

WHAT IS THE QUALITY OF LIFE FOR AMPUTEES WITH PHANTOM LIMB PAIN? A SYSTEMATIC REVIEW

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BACKGROUND

Phantom limb pain is a neurological disorder where pain erupts in an area where a limb used to be but is no longer present. Quality of life (QOL) which is identified by one's physical and mental health might be affected by PLP is those with different types of amputation such as lower limb loss, upper limb loss, unilateral or bilateral loss.

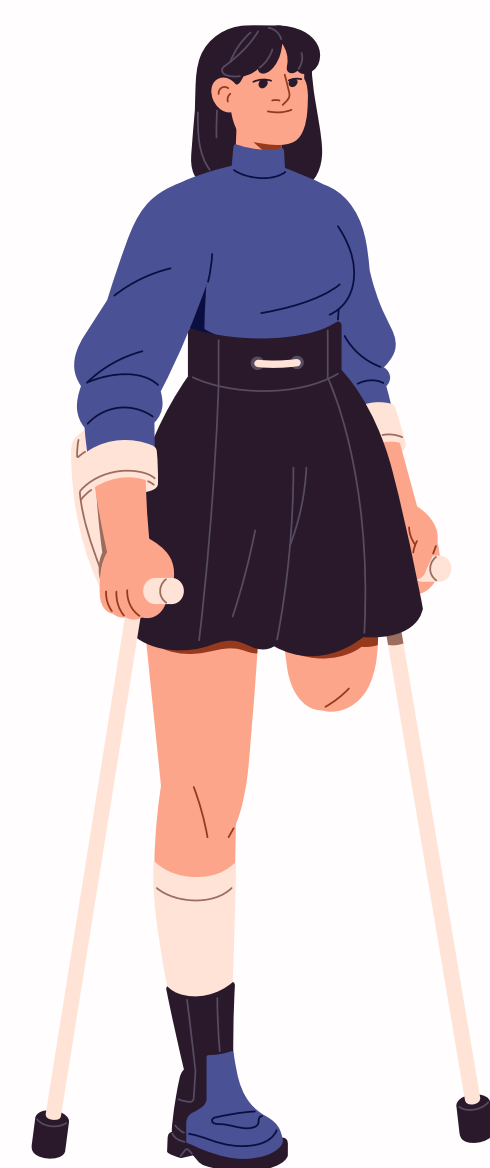
OBJECTIVES

To measure the quality of life of an amputee with phantom limb pain and to understand the treatment available for amputees with phantom limb pain.

METHODOLOGY

The only studies that were excluded were systematic and literature reviews. Participants had to be amputees. with phantom limb pain. The setting was not an exclusionary factor. Databases used: CINAHL Complete, MEDLINE, PsychINFO, and Google Scholar.

