USDRN STENTS | Research Article Summary

Contribution of Hypersensitivity to Postureteroscopy Ureteral Stent Pain: Findings From Study to Enhance Understanding of Stent-associated Symptoms



What was this study about?

Some people feel strong pain after getting a small tube (called a stent) placed in the body after kidney stone surgery. This study looked at whether some people's nerves react more strongly than usual to physical discomfort, which might make their pain worse after receiving a stent.

Why did we do this study?

Doctors don't fully know why some people experience more pain than others from a stent, a small tube that helps urine flow from the kidney to the bladder. We wondered if some people's nerves have higher pain sensitivity, or react more strongly to physical discomfort, which would make them more likely to have worse pain after a stent is placed.

What did we learn?

- People whose nerves reacted more strongly to pain before surgery usually had more pain after getting a stent.
- People who reacted more strongly to pressure during the tests often had stronger stent pain after surgery.
- People with widespread pain, chronic pain, or depression tended to have higher pain sensitivity before surgery.
- The location of the kidney stone (in a kidney or a ureter) did not change pain sensitivity before surgery.
- Pain sensitivity was more strongly linked to pain intensity than to how much pain affected daily life.

How did we do the study?

The study included 412 adults having surgery for kidney stones. Before surgery, we tested how each person's nerves reacted to the same amount of pressure using Quantitative Sensory Testing (QST), which can measure how people process touch, vibration, temperature, and pain. After surgery and stent placement, patients reported their pain on several days. We compared their before-surgery pain sensitivity results with their after-surgery pain levels.

What does this mean for patients and care teams?

- Some patients may react more strongly to physical discomfort before surgery, making them more likely to feel worse stent pain.
- Doctors might one day use QST to figure out which patients are at higher risk for strong stent pain.
- High-risk patients could get better counseling and extra pain-prevention strategies, such as medicines that calm nerve overactivity.
- These findings could lead to better, more personalized care for people who get a stent after kidney stone surgery.

Learn more about this study from the full research article:
https://pubmed.ncbi.nlm.nih.gov/38070834/

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STudy to Enhance uNderstanding of sTent-associated Symptoms