

Supporting Physical Activity Maintenance for people with PERsistent musculoskeletal pain (PAMPER): study protocol

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Background

Pain management programmes (PMPs) provide rehabilitation and self-management support. They facilitate physical activity (PA) due to its benefits for pain, function, quality of life and mental health.

However, it can be challenging for patients to maintain PA long-term, with many potential barriers.

Aim

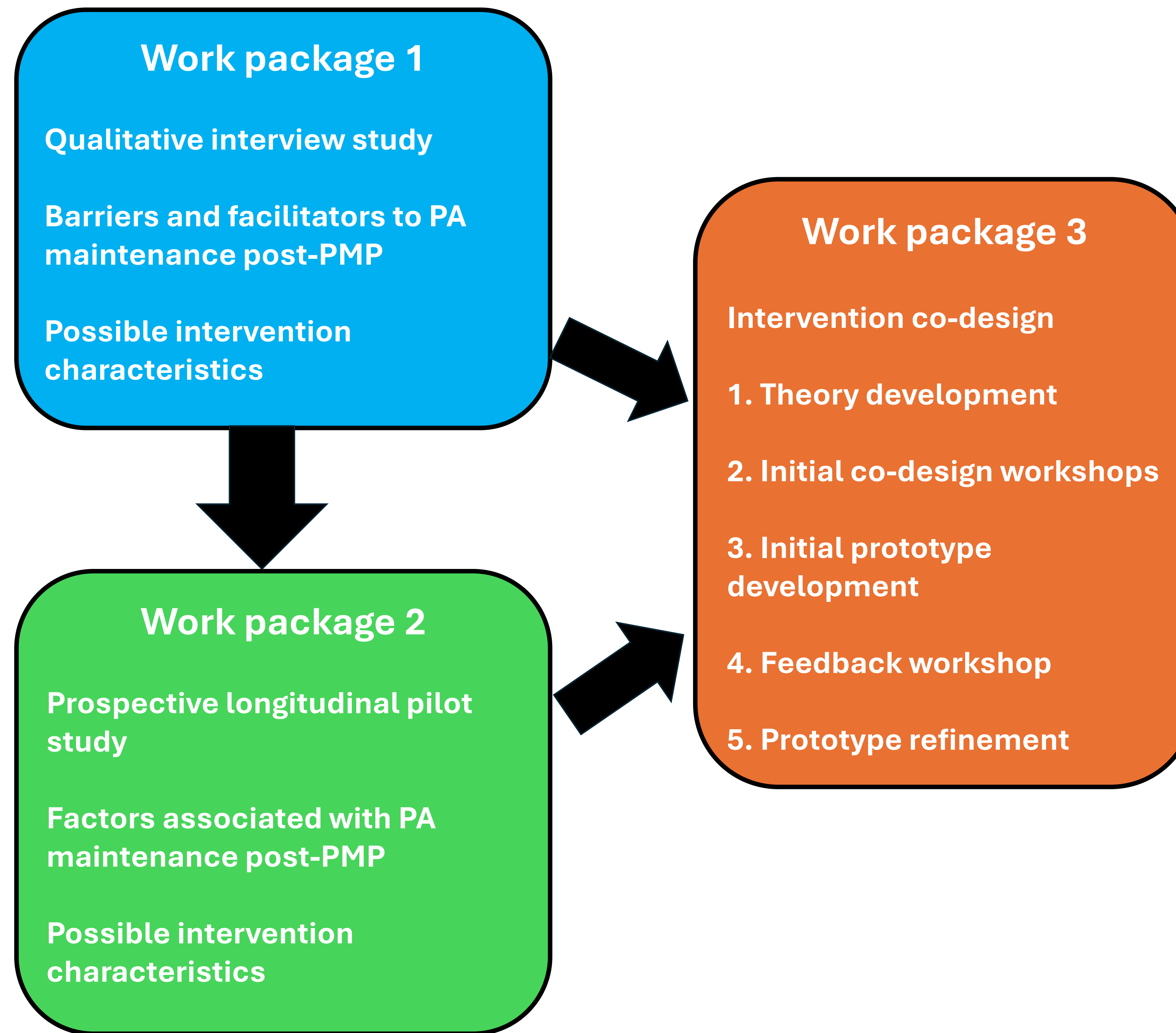
Develop an intervention to support maintenance of PA post-PMP for people with persistent musculoskeletal pain

Ethical approval

Ethical approval was received from the North West – Liverpool Central Research Ethics Committee and English Health Research Authority on 4th June 2024 (REC reference: 24/NW/0174; IRAS ID: 340674)



PAMPER website



Potential impact

A PA maintenance intervention that enhances self-management and health outcomes will address the high personal, health services and society burden of persistent musculoskeletal pain.

