

# Pain Psychology for the Rest of Us

Bruce D. Dick, PhD

Assistant Professor

Department of Anesthesiology and Pain Medicine

University of Alberta

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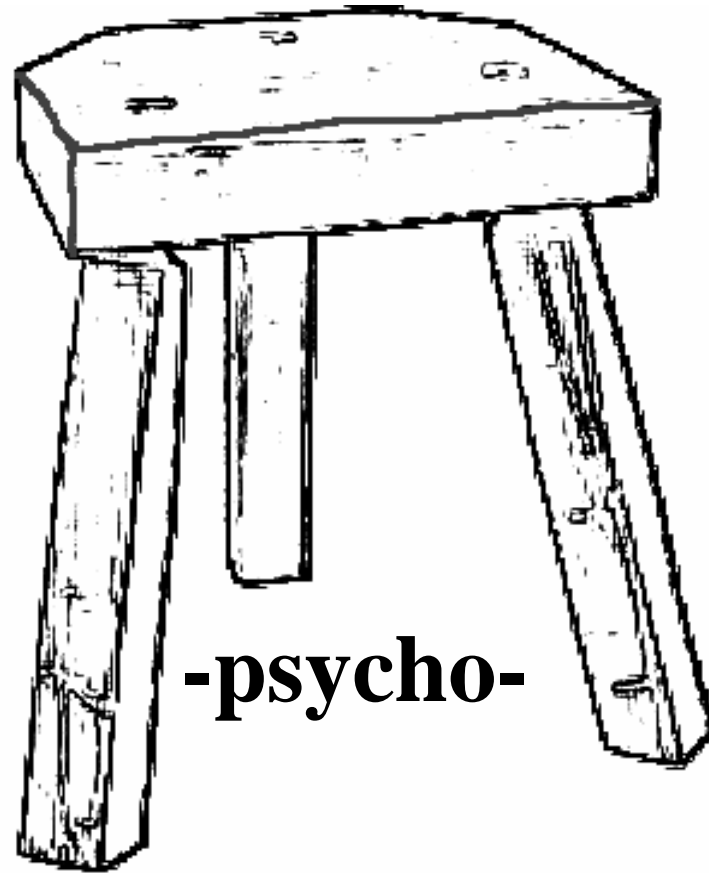
# Learning Objectives

- Increase understanding of how a biopsychosocial treatment model of chronic pain can be implemented.
- Increase understanding of research findings relevant to cognitive-behavioural management of chronic pain.
- Increase understanding of factors that often affect chronic pain sufferers.

# Overview

- Overview of research that has explored effective psychological treatments for individuals with chronic pain.
- A practical cognitive-behavioural pain management program (individual and group).
- Practical suggestions for primary care providers including family physicians and other health care professionals.

# Biopsychosocial model



**-psycho-**

**-social**

**Bio-**

# Typical MPC Pain Referrals

- Musculoskeletal pain (accident/injuries)
- GI pain (e.g., Crohn's, pancreatitis)
  - Children with recurrent abdominal pain
- Headache
- Fibromyalgia/Myofascial Pain Syndromes
- Complex Regional Pain Syndrome (CRPS)
- Other pain syndromes

# Referrals

- Complex pain problems
- Referrals ideally include a fairly comprehensive medical history
- Aim to assist front-line caregivers of individuals with chronic pain
- Chronic pain can be a challenging problem to treat

# MPC Model

- Individual care (medical, psychological)
- Group treatment (psychological – *Pain 101*)
- *Life Despite Pain*

# A good overview

- Williams et al. (1996)
- Morley et al. (1999) (Cochrane review)
- Eccleston et al. (2002)
- Eccleston et al. (2003) (Cochrane review)

# Pain Management

- Self-management model
- Early message: Goal is not to take away pain
- Focus on:
  - Increased function (activity, fitness etc.)
  - Reduced muscle tension
  - Cognitive restructuring
  - Getting more out of life / Quality of Life

# Pain 101

- Educational model
- Lecture style
- Practical
- Skill building
- Progression from skill to skill
- Practice, practice, practice...
- Self-management

