

Increasing the effectiveness of rehabilitation in individuals with chronic musculoskeletal pain

We all are confronted with many patients who suffer from pain. Most of us are trained to look for medical causes in order to relieve patients from their pain. But we also know that many of these patients will develop chronic pain with huge problems in staying active and experiencing moderate to high levels of disability and lower quality of life.

I will talk about how we as clinician, even though we might be mainly focusing on biomedical causes and relief of pain, come to the right judgement regarding who might benefit from a more biopsychosocial approach in for example pain rehabilitation? This is a real challenge and of big importance of not only the individual patient but also society as very costly treatments that are not sufficiently cost-effective should be prevented.

In order to do so one needs to have more extensive knowledge on predisposing, provoking and especially factors that maintain the with pain associated disability and loss of quality of life.

This lecture will specifically focus on the important role of non-medical factors such as psychological, social and your beliefs/attitudes as clinician regarding pain in better treating patients with chronic musculoskeletal pain and more specifically how they function and potentially experience limitations in their daily life and participation in society.

Participants will learn how to look for these potentially contributing and prognostic relevant factors, how to diagnose the level of functioning of these patients and how to inform patients about their pain, how to treat it even the way how you might better prescribe pain medication and other pain relieving treatments and finally how you can help them to stay active despite being in pain.

Finally, I will elaborate on the Fear Avoidance Model as one of the currently most often used theoretical models to assess patients and on which basis a very successful treatment called graded exposure in vivo has been developed. I will present a few video's and share the latest results of an RCT performed in patients with CPRS-I and the cost-effectiveness study in chronic low back pain.