

Improving Self-Management of Chronic Back Pain Through Patient Empowerment

Patrice D. Kiesling, MSN, FNP-C;
Rita D'Aoust, PhD, ACNP, ANP-BC, CNE, FAANP, FNAP, FAAN;
Deborah Baker, DNP, ACNP, NEA-BC

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



Module 1



Introduction to Self-Management of Chronic Back Pain

This Quality Improvement Project was developed by Patrice D. Kiesling, MSN, FNP-C Executive Doctor in Nursing Practice Candidate

Module 2



BioPsychoSocial Barriers Affecting Self-Management of Chronic Back Pain

This Quality Improvement Project was developed by Patrice D. Kiesling, MSN, FNP-C Executive Doctor in Nursing Practice Candidate

Module 3



Combating Biological Factors Affecting Chronic Back Pain

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Module 4



Combating Psychological Factors Affecting Chronic Back Pain

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Module 5



Combating Social Factors Affecting Chronic Back Pain

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Module 6



Self-Management of Chronic Back Pain

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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.)

AIM	Pre-test Median (IQR)	Post-test Median (IQR)	p-value
1. ODI	10 (10)	10 (10)	1
2. PSEQ	44 (60)	60 (60)	.180

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

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2. Fairbank, J. C. T., & Pynsent, P. B. (2000). The Oswestry Disability Index. *Spine*, 25(22), 2940-2953. doi: 10.1097/00007632-200011150-00017
3. Nicholas, M. K. (2007). The pain self-efficacy questionnaire: Taking pain into account. *European Journal of Pain*, 11(2), 153-163. doi: 10.1016/j.ejpain.2005.12.008