

# DEVELOPMENT AND VALIDATION OF A PAIN LITERACY MODULE FOR PHYSIOTHERAPISTS IN THE PHILIPPINES: A STUDY PROTOCOL



## BACKGROUND & AIMS



### PAIN LITERACY

- An umbrella term which reflects a healthcare practitioner's understanding and awareness of pain sciences, its assessment, and management (Mandysová, P., Matějková, I., & Fusek, J., 2018)
- Health literacy is often studied but not pain literacy
- Pain is more effectively managed if there is sufficient pain literacy
- Understanding pain science;
  - Reduce anxiety, better pain response (Roesner, 2022)
  - Improvement in functional abilities and participation (Mildonis, 2022)
- Pain Literacy, as one of the core dimensions of health literacy is gaining traction in the Philippines, owing to its impact on human performance and economic productivity.
- However, though pain literacy is a component of health literacy it is often under studied (Mandysová, P., Matějková, I., & Fusek, J., 2018)



- Development of a pain literacy module is needed as Filipino Physiotherapists have limited concepts about pain literacy based on previous studies (Calimag, 2020)
- Currently, there is no specific tool to measure pain literacy.
- In addition, there is scarcity of training programs specific to pain literacy and a limited number of CPD providers in the Philippines.



## METHODOLOGY

### MIXED METHOD STUDY DESIGN

Transcendental Phenomenological study

- Transcendental allows the researcher to reflect on what participants said (Moustakas, 1994).
- Epoche and bracketing are used to gain a fresh perspective on what was said (Husserl 1931; Moustakas, 1994; Solowski, 2000).



### PHASE I

- Focus Group Discussion
- Expert Panel Review
- Delphi Method

### PHASE II

- Pilot Feasibility Study

### PHASE III

- Investigate the impact of a pain literacy module on Physiotherapist's pain awareness

## RESULTS

This study aims to develop a comprehensive training module that aims to promote pain literacy among Filipino Physiotherapists.

## CONCLUSIONS

This paper intends to produce a health literacy module that will improve pain literacy for better pain assessment and management among Physiotherapists in the Philippines.



## REFERENCES



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