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Biological and psychological early prognostic factors in complex regional pain syndrome: A systematic review [Facteurs pronostiques précoces dans le syndrome douloureux régional complexe: Une revue systématique]
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Abstract
Background and objective: Several risk factors for the onset of CRPS have been found, but evidence for prognostic factors associated with the progression of this condition remains sparse. However, the detection and management of these factors are necessary to design secondary prevention strategies. The objective of the systematic review was to identify prognostic factors in adult individuals with early CRPS. Database and data treatment: PubMed, Embase, PsycINFO, Cochrane Library, and Scopus were published between January 1990 and November 2021. Two independent investigators selected cross-sectional and longitudinal studies looking at early (< 12 weeks from onset) prognostic factors for pain, CRPS severity score, disability, return to work, or quality of life. The quality in prognostic studies (QUIPS) tool was used to assess the risk of bias. A qualitative meta-synthesis was performed. Results: Out of 4,652 different articles, six studies met the inclusion criteria. We identified 21 early factors associated with a poorer prognosis in type-I CRPS. We found moderate evidence to support six of them: higher pain intensity, self-rated disability, anxiety, pain-related fear, being a female, and high-energy triggering event. Only two studies had an overall low risk of bias. Conclusions: This study showed an important lack of information on early prognostic factors in CRPS. Only one article investigated the link with psychological characteristics. There is a crucial need for larger studies with a well-defined population using validated measures. Significance: This systematic review highlights the lack of knowledge about early prognostic factors in CRPS. A few putative prognostic factors were identified. Most of the moderate evidence is related to a single cohort. Future research is required to find out which patients are vulnerable to chronification. © Lavoisier SAS 2022.

Index Keywords
anxiety, Article, Cochrane Library, complex regional pain syndrome, disability, disease severity, Embase, fear, female, human, Medline, pain intensity, prognosis, prognostic assessment, psychological aspect, PsycINFO, return to work, Scopus, scoring system, systematic review

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