# Pain 101 – 8 Sessions

- Pain Education
- Reducing tension
- Pacing / Goal setting
- Depression and negative thinking
- Coping with stress and anxiety
- Communication and pain behaviour
- Managing setbacks
- Chronic pain and your life / sleep hygiene

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# Pain Education

- *Purpose: Early validation of difficulties*
- Clarifying myths
- Acute vs. chronic pain
- Gate Control Theory
  - Neural model
- Factors that increase / decrease intensity of chronic pain.
- Addiction

## Clarifying myths...

- Pain and depression and pain and anxiety associated with each other
- Chronic pain is *not* masked depression
- There is no evidence for concept of pain-prone personality
- (Keefe et al., 1986; Gureje et al., 1998)

## Clarifying myths...

- Personality disorders and maladaptive coping styles are found in chronic pain populations
- No evidence of increased prevalence in chronic pain population vs. general population
- (Polatin et al., 1993; Weisberg & Keefe, 1999; Geisser, 2004)

# Clarifying myths...

- Depression in chronic pain patients is more likely to be a consequence than a cause of chronic pain
- Depression may be a predictor of pain severity, pain behaviour, disability or adherence to treatment
- Presence of pain may be a predictor of depression severity
- *However, these are associations, not causal statements* (Lin et al., 2003)

## Clarifying myths...

- Chronic pain patients can present with signs and symptoms incongruent with medical expectations based upon anatomical and physiological knowledge
- These cases cannot automatically be considered as malingering
- (Craig & Badali, 2004)

# Pain Education

- **Factors that are associated with amplified pain**
- Decreased fitness
- Muscle tension
- Focus on pain (somatic awareness, fear of pain)
- Mood (anxiety & depression)

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# Reducing Tension

- *Purpose: To help patients recognize and deal with chronic muscle tension and stress.*
- **Relaxation:**
- Progressive muscle relaxation
- Diaphragmatic breathing
- Imagery
- Provide clients with CD
- Mindfulness

# Relaxation

- Getting in early
- Practice, practice, practice
- Recognizing cues of tension
- Acting on those cues anytime, anywhere

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# Pacing

- *Purpose: To understand deconditioning and reverse this trend*
- **Activity and fitness:**
- Goal setting
- Tolerances
- Pacing program
- *Gradual* increase in activity
- Often start with mild stretching program
- Increases in levels according to client abilities

# Avoidance

People with pain or other health problems tend to do two common things:

- Avoid doing things that they think will make them feel worse
- Base what or how much they **do** on how they **feel**

**Avoiding is not helpful in the long term but works well in the short term**

# Avoidance

- Avoidance period extends
- Work/functional problems
- Relationship problems
- Social avoidance

# Goal Setting

## IMPORTANT POINTS

- Basing activity on a plan – NOT on how one feels
- Carry out activities at a steady and regular pace
- Emphasis on what clients CAN do

# Pacing

- Calculation of tolerances
- Change of expectations
- Patience with self

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# Pain Management

- *Purpose: To understand interaction of pain, thoughts, and mood*
- **Thoughts and feelings:**
- Education regarding depression and anxiety
- Monitoring thoughts
- Challenging unhelpful thoughts
- Multiple sessions

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# Coping with Stress and Anxiety

- *Purpose: To understand the interaction between stress, anxiety, and pain*
- Knowledge
- Skills
- Physical and emotional effects
- Daily hassles and stressors unique to person
- Practical management of stress

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- **Communication and pain behaviour**
- Managing setbacks
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# Communication & Pain Behaviour

- *Purpose: To increase awareness of pain behaviour and communication skills*
- Patients as teachers
- **Dealing with an invisible medical disorder**
- Reducing pain behaviours
- Talking to and educating others about pain

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- **Managing setbacks**
- Chronic pain and your life / sleep hygiene

# Managing Setbacks

- *Goal is to decrease frequency, intensity, and duration of setbacks & pain flares*
- Planning for bad days
- Bringing pain management skills together
- Develop a concrete, practical plan
- Revisiting plan

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- Communication and pain behaviour
- Managing setbacks
- **Chronic pain and your life / sleep hygiene**

# Chronic Pain and Your Life

- *Purpose: To bring together skills that have been learned in a practical context.*
- Daily activities & work
- Leisure activities
- Self-care
- Social activities
- Sleep hygiene

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