

Capsaicin 8% patch - A Challenge



Celina Oliveira², Celina Gomes², Virginia Rebelo¹, Margarida Barbosa¹
 Chronic Pain Unit - Centro Hospitalar São João - Porto, Portugal
 Anaesthesiology Department - Hospital Braga, Portugal²

INTRODUCTION AND AIM OF THE STUDY

Neuropathic pain is a challenge to all clinicians because of the different mechanisms and treatments for the same neuropathic pain¹. Capsaicin 8% patch is a new drug approved to painful neuropathic pain in HIV patients and postherpetic neuralgia.

Our aim was to study the efficacy in pain relief and quality of life in patients treated with Capsaicin 8% Patch since October 2010 until December 2011, at our Chronic Pain Unit.

METHODS

Prospective observational study. The following data were obtained: age, sex, previous treatment and type of neuropathic pain. We apply the Visual Analogue Pain Scale (VAS) before the treatment with Capsaicin and after 1 hour, 1 week, 1 and 3 months. We also use LANSS, SF-36 and BPI Beck depression questionnaires. Statistical analysis was processed by Excel and SPSS 17 version and statistical significance was calculated by ANOVA.

RESULTS

From the pool of 36 patients, majority were female (72%) and the average age was 54.7 years old (+/-17,96).

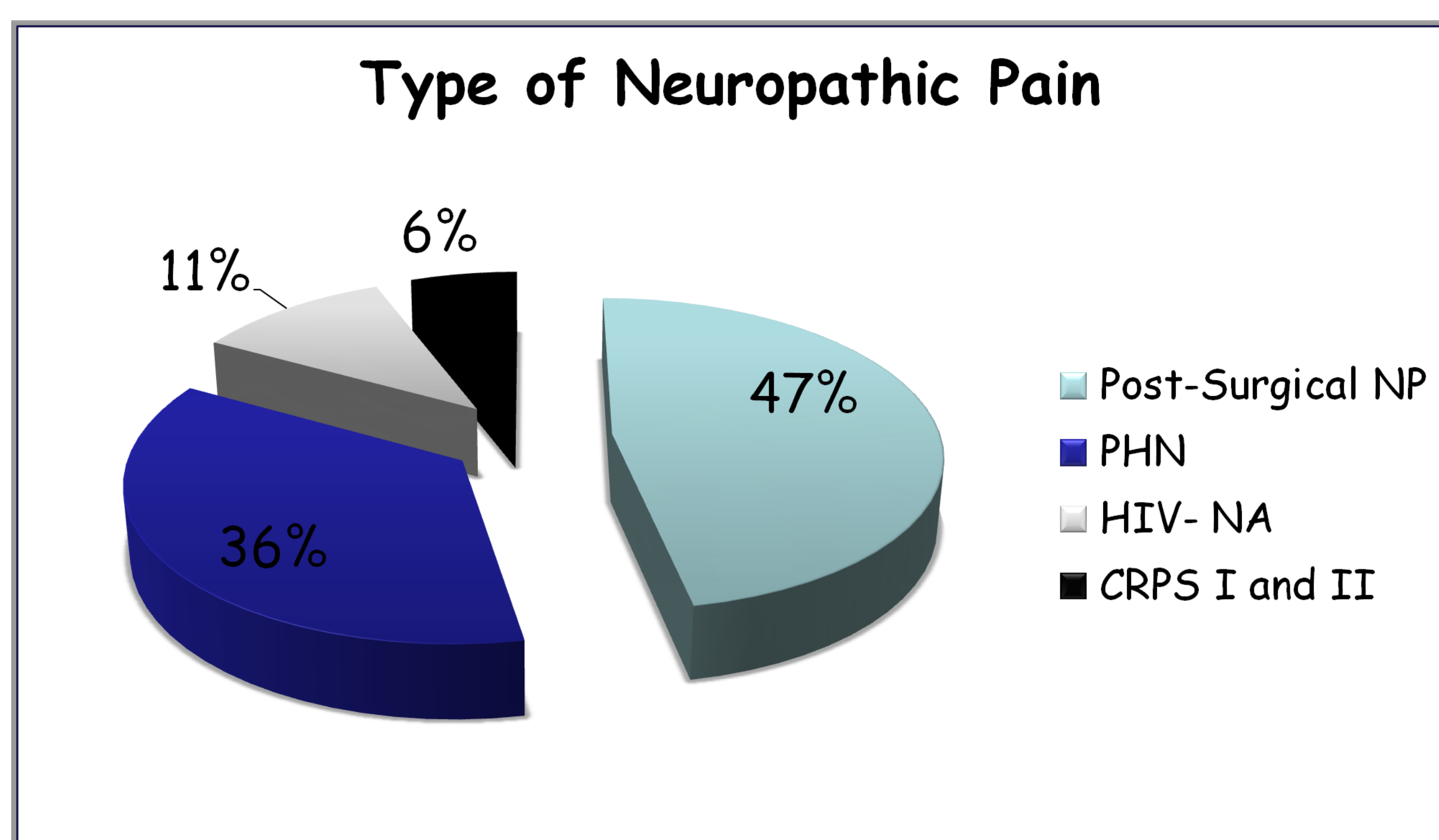


Fig 1 - Type of neuropathic pain. Post-Surgical NP: Post-Surgical Neuropathic Pain; PHN: Post-Herpetic Neuralgia; HIV-NA: Painful HIV-Associated Neuropathy; CRPS I and II: Complex Regional Pain Syndrome type 1 and 2.