**30.000 TO 40.000
AMPUTATIONS ARE
PERFORMED
EACH YEAR**



70%

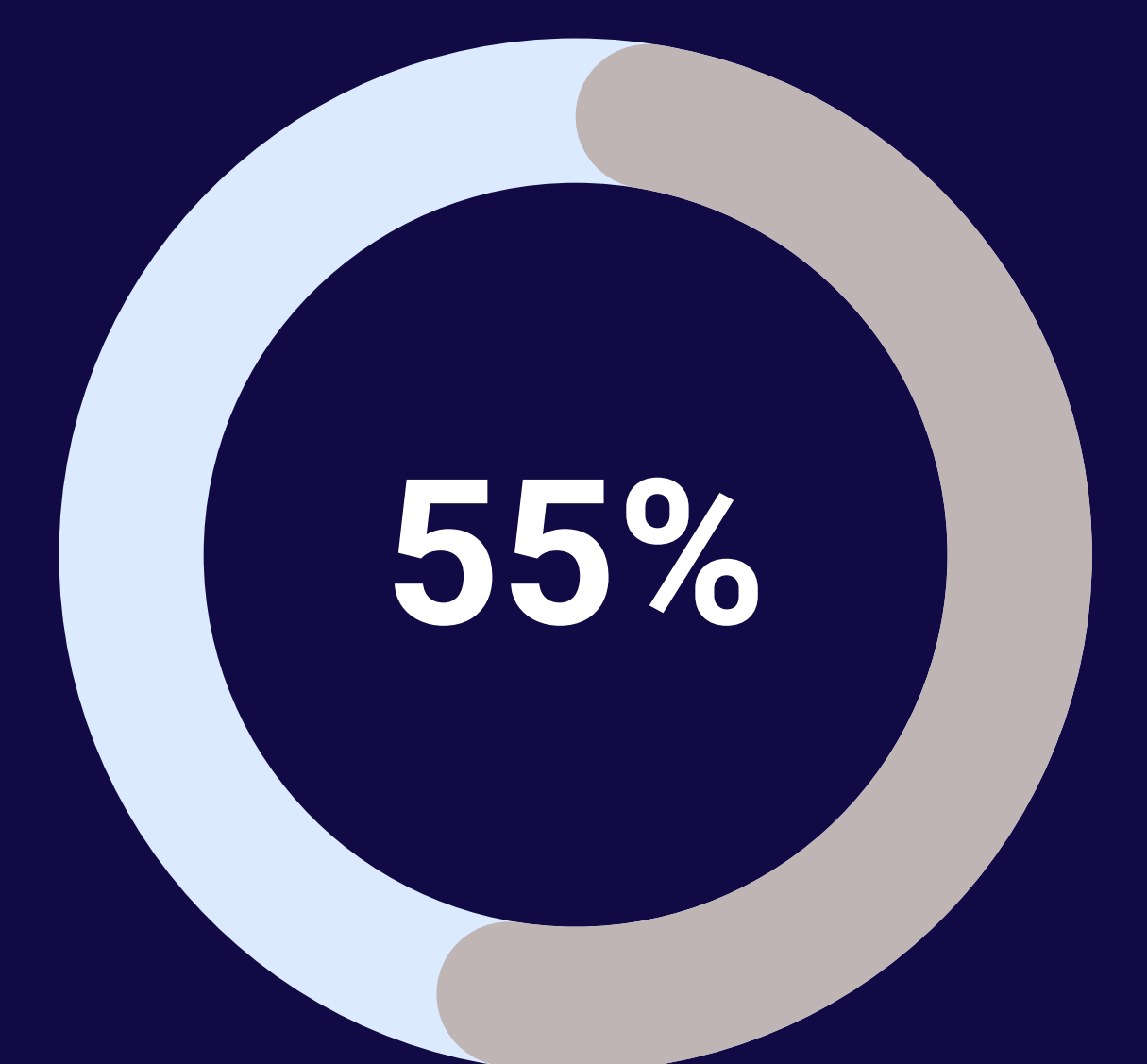
**OF AMPUTEES
WILL EXPERIENCE
PHANTOM
LIMB PAIN**

