

An Interdisciplinary Approach to Target Avoidance Behavior in Persistent Pain: Patients' Perspective

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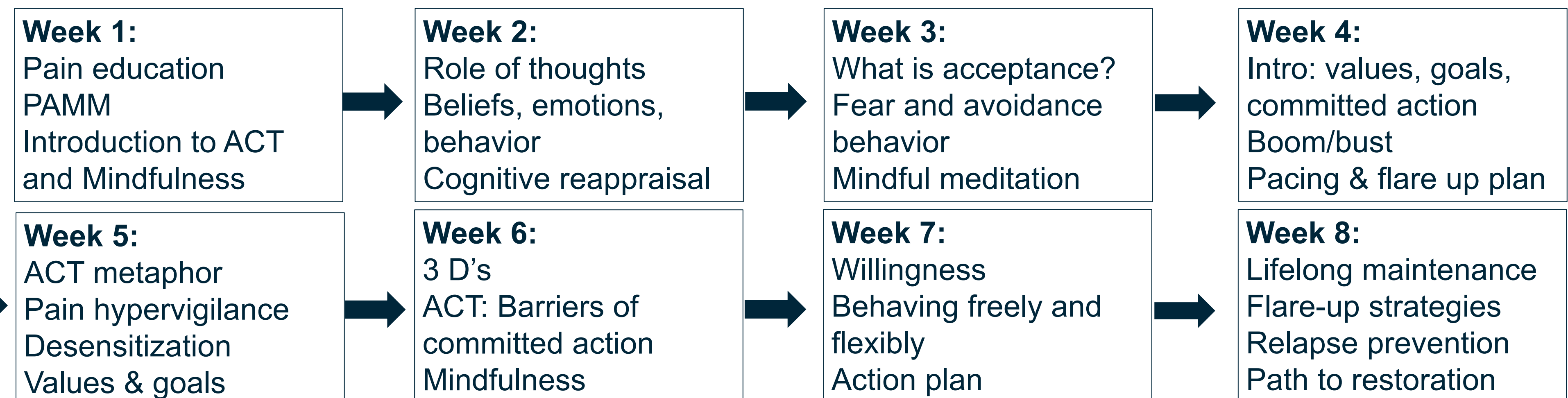


