Yes, you can treat persistent or chronic pain – an online toolkit

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Acknowledgements
Learning objectives

1. Describe the assessment and treatment principles for effective physiotherapy management of chronic pain

2. Apply these principles to a case study

3. Use the toolkit and the resources from the session in their clinical practice
Background

PT Alberta identified need

Knowledge Mobilizer (CM)

Working group (CM, AC, SM, JH, & GB)
Background

Working group identified:

• **Target**: PTs who self-identify as needing PD in chronic pain management

• **Scope**: Foundational knowledge needed for effective management of most cases of chronic pain, in most clinical settings

• **Medium**: An online resource for clinicians, as succinct as possible
Background

Working group process:

Led by PT Alberta’s Knowledge Mobilizer (CM):

Monthly meetings and email discussions:

- Content (IASP)
- Key literature & resources
- Present key concepts succinctly
Background

Validation

Working group identified
- 2 external pain education (academic) experts
- 1 experienced clinician
- 1 inexperienced clinician

Reviewed resource for content and readability and provided feedback
PT Alberta Chronic Pain Management: a toolkit for physiotherapists

Chronic pain Toolkit
Case study

To be presented in workshop
Using the toolkit ...

- Biological factors
  - Nociceptive
  - Nociplastic
  - Neuropathic

- Psychological factors
  - Yellow flags
  - Orange flags
  - Blue flags

- Complex Pain diagnosis

- Social factors
  - Culture
  - Context
Using the toolkit ...

Patient video
Using the toolkit ...

Assessment

History – consider adding discussion about:
- Pain beliefs and biases
- Expectations for care
- Sleep
- Medications
### Using the toolkit ...

#### Assessment

<table>
<thead>
<tr>
<th>Nociceptive Pain</th>
<th>Neuropathic</th>
<th>Nociplastic (CS)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mechanical/Inflammatory pain</td>
<td>Lesion to Nervous System</td>
<td>No lesion to Nervous System</td>
</tr>
<tr>
<td>Pain diminishes according to tissue healing</td>
<td>Pain and sensory dysfunction anatomically logical</td>
<td>Pain does not correlate to tissue damage</td>
</tr>
</tbody>
</table>

See toolkit for sample tools to differentiate between mechanisms
Using the toolkit ...

Assessment

Psychological factors

See toolkit for other screening tools

Distress?

- Activities
- Coping
- Thoughts
- Upset
- Personal Relationships
Using the toolkit ...

Assessment

Social factors (e.g. culture)
  Language & Metaphors
  Collaboration
  Content & Concepts
  Goals
  Context
Using the toolkit ...

Link back to case study
Using the toolkit ...

Management

Therapeutic Alliance is foundational

This is more than rapport building – it is explicitly demonstrating allyship and building trust

A pre-requisite to all interventions
Case study

Video
Using the toolkit ...

Management – Pain Education, Exercise, Promoting Self-management

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A pre-requisite to all interventions
Using the toolkit ...

Management – Pain Education

**Short**
- Reassurance
- Resumption of activity
- Permeates treatment

**Discrete**
- PNE
- TNE
- Adult Learning

- Address central sensitization/nociplastic pain
- Fear avoidance
- Catastrophizing
Using the toolkit

Management – Building Self-Efficacy

Living with pain

- Can QoL be enhanced without directly ‘treating’ pain?

Positively managing pain

- Pain education opens up the toolbox
- Autonomy

Optimizing physical & emotional health

- Think more broadly about health
- Resources

GOAL SETTING IS A VERY IMPORTANT ACTIVITY
Case study

Video
Using the toolkit ...

Management – Exercise

Should be functional and highly influenced by context
Case study

Video
Using the toolkit ...

Management – Exercise

Graded Activity

Addresses fear of movement

Reinforces positive activity experiences

See toolkit for step-by-step process
Summary

• Chronic pain toolkit was developed to support physical therapy clinicians in managing chronic/persistent/complex pain

• Encourage clinicians to reflect on learning needs, review one section, apply, repeat, …

• Encourage clinicians to complete quiz and provide feedback within the tool