Background & Purpose

Chronic back pain affects overall quality of life of 20% of Americans.1 This quality improvement project (QIP) examined if patient empowerment through clinician reinforcement would increase quality of life in patients suffering from chronic back pain.

Aims

The aims of this QIP were to:
1. Decrease pain and
2. Increase function

Methods

Design: one group, pre-/post-test
Sample: 8 chronic back pain patients
Measures: Oswestry Disability Index (ODI)2 & Pain Self-Efficacy Questionnaire (PSEQ)3
Analysis: Descriptive stats and Wilcoxon Rank

Sample

100% female
50% married,
50% commercial insurance, and
Average Age 41.5 (SD=11.54, IQR: 25)

Intervention

6-module Self-Paced Online Self-Management of Chronic Back Pain course:
www.ChronicPainSelfManagement.com

Results

There was no change in pain (ODI) scores after the intervention.
There was a 26.7% increase in function (PSEQ).
See table below. (No statistical significance.)

<table>
<thead>
<tr>
<th>AIM</th>
<th>Pre-test Median (IQR)</th>
<th>Post-test Median (IQR)</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. ODI</td>
<td>10 (10)</td>
<td>10 (10)</td>
<td>1</td>
</tr>
<tr>
<td>2. PSEQ</td>
<td>44 (60)</td>
<td>60 (60)</td>
<td>.180</td>
</tr>
</tbody>
</table>

Conclusion

Educational programs can positively affect the QOL of patient’s suffering from a plethora of painful chronic conditions.

Although the intervention did not demonstrate a change in a patient’s perception of pain, the intervention did increase patients’ confidence in their ability to function and perform tasks affecting their ADLs.

References