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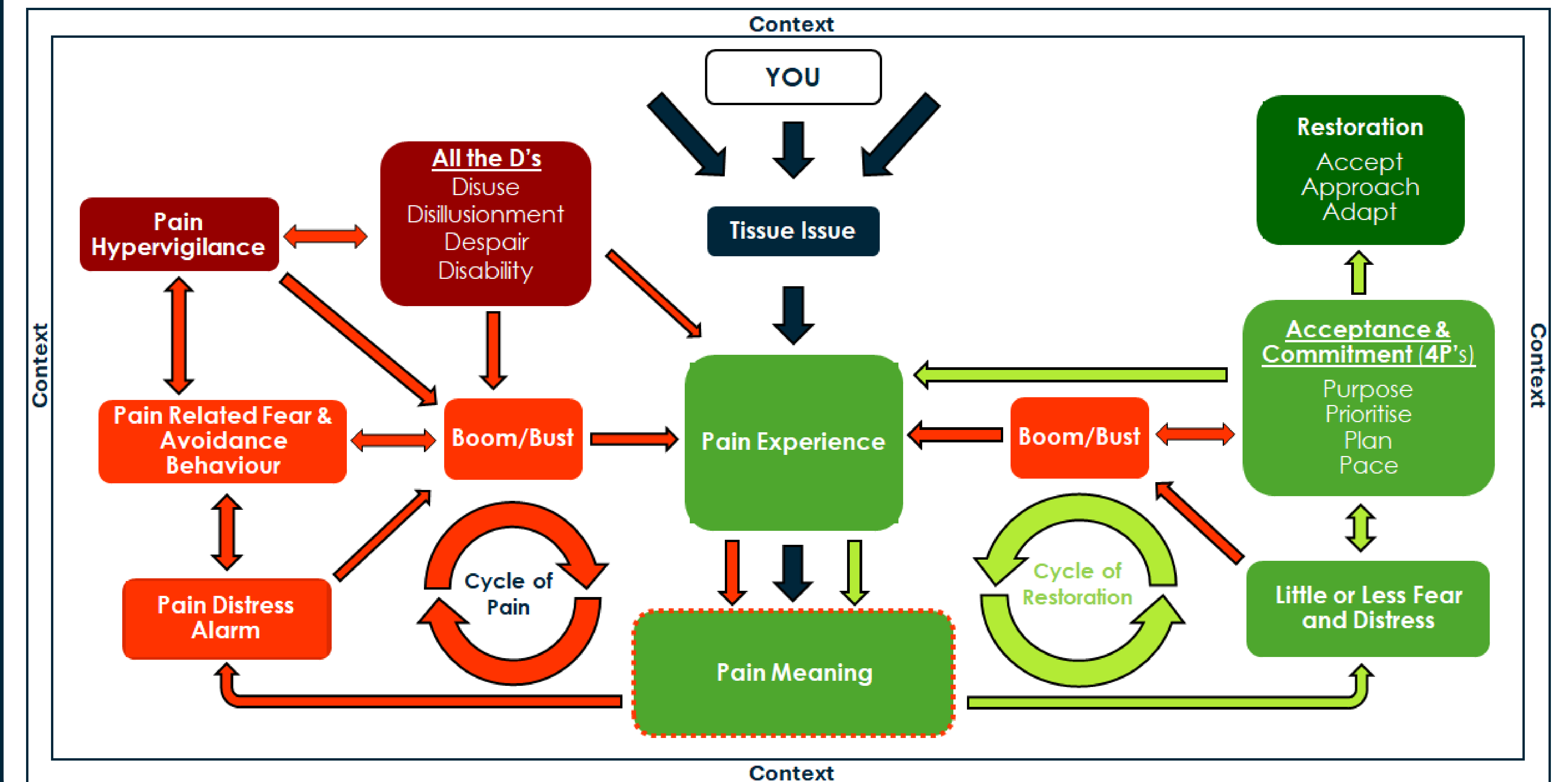
Exercise n' Acceptance and Commitment Therapy for Pain (EnACT): An Interdisciplinary Approach to Manage Pain

Successful pain management depends on a well-functioning and collaborating team of interdisciplinary healthcare providers [1-4; 6]. To establish interdisciplinary collaboration, members of a pain management team should identify with a common framework that helps them to communicate with patients about pain and treatment options in a unified way. The Pain Avoidance and Meaning Model (PAMM) [7] is an adaptation of the Fear Avoidance Model (FAM) [5][8] and provides 'patient friendly' descriptions of how persistent pain develops as well as a rationale for various tools of pain management. The interdisciplinary Exercise n' Acceptance and Commitment Therapy (EnACT) Program, developed by an Australian Specialist Pain Service for Chronic Pain [9], builds on the PAMM and integrates strategies from cognitive behavior therapy (CBT) and acceptance commitment-based therapy (ACT).