**TINGLING, ACHING
BURNING,
THROBBING &
FEELING OF
MOVEMENT
ARE SOME
SYMPTOMS**



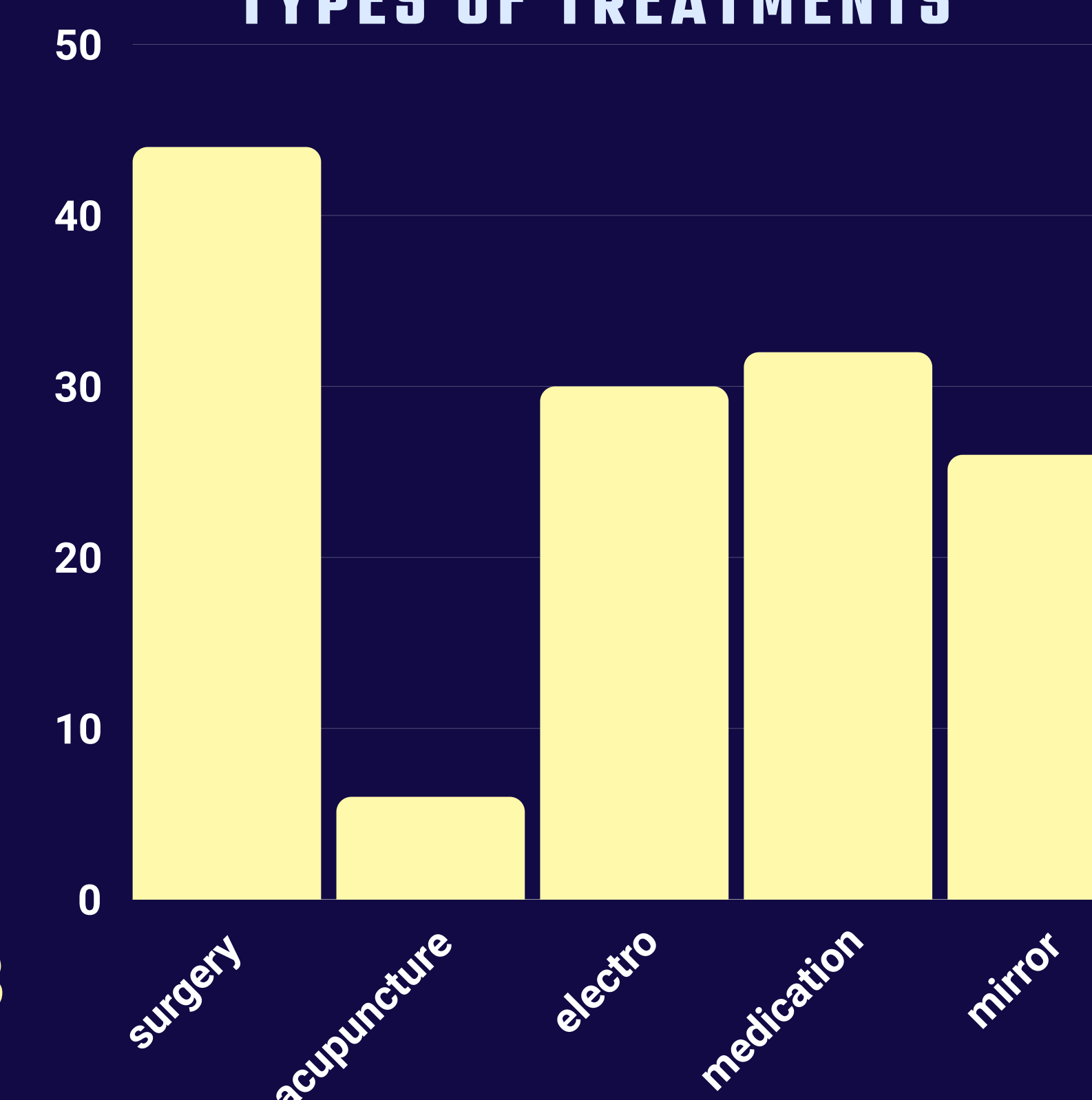
RESULTS

11 articles were include with different types of amputation. Most common was lower limb amputation. Overall QOL was studied for the majority of the articles most of the articles studied QOL while using a prosthetic. 3 articles assessed mental disorders that went along with Phantom limb pain.



**OF AMPUTATIONS
WHERE LOWER LIMB**

5 ARTICLES INCLUDED DISCUSSION OF TYPES OF TREATMENTS



PHANTOM LIMB PAIN AFFECTED LOSS OF:

Independence
Job
Relationships

MENTAL HEALTH DISORDER ASSOCIATED:

Depression
Anxiety
PTSD

Treatment options available:

