

## 5. THE INFLUENCE OF CHRONIC PAIN ON QUALITY OF LIFE, FUNCTIONAL IMPAIRMENT, AND MOOD IN PATIENTS WITH SPINAL CORD INJURY



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**Introduction.** Chronic pain is a pervasive challenge in patients with spinal cord injury (SCI), significantly impacting their overall well-being. This theoretical study aims to explore the intricate relationship between chronic pain, quality of life (QoL), functional impairment, and mood in individuals living with SCI.

**Aim of study.** To study the influence of Chronic Pain on Quality of Life, Functional Impairment, and Mood in Patients with Spinal Cord Injury.

**Methods and materials.** This theoretical exploration involves a comprehensive review of existing literature on chronic pain in SCI patients. Relevant articles, studies, and clinical reports were analyzed to elucidate the multifaceted connections between chronic pain, QoL, functional impairment, and mood. To analyze and achieve the set goal of the study. So something is taken from the following sources: PubMed, ScienceDirect and Biomedcentral databases. For advanced selection of literature sources were applied articles (preclinical, clinical and experimental studies) in English.

**Results.** The review highlights the profound influence of chronic pain on the QoL of individuals with SCI, encompassing physical, emotional, and social dimensions. Functional impairment, both directly related to SCI and exacerbated by pain, contributes to a cascade effect on overall well-being. Mood disturbances, depression and anxiety, emerge as common consequences of chronic pain in this population.

**Conclusion.** Understanding the intricate dynamics of chronic pain in individuals with SCI is imperative for developing effective interventions that address not only the physical aspects but also the broader dimensions of their well-being, such as quality of life, psycho-emotional support and help with life adjustment. Research should attempt to validate and refine the theoretical insights provided herein, guiding the development of targeted interventions for this vulnerable population.