The modules of EnACT

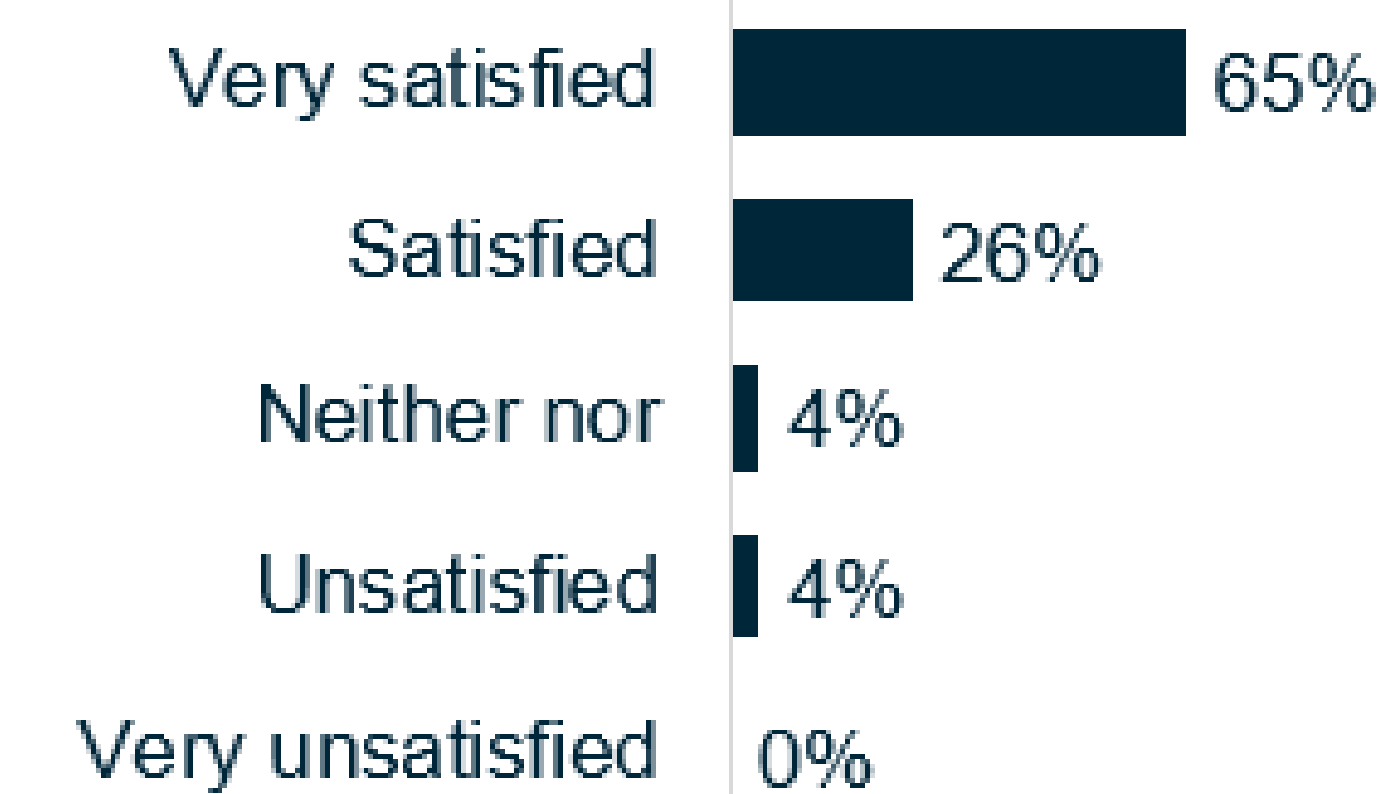


The Foundation of EnACT: The Pain Avoidance and Meaning Model (PAMM) [9]

