

Psychosocial Considerations Related to Pain and Pain Management

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Faculty

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Definitions

- **Psychosocial** – A broad term which incorporates both the psychological (cognitive and affective) and social (engaging in life activities and interacting with others) dimensions
- **Biopsychosocial** – Adds the dimension of biological mechanisms (pain and pain management) to the individual

What are the Psychosocial Impacts of Pain?

- **Humans are social beings with specific roles in various life activities**
 - Parent
 - Spouse / partner
 - Employee
 - Friend

What are the Psychosocial Impacts of Pain?

- **Pain has a negative impact on social activities:**
 - Work
 - Family Life
 - Leisure Activities
 - Social Relationships

What are the Psychosocial Impacts of Pain?

- **Pain can lead to multiple losses**
 - Loss of finances / employment
 - Home life / fulfilling activities / social connections
 - Difficult to get out of their home
 - Leads to social isolation

What are the Psychosocial Impacts of Pain?

- Loss of sleep
 - Memory loss
 - Poor concentration
 - Short tempers
- These often lead to loss of confidence and low self - esteem

Psychosocial Impact of Pain on Work

- Being gainfully employed is perceived as having a positive impact on life
- Being gainfully employed consumes energy
- Energy consumed at work often has a negative impact on health status, particularly related to pain

Psychosocial Impact of Pain on Work

- This negative impact often leads to job loss
 - Lower levels of life satisfaction
 - Greater depression
 - Increased pain levels

Psychosocial Impact of Pain on Work

- Those who leave work due to pain tend to be engaged in fewer activities which leads to a higher incidence of depression

Psychosocial Impact of Pain on Family Life

- Pain restricts participation in family and life roles
 - Parenting
 - Managing a household
 - Intimate relationships

Psychosocial Impact of Pain on Family Life

- When pain interferes with these life roles, significant psychological distress results
 - Social Support within the family has a positive influence on pain and pain management
 - Likewise, perceived negative support increases pain levels and depression

Psychosocial Impact of Pain on Leisure Activities

- Studies have shown that people with significant pain levels participate in fewer leisure activities
 - This is especially true among individuals with lower educational attainment

Psychosocial Impact of Pain on Leisure Activities

- Having fewer resources available to fund leisure activities plays a significant role in pain and depression
- Loss of participation in leisure activities seems to increase levels of pain and symptoms of depression

Psychosocial Impact of Pain on Leisure Activities

- The role of leisure activities in maintaining or restoring psychological well - being is significant

Psychosocial Approaches to Pain Management

- Psychosocial factors leading to poor pain management
 - Catastrophizing
 - Anxiety and fear
 - Helplessness
 - Increased alcohol consumption and / or abuse of controlled substances

Psychosocial Approaches to Pain Management

- Psychosocial factors leading to effective pain control
 - Self - efficacy
 - Pain coping strategies
 - Readiness to change

Psychosocial Interventions Utilized in Pain Management

- Cognitive - Behavioral Therapy (CBT) and Coping Skills Training (CST)
 - Cognitive and Behavioral Exercises
 - Support groups
 - Changing activity patterns

Psychosocial Interventions Utilized in Pain Management

- Changing Cognitions
 - Recognizing and reducing negative thoughts
- Attention - Diversion Techniques
 - Guided imagery
 - Relaxation techniques
- Educational Programs

Conclusions

- Studies have shown that individuals experiencing significant pain do **NOT** feel that their health care providers fully appreciate the psychosocial impact of pain, and therefore do not provide information to meet these needs

Conclusions

- There is evidence that psychosocial approaches enhance the medical regimes of care
 - Improving coping and self - efficacy
 - Reducing psychological distress and depression
 - Reducing pain

Citations / Resources

- Psychosocial Aspects of Pain-Related Life Task Interference: An exploratory Analysis in a General Population Sample. Pain Medicine. Volume 8. Number 7. 2007.
- Arthritis and Pain: Psychosocial Aspects in the Management of Arthritis Pain. Arthritis Research and Therapy. December 5, 2006.
- Coping with the Emotional Impact of Pain. American Psychological Association. 2015. www.healthtalk.org