

Introduction: Bone marrow biopsy is an investigation procedure in hematology which might lead to procedural pain. Therefore, our study aimed to assess procedural pain intensity and to identify factors associated with pain experience.

Methods: We performed an observational study of consecutive patients who underwent a bone marrow biopsy in a tertiary hospital hematology ward. The pain was assessed using a visual analogue scale (0-100 mm) before, during and after the procedure. We also collected data as premedication strategy, anxiety, physician’s experience and the experience of a previous biopsy.

Results: Forty consecutive patients were recruited. The biopsies were mostly performed in a diagnosis purpose (45%). Thirty percent had local anesthesia alone and 70% had local anesthesia plus any other medication. The mean pain before the procedure was 9mm (SD=1.7)) during 36mm (SD=2.7) and after 9.5mm (SD=1.0). No statistical difference has been shown between the different pain prophylaxis (p=0.622). The level of anxiety before the procedure was significantly correlated with the procedural pain experienced (r²=0.323, p=0.042), while the length of the procedure and previous experience of the procedure were not.

Conclusion: This study suggests that bone marrow procedural pain can be improved and highlights several promising mitigation-strategies to address this issue.

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Appendix 1: Study’s Case report Form.

**Case Report Form**

**Patient’s sociodemographic characteristics:**

- Gender: [ ] Female [ ] Male
- Date of birth: [__] / [__] / [__]
- Marital status: [ ] Single [ ] Married [ ] Widow [ ] Divorced [ ] Separated [ ] Other: ___
- Diagnosis (for the hematologic disease): [__] / [__] / [__]
- Stage: [ ] Metastatic [ ] Recurrent cancer [ ] Locally advanced [ ] Other: ________

**Does the patient have pain killers in its usual treatments?**
- Yes [ ] No [ ]
- If yes, which treatments?

**Did the patient already had a bone marrow biopsy?**
- Yes [ ] No [ ]
- If yes:

Please ask the patient to fill the further Visual analogue scale for the pain they experienced during the last bone marrow biopsy:

| No pain | Worst imaginable pain |

**Did the patient experienced anxiety before the procedure?**
- Yes [ ] No [ ]
- If yes why?

Please ask the patient to fill the Visual Analogue Scale for the anxiety they experienced before the procedure:

| No anxiety | Worst imaginable anxiety |

Please ask the patient to fill the Visual Analogue Scale for the pain they experience before the procedure (15 minutes before the start of the procedure):

| No pain | Worst imaginable pain |

Please ask the patient to fill the Visual Analogue Scale for the pain they experience at the time of bone marrow aspiration:

| No pain | Worst imaginable pain |

Please ask the patient to fill the Visual Analogue Scale for the pain they experience 15 minutes after the end of the procedure:

| No pain | Worst imaginable pain |

What medications were given to the patient before and during the procedure to prevent pain?