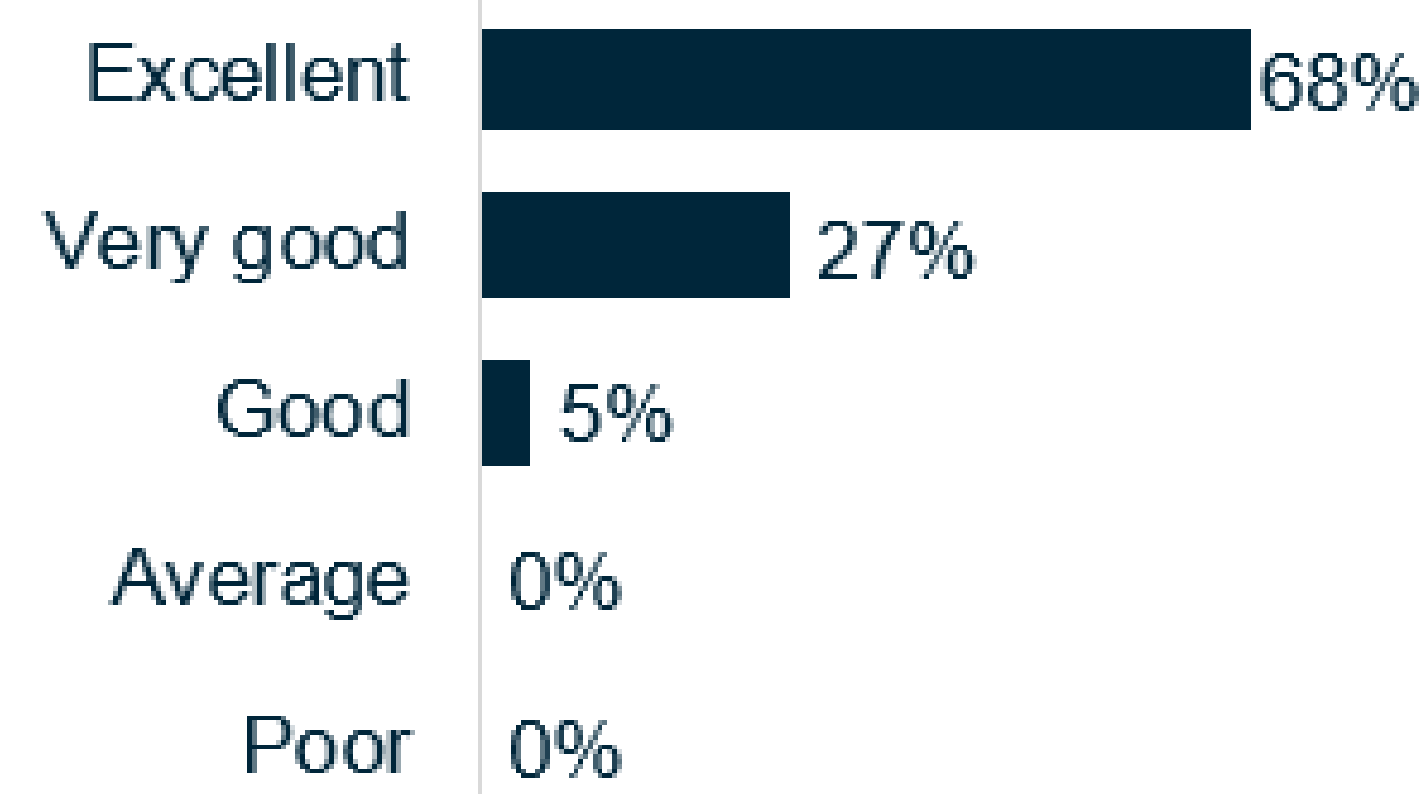


EnACT: The Patients' Perspective