Electromagnetically acting shield stump: sleeve blocker

Mirror therapy: stop pain signals

TENS: transcutaneous electrical nerve stimulation

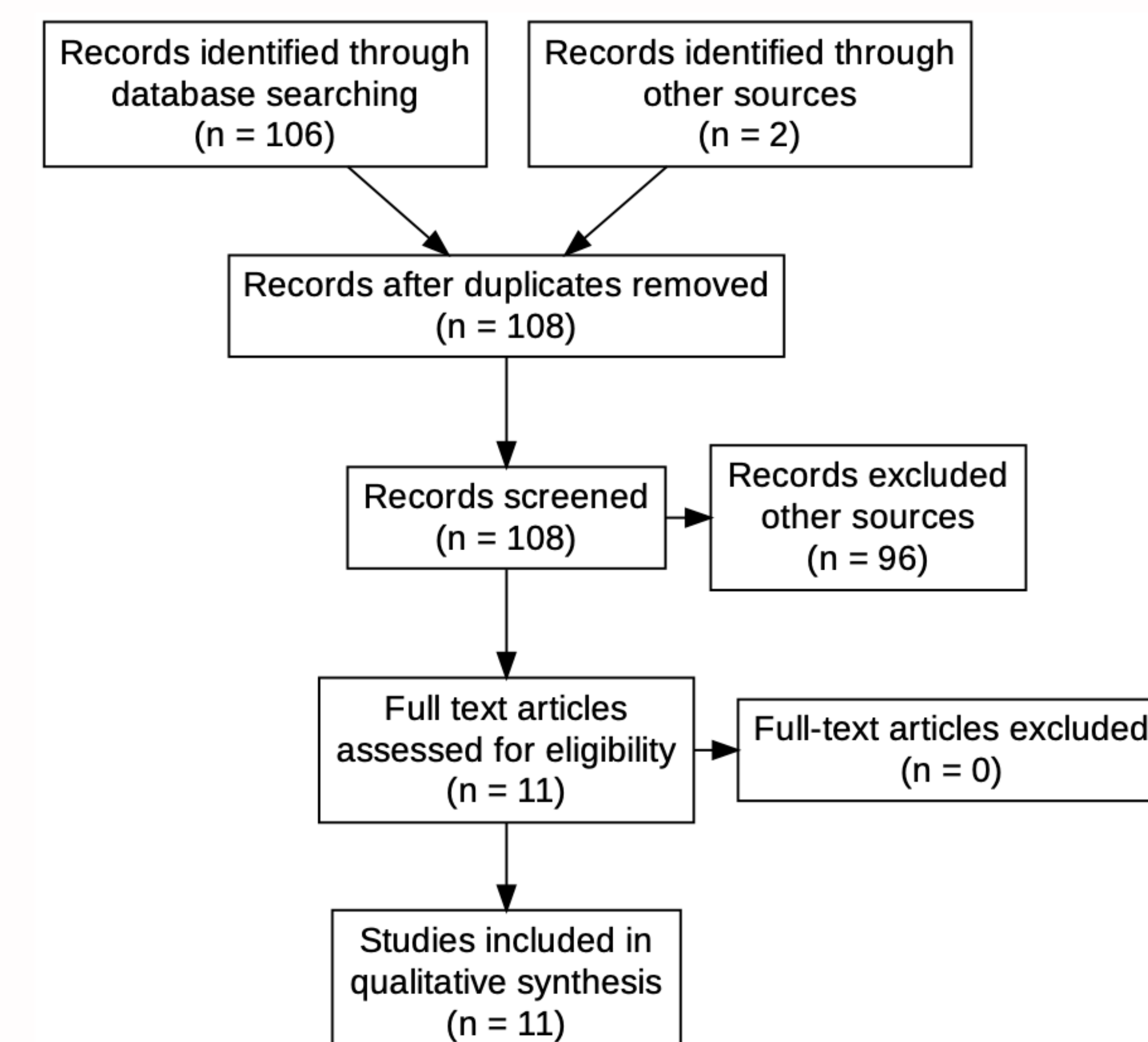
Medication: clonazepam

Surgery: inserting nerve endings

Acupuncture: placement of needles on pressure points

QOL impacted by:

**veterans mental state
sleep deprivation
prosthetics
decreased limitations
increased functionality
social reactions**



CLINICAL APPLICATIONS

Neurological behavior influences the QOL in amputees with phantom limb pain, but if assistance is provided QOL can improve. With the correct treatment plan and support, many amputees will be able to have the high QOL they deserve. Since treatments for PLP are not widely known across health care, spreading awareness through campaigns to help fund treatment studies and to better educate patients and clinicians. Veterans are a large sum of the population that struggles to get the care they need. To help treat amputees suffering from mental illness, a community setting for people with similar struggles can be an effective way to strengthen QOL. .