# PAIN AND ANXIETY ASSOCIATED WITH BONE MARROW ASPIRATION

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## Background

Bone Marrow aspiration is used;

to diagnose hematologic malignancies,

to monitor the treatment

and to evaluate the response.

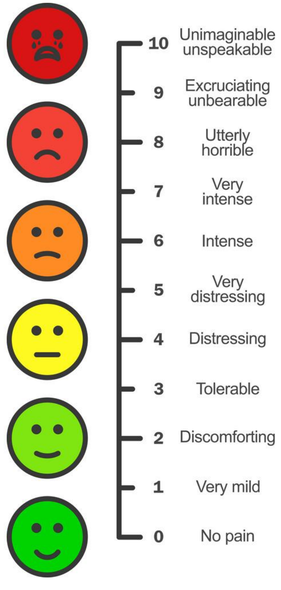
It is painful and feared by patients but has to be done frequently during the course of the disease.



## Objective

To assess the degree of pain and anxiety in patients undergoing bone marrow aspiration in order to make it easier and more tolerable

## Materials & Methods




54 adult patients
Diagnosed with hematologic malignancies
Undergoing treatment or under surveillance

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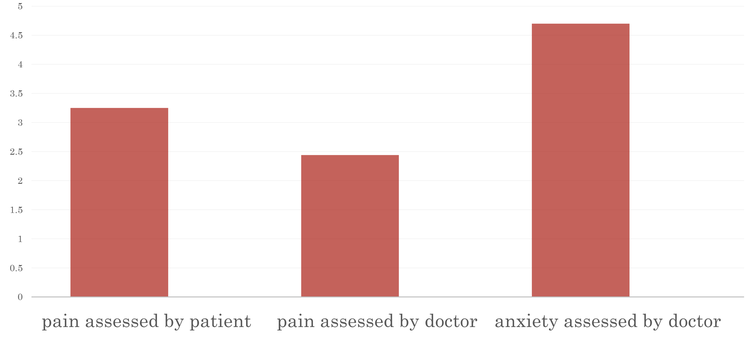
Bone Marrow Aspiration
in the outpatient hospital unit of the Department of Hematology in IGR-Paris

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A questionnaire was filled out by each patient before and after the procedure
+ A questionnaire was filled out by the doctor performing the procedure

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1. Anxiety in patients was assessed using the HADS
2. Pain was assessed using The Wong-Baker Faces pain scale (0 to 10)
   + was compared to the patient's expectations before the procedure
3. The doctor graded the anxiety and pain he observed in the patient (0 to 10)




## Results

- The average HADS score was 7.85/21, suggesting **a basal anxious state in patients**
- Anxiety assessed by doctors was **4.7/10**
- Pain during the procedure scored 3.25/10 and exceeded expectations in only 2 patients

## Discussion

Anxiety is the main problem in patients undergoing bone marrow aspiration, Whereas objective pain is well controlled by analgesics.

These results encourage the use of anxiolytics before the procedure to make it more comfortable for patients and doctors.