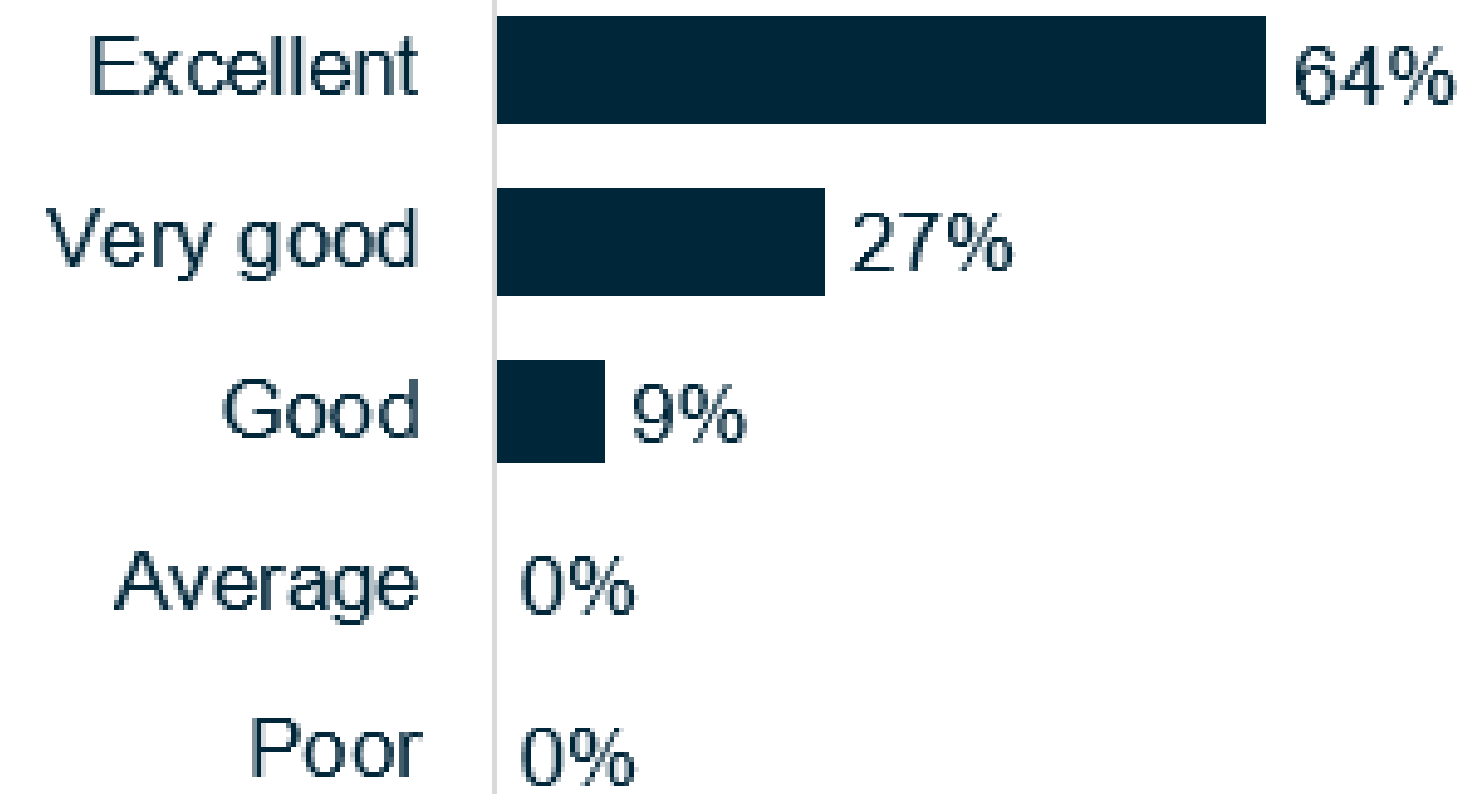
Overall satisfaction with program? (N=23)