Methods

Overall design: multicentre mixed methods exploratory sequential study

Work package 1: barriers and facilitators to PA maintenance and possible intervention characteristics

- Participants: Patients, partners and healthcare professionals (n=35-40)
- Data generation: semi-structured interviews
- Data analysis: inductive thematic and deductive analysis using the Behaviour Change Wheel framework.

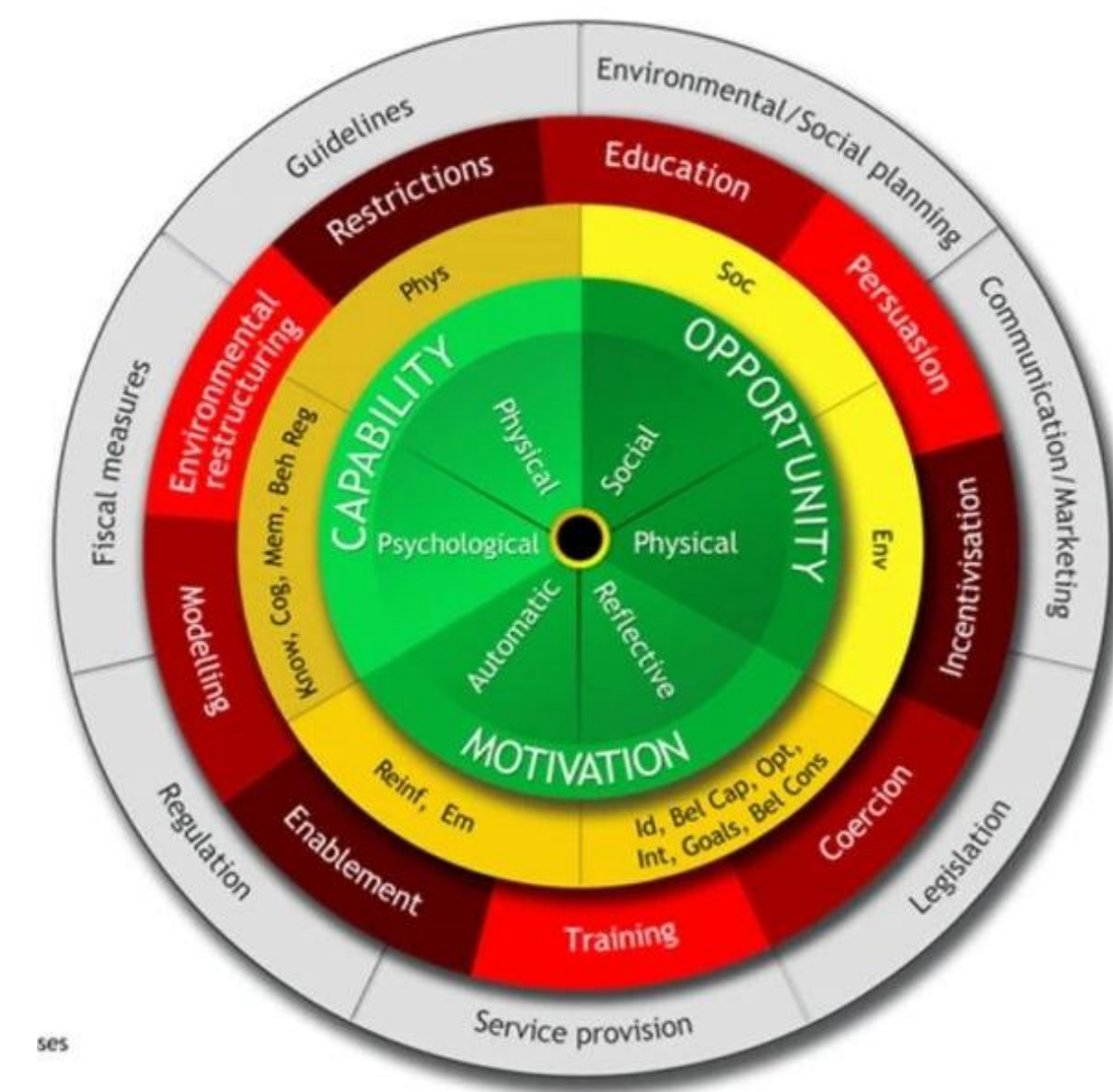
Work package 2: factors associated with PA maintenance post-PMP and possible intervention characteristics

- Participants: patients that have completed a PMP (n=100-120)
- Data collection:
 - Accelerometry (objective PA)
 - Questionnaires for barriers and facilitators identified in WP1
- Data analysis: descriptive statistics and logistic regression

Work package 3: Co-design of a PA maintenance intervention

- Participants: patients, partners and healthcare professionals
- Guided by MRC and Behaviour Change Wheel (BCW) frameworks
- Triangulated findings from WP1 and WP2
- Methods:
 - 3 Initial co-design workshops to design intervention
 - Prototype development
 - Prototype feedback workshop
 - Prototype refinement

Behaviour Change Wheel (BCW)



References

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