Improving Self-Management of Chronic Back Pain Through Patient Empowerment

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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:

Module 1

Module 3

Module 5

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important!

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Introduction to

Self-Management

Chronic Back Pain

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Combating

Biological Factors

Affecting

Chronic Back Pain

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Combating

Social Factors

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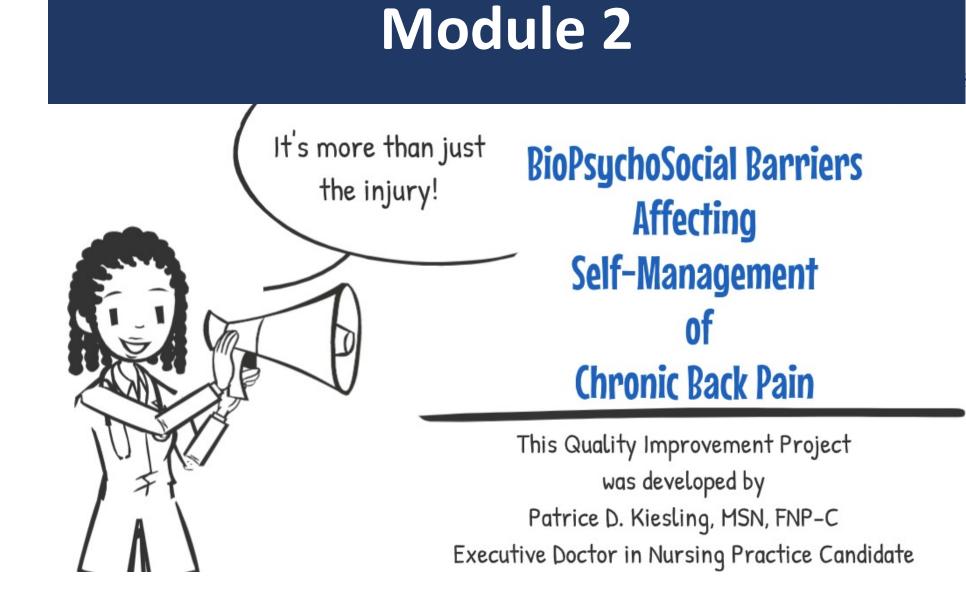
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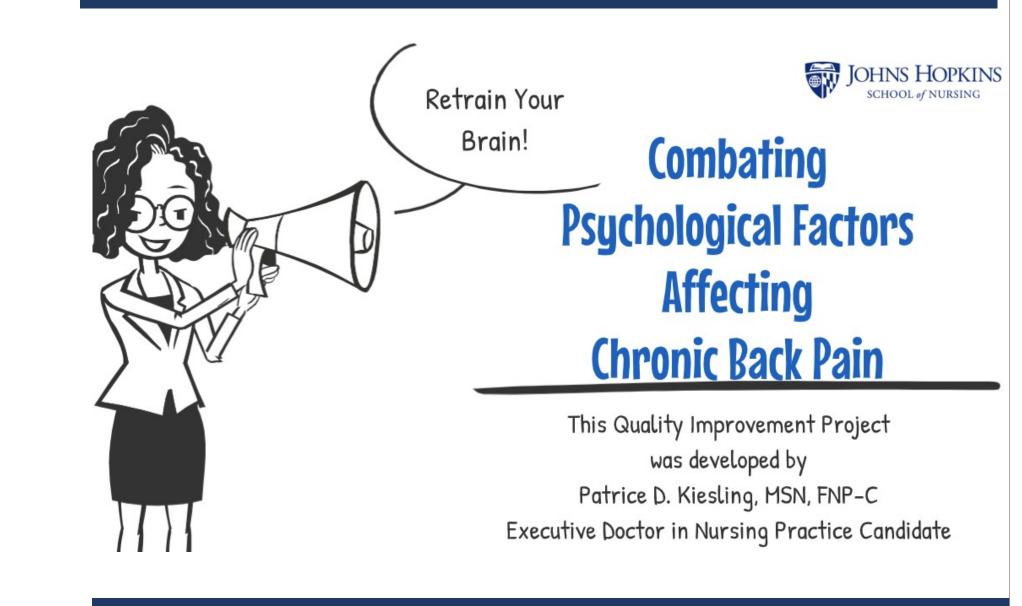
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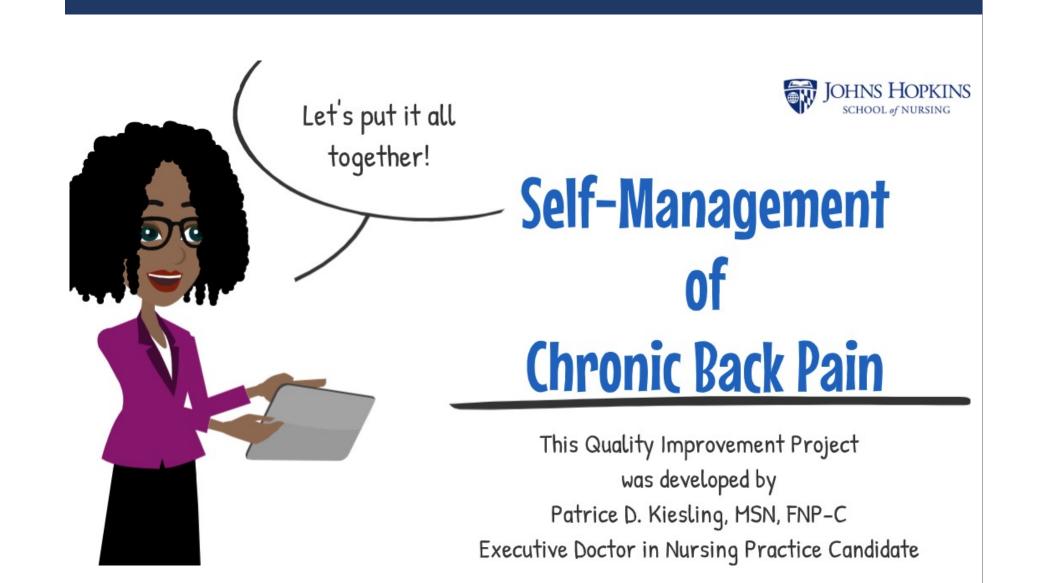




Module 4



Module 6



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)		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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