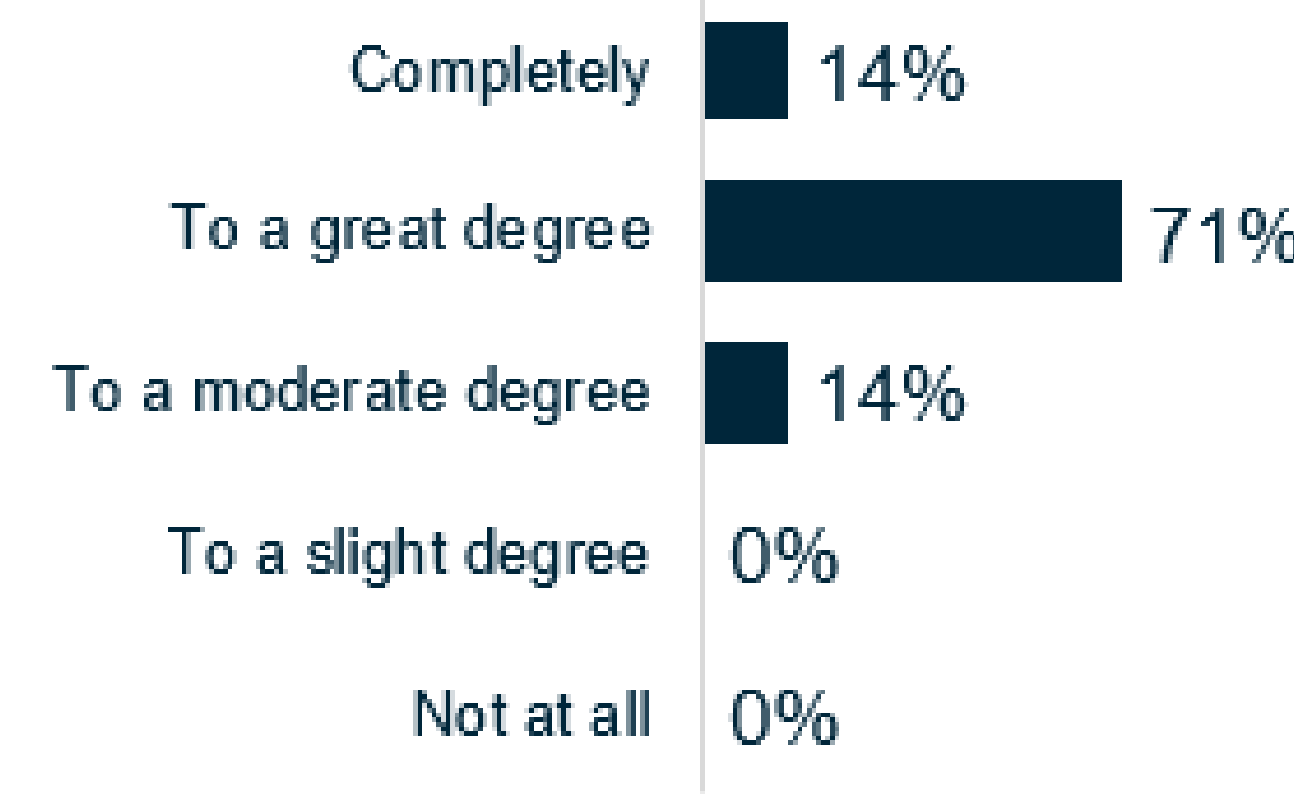
Overall quality of information? (N=22)



Overall relevance of information? (N=22)



Improvement knowledge/ understanding of your pain management? (N=21)



Most relevant and helpful sessions?

- Mindfulness & relaxation training
- Strategies to reduce avoidance behavior & exercise demonstrations
- Path to restoration
- 4 P's and 4 D's
- Pain hypervigilance & desensitization
- Boom/bust and pacing
- Pain education

Most helpful aspects of program?

- "Feeling comfortable to be honest how I felt"
- Pain education
- Knowing I'm not alone
- Impact of persistent pain on your health
- Pain diary, setting goals, pacing
- Meditation, distracting strategies

Not helpful aspects of program?

- Desensitization by focusing on pain (specific types of pain)

What are you committed to doing in the future?

- Daily exercise and stretching
- Some gentle movement every day

Improvement knowledge/ understanding of your pain management? (N=21)

- Working with my mood rather than fighting it
- Self-motivation
- Being kind to myself
- Pain journal
- Pacing
- Asking for assistance if needed
- Mindfulness/meditation
- I will never give up

Conclusion

In summary, the interdisciplinary pain management program was very well received by patients. The information provided during the training was described as being of high quality and highly relevant to them. Patients recognized the positive impact of the knowledge gained and the subsequent impact on their pain management. The most helpful components of the training identified were psychoeducation about pain, understanding why they have pain and the inclusion of exercise concurrently with education. The main suggestion from patients was to include patients in the development and ongoing revision of this program. Finding a common pain language that helps avoid misunderstandings and stigmatization for patients is a central consideration of the program.

References

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