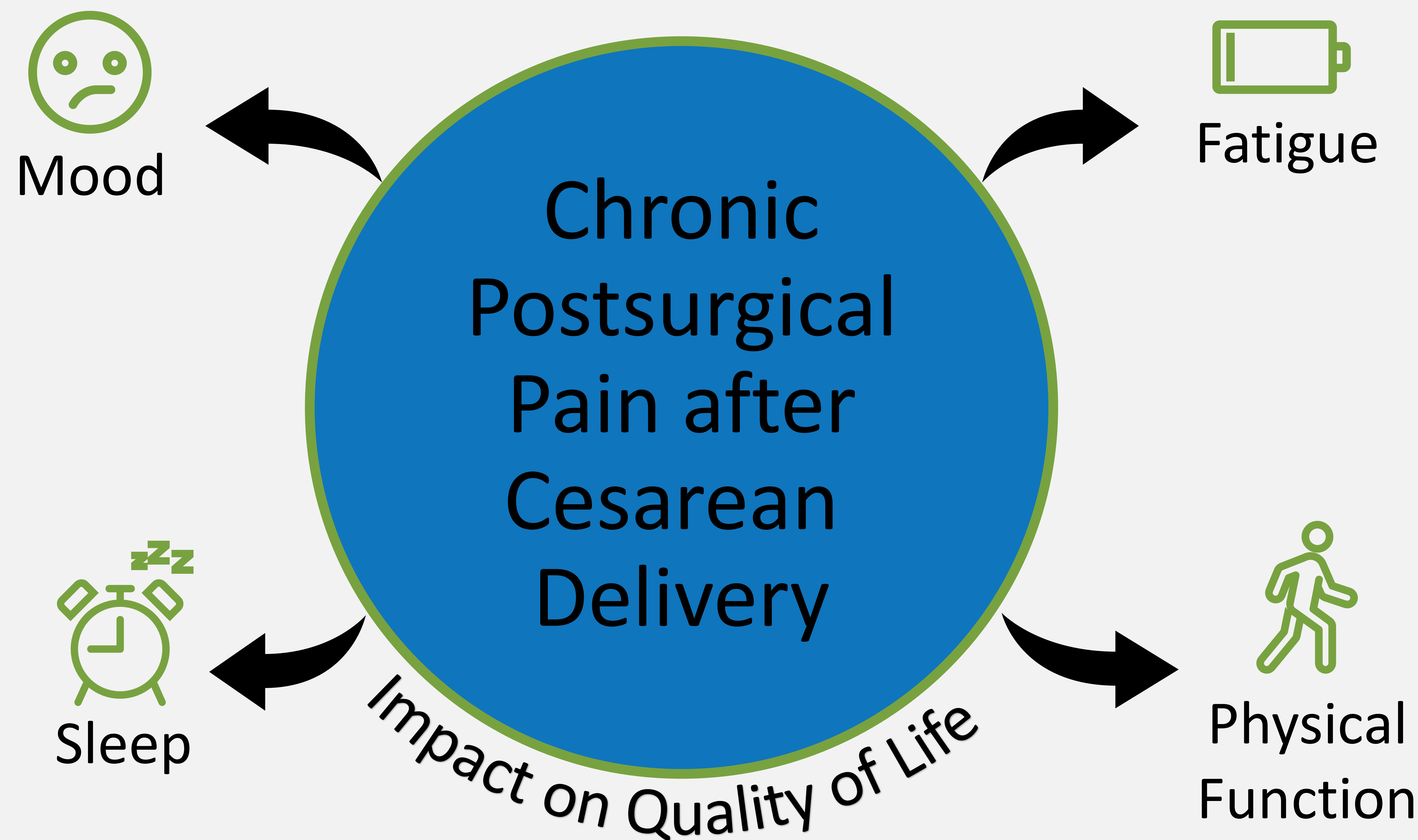


Burden of Chronic Postsurgical Pain after Caesarean Delivery on Maternal Quality of Life: a Systematic Review



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Prospero-Registered Systematic Review

- Search terms developed with medical librarian
- Inclusion criteria:
 - ≥ 3 months post-cesarean delivery
 - Studies reporting chronic pain + quality of life outcomes
- Included RCTs, cohort, cross-sectional, observational studies

