Coping Strategies in Chronic Pain
„The active way“

S. Hartmann-Fussenegger
12.06.2015
Pain concepts

16th Century

- Prior experiences
- Attention/expectation
- Mood (anxiety, depression)
- Neurochemical and structural changes
- Genetics
- Sensitization (Peripheral and Central)

21st Century

- Noxious stimulus

Source: Gatzea et al. 2007

George L. Engel, 1977

SGK/SGHC 2015: Coping with Chronic pain
Psychosocial Flags Framework

**Person** – psychosocial/individual: beliefs, thoughts, feelings, behaviours (pain & injury), Coping strategies, Psychological distress, Sick role, Passive role in recovery

**Workplace** – Social support at work, unpleasant work, Job satisfaction, Excessive demands/low control, unhelpful management style

**Context** – Threat to financial security, Litigation, Compensation system and qualification criteria, Lack of contact with workplace

Kendall / Burton
www.tsoshop.co.uk/flags
Fear Avoidance Beliefs

Chronic Pain Management

**Team**
- Pain specialist
- Physical therapist
- Occupational therapist
- Psychologist
- Social worker
- Pain nurse

**Setting**

=> No single accepted format!

- Structured programmes (in- and out-patient)
- Individual plan
### Multidisciplinary Pain Management - Topics

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Reframing
# Multimodal Pain Management - Topics

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Take home

- Well informed patient
- Beware of yellow flags
- Multidisciplinary approach is needed
- Goals: - Reduction in narcotic use
  - Reduction in health care consumption
  - functional improvement (social + physical activity)
  - gain self-efficacy
  - return to work
SGK/SGHC 2015: Coping with Chronic pain