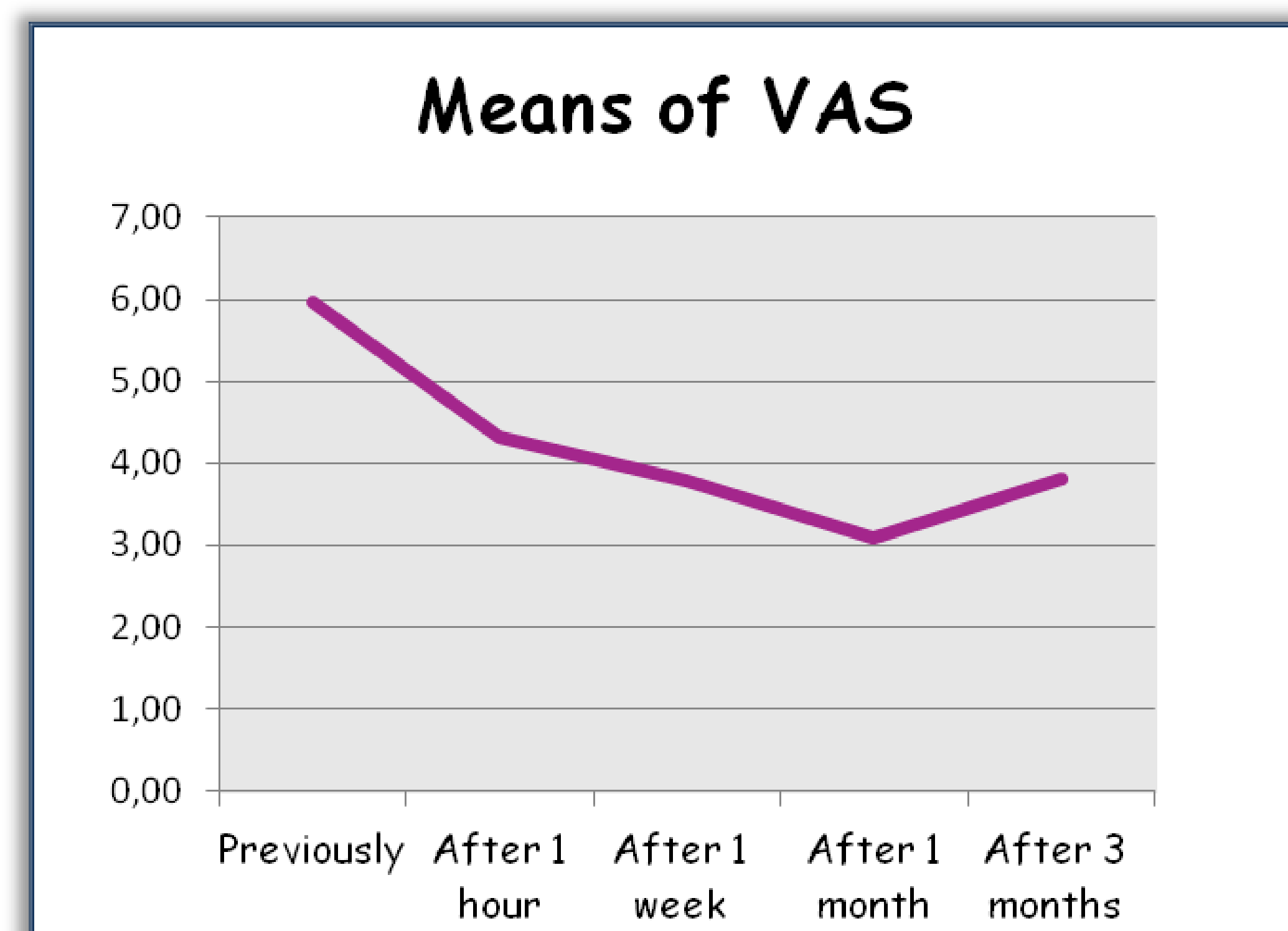


Fig 2 - Evolution of the mean VAS during treatment.

Results of Treatment with Qutenza ®	Number of Patients
Relief of Pain	7 - Healing (VAS = 0/10) 10 - Improvement (VAS < 50%)
No Pain relief	14 (VAS first = VAS end)
Excluded	3 - Abandonment; 1 - Death ; 1 - Pregnancy

Table 1 - Results of Treatment with Qutenza ®

SF-36 hasn't shown improvement in quality of life ($p > 0.05$), but we observed a reduction of medication after the application of Capsaicin 8% Patch.

CONCLUSIONS

The authors verified a relief of pain in half of the patients treated with Capsaicin. A better pain relief one month after the application of Capsaicin may be observed because of the reversible decrease in intra-epidermal nerve fibers. For more precise results, we need a bigger sample and a longer follow up.