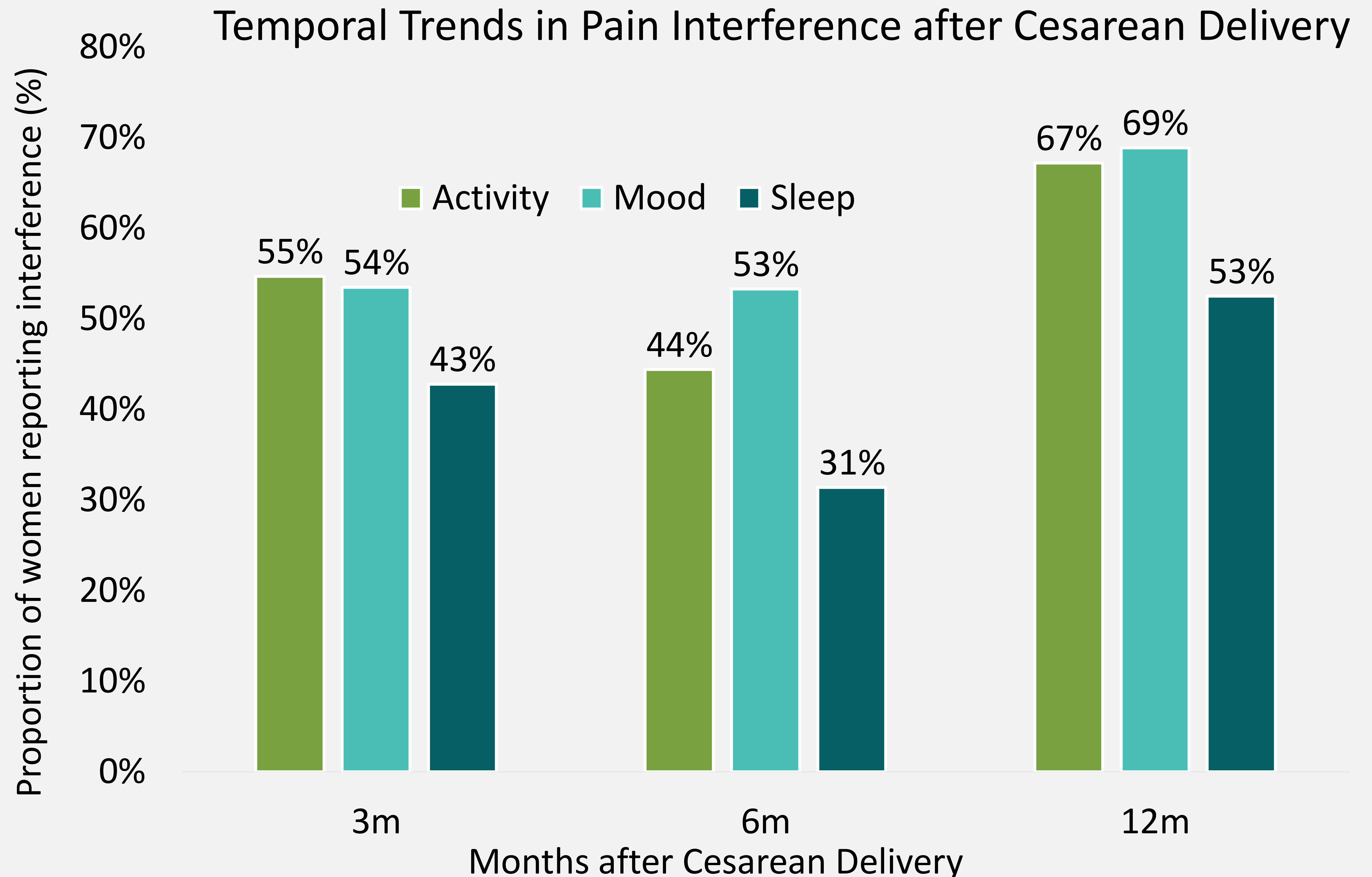
Analysis:

- Dual-reviewer screening and data extraction
- Narrative synthesis due to heterogeneous definitions/outcomes



Impact Extends Beyond Pain Severity Alone

- Pain intensity decreases over time, but quality of life interference persists
- Even mild pain intensity can be associated with substantial functional impairment
- Fatigue shows minimal improvement over time



Chronic Postsurgical Pain Significantly Impacts Maternal Quality of Life

Key Findings

- Pain-related interference affects multiple domains of quality of life
- Impact persists and may worsen over time
- Chronic postsurgical pain is multidimensional, extending beyond pain alone

Clinical Relevance

- Need for early identification of at risk-patients
- Importance of multidisciplinary care (pain, mental health, functional recovery)
- Need for postpartum follow-up beyond acute recovery

Future Directions

- Consistent use of standardized, validated quality of life measures across studies
- Further research on preventative perioperative strategies
- Targeted interventions to reduce long-term functional impairment