Strategies on Dealing with Non- Compliant Patients with Chronic Pain: An Applied Behavioral Analysis Approach on Fear Avoidance

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Abstract:

Non- compliance with prescribed treatment is an important cause of delay of recovery of patients. Researchers have reported that fear avoidance has been a known reason for non-compliance with patients with chronic pain. This behavior can be a challenge for therapist for there is no one way to deal with this. However, the selection of which technique to implement for a particular patient should be guided by information gathered about the particular patient and the possible reason(s) for the non-compliance. The purpose of this presentation is to provide strategies to understand and address non-compliance of patients due to fear avoidance with the use of applied behavioral analysis. Some strategies that will be discussed are how to 1) identify the cause of the behavior 2) break vicious cycle 3) build behavior momentum. In this context, the function of the behavior is defined in terms of its maintaining consequences and interventions are then designed to target those consequences.

Image



Fig.1 Fear Avoidance Model [4]

Recent Publications

1. Lee J, Park S (2017) The relationship between physical capacity and fear avoidance beliefs in patients with chronic low back pain. J Phys Ther Sci. 2017 Oct;29(10):1712-1714
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4. Bunzli S, Smith A, Schütze R, Lin I, O'Sullivan P. (2017) Making Sense of Low Back Pain and Pain-Related Fear. J Orthop Sports Phys Ther. 2017 Sep;47(9):628-636
5. Calley DQ, Jackson S, Collins H, George SZ. Identifying patient fear-avoidance beliefs by physical therapists managing patients with low back pain. J Orthop Sports Phys Ther. 2010 Dec;40(12):774-83.
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7. Wertli MM, Rasmussen-Barr E, Weiser S, Bachmann LM, Brunner F. (2014) The role of fear avoidance beliefs as a prognostic factor for outcome in patients with nonspecific low back pain: a systematic review. Spine J. 2014 May 1;14(5):816-36.e4
8. Wertli MM, Rasmussen-Barr E, Held U, Weiser S, Bachmann LM, Brunner F. (2014) Fear-avoidance beliefs-a moderator of treatment efficacy in patients with low back pain: a systematic review. Spine J. 2014 Nov 1;14(11):2658-78. doi: 10.1016/j.spinee.2014.02.033
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11. Ingrid Demmelmaier,corresponding author 1 Annika Björk, 2 Alyssa B. Dufour, 3 Birgitta Nordgren, 4 and Christina H. Opava 4 (2018) Trajectories of Fear-Avoidance Beliefs on Physical Activity Over Two Years in People With Rheumatoid Arthritis, Arthritis Care Res (Hoboken). 2018 May; 70(5): 695–702.
12. Walston Z1, Niles P1, Spiker L1, Yake D1. (2019) Use of cognitive behavioural therapy with usual physical therapy intervention for individuals who are unemployed secondary to chronic low back pain: A case series. Musculoskeletal Care. 2019 Aug 2. doi: 10.1002/msc.1422.
13. Storm V1. (2019) Fear avoidance beliefs, pain-related self-efficacy, and subjective work ability among back pain patients : A pilot study with voluntary subjects. Schmerz. 2019 Aug;33(4):312-319
14. Angelos-Miltiadis Krypotos,1,2 Marieke Effting,1,2 Merel Kindt,1,2 and Tom Beckers1,2,3,(2015) Avoidance learning: a review of theoretical models and recent developments, Front Behav Neurosci. 2015; 9: 189.



Biography

Jihan Amr Hussein El Sokkary a licensed Physiotherapist in the Philippines and Dubai has her expertise in musculoskeletal, orthopedic, pediatric and behavioral therapy. She is currently taking her Doctorate Degree in Physiotherapy and Rehabilitation Administrative Certification both from the University of Montana. After graduating from Physical Therapy school on year 2015, Jihan worked as a Musculoskeletal and Orthopedic PT. At the year 2017, she was able to open up her own physical therapy clinic - Motions Venture Physiotherapy, her clinic specializes in pain management and improvement of mobility. Jihan also worked as a faculty member in 2 esteemed Universities in the Philippines wherein she teaches her expertise in the field of Neurology, Pain and Sports Management. She recently attained her license in Behavioral Therapy on March 2019. She is an active member of the Philippine Physical Therapist Association and is a member of its Pediatric, Neurology and Clinical Education Sigma.

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Notes/Comments: