

RCS 6080
Medical and Psychosocial Aspects of
Rehabilitation Counseling

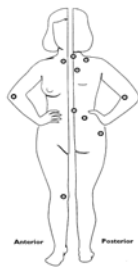
Chronic Pain Syndromes

Incidence of Chronic Pain

- The two most common syndromes are chronic back pain and headaches
- Other pain syndromes that occur with significant frequency:
 - TMJ pain (www.tmjassociation.com/basics.asp)
 - Abdominal pain (www.niddk.nih.gov/health/digest/pubs/overview/overview.htm)
 - Chronic widespread pain (pain longer than 3 months and occurring in 2 contralateral quadrants of the body)

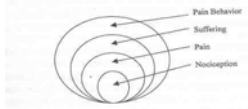
Incidence of Chronic Pain

- When chronic widespread pain is accompanied by tenderness to palpation in at least 11 of 18 specific physical sites, the syndrome is called fibromyalgia



Biopsychosocial Model of Chronic Pain

- Pain perception, suffering, and pain behavior can grow well beyond the initial pathophysiology, to encompass a great portion of the person's life
- The model points to examining and treating psychological factors in addition to the physical factors



Emotional Aspects of Chronic Pain

- Depression
 - Most frequent emotional difficulty
 - One study found that up to 85% of people with chronic pain fit the diagnostic criteria for clinical depression
 - Another study found that up to 39% of people with chronic pain have a history of depression that predates the onset of the pain syndrome
 - One major complication is that there is a great overlap in many of the symptoms of depression and chronic pain (e.g., sleep disturbance, impaired appetite, difficulty with concentration, social withdrawal)

Emotional Aspects of Chronic Pain

- Anger
 - Another common emotional difficulty is intense anger
 - One study reported that 86% of people with chronic pain in an outpatient setting experience anger and that this anger is of greater intensity than that reported by age-matched pain-free individuals
 - Most research has found that this anger was directed primarily at the health care system and insurance companies

Emotional Aspects of Chronic Pain

- Pain Sensitivity
 - The most problematic emotional factor associated with chronic pain is pain sensitivity or somatization

Behavioral Aspects of Chronic Pain

- While chronic pain sensation arises from the nociception associated with a pathophysiological process, the pain behaviors may be maintained by reinforcement
 - Spousal reinforcement
 - Vocational factors

Cognitive Aspects of Chronic Pain

- The cognitive behavioral model focuses on the influence of a person's beliefs about pain and coping strategies for dealing with pain
 - Such cognitive factors can serve to either minimize or magnify the impact of pain on behavior, mood, and recovery

Multidisciplinary Behavioral Treatment

- Under this theory, the chronic pain syndrome can be defined as excessive pain behavior, overuse of pain meds, overutilization of the health care delivery system, and a low level of activity
- Treatment in an inpatient setting is designed to:
 - Maximize control over stimuli and reinforcers
 - Stop the rewarding of pain behaviors
 - Increase the rewarding of well behaviors

Cognitive Behavioral Treatment

- Cognitions can be changed by:
 - Reframing or reconceptualizing the problem
 - Teaching problem-solving skills
 - Education
- Behaviors can be changed by:
 - Altering consequences
 - Working to quotas
 - Modeling
 - Rehearsal

Functional Restoration Model

- This model specifically focuses on the use of sports medicine technology to assess physical capability and to design treatment protocols to enhance functional capability
- Example: the Productive Rehabilitation Institute of Dallas for Ergonomics (PRIDE)
www.pridedallas.com

Functional Restoration Model

- Outcome data on PRIDE and the New England Back Center (NEBC)
 - At 1-year post-treatment, 86% of people treated at PRIDE and 81% of the people treated at NEBC were working or in training
 - At 2-years post-treatment, 85% of the people treated at PRIDE were working
 - For both sites, treated people had significantly fewer additional surgeries as compared to the control group
 - For people treated at PRIDE, they had significantly fewer visits to health care professionals than the control group

Work Hardening

- A work-oriented treatment program that has outcomes, which are measured in terms of improvement in the client's productivity. This is achieved through increased work tolerances, improved work rate, mastery of pain (through the effective use of symptom control techniques), increased confidence, and proficiency with work adaptations or assistive devices.

Work Hardening

- Work hardening involves the client in a highly structured, simulated work tasks in an environment where expectations for basic worker behaviors (e.g., timeliness, attendance, and dress) are in keeping with workplace standards.
- The ultimate goal is to help the client achieve a level of productivity that is acceptable in the competitive labor market.

Work Hardening

- Types of Work Hardening Services
 - PT Model
 - OT Model
 - OT & PT Model
 - RC Model
 - Comprehensive Psychosocial Model

Additional Resources and Information from the Web

- American Chronic Pain Association (www.theacpa.org)
- American Pain Society (www.ampainsoc.org)
- American Academy of Pain Management (www.aapainmanage.org)
- International Association for the Study of Pain (www.iasp-pain.org)
- American Council for Headache Education (www.achenet.org)

Additional Resources and Information from the Web

- National Headache Foundation (www.headaches.org)
- National Fibromyalgia Partnership (www.fmpartnership.org)
- The TMJ Association (www.tmjassociation.com/home.asp)
- International Foundation for Functional Gastrointestinal Disorders (www.iffgd.org)

Additional Resources and Information from the Web

- List of pain clinics having CARF accreditation (http://medstat.med.utah.edu/pain_center/centers.html)
- Pain.com (www.pain.com)
- About Chronic Fatigue Syndrome & Fibromyalgia Homepage (<http://chronicfatigue.miningco.com>)
- Living with FMS (www.tidalweb.com/fms)
- JAN on Chronic Pain and Chronic Fatigue (www.jan.wvu.edu/media/ChronicPain.html) (www.jan.wvu.edu/media/cfs.html)
