

**Research, Education & Travel Grants 2011**  
**Winner of the Foundation Fund**  
**Dr Steven Young**

**Project Title:**

The incidence of persistent pain after Caesarean and its association with maternal anxiety and socioeconomic background.

**Project Description**

Persisting pain after an operative intervention is described in a number of scenarios, but until recently there has been little interest in long term pain after Caesarean section (the commonest operation performed worldwide). Retrospective studies from Scandinavia suggest 18% of women continue to experience pain symptoms 1 year after Caesarean delivery, but there are no prospective studies, nor any studies involving a UK population. Our proposal is a sample of convenience, observational, longitudinal natural history study. This involves recruiting a cohort of women before elective Caesarean section, recording baseline demographics, and pre-operative anxiety, then pain at 24hrs. At 4months a Brief Pain Inventory is used to assess any on-going pain problems as the primary end point. Secondary correlations will be performed looking at the association-if any-between pain at 4 months and each of: social deprivation, pre-op anxiety and acute pain at 24hrs post Caesarean section. Power calculations suggest 200 participants assuming a 50% response rate to the 4month questionnaire.