Evolving Paradigms in the Psychosocial Management of Debilitating Pain Conditions

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Recover is a joint initiative of the Motor Accident Insurance Commission, The University of Queensland and Griffith University.

Disclosure

Dr. Sullivan receives royalties for the sale of treatment manuals associated with the Progressive Goal Attainment Program.

Learning Objectives

Risk-Targeted Interventions

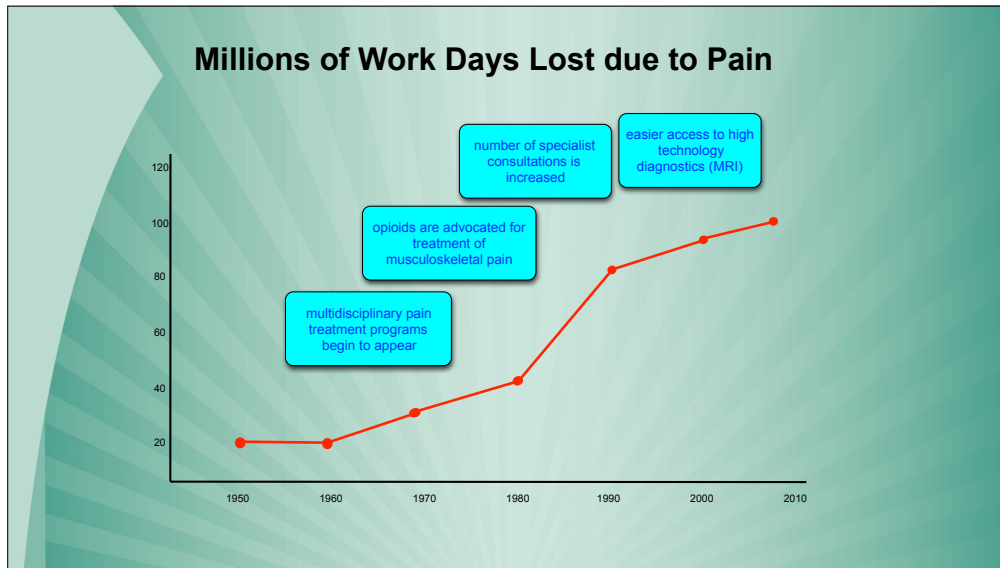**Approaches to Risk Detection**

Targeting Pain-Related Psychosocial Risk Factors

The Progressive Goal Attainment Program

A Path Forward

Musculoskeletal pain conditions are the most expensive non-malignant health problems affecting the working age population.

Millions of Work Days Lost due to Pain

number of specialist consultations is increased

easier access to high technology diagnostics (MRI)

opioids are advocated for treatment of musculoskeletal pain

multidisciplinary pain treatment programs begin to appear

Psychosocial risk factors have been shown to account for as much as 30% of the variance in the magnitude of disability.

Specialised Treatment   No Treatment

High risk   Low risk

Risk Detection

Risk Detection Tools

Orebro Musculoskeletal Screening Questionnaire

- 25-item measure assessing wide range of risk areas (> 130)

Neck Disability Index

- 10-item measure of self-rated neck disability (> 40)

StartBack

- 9 true/false questions (4 risk domains) (> 4)

Self-rated disability measures (Pain Disability Index)

- 7-item measure of self-rated disability (> 40)

Risk Detection Tools

Pain Catastrophizing Scale

Measure of Pain-Related Fears

Self-Efficacy

Depressive Symptoms

Post-Traumatic Stress Symptoms

Then what?

Slide 1

P G A P
Progressive Goal Attainment Program

A Risk-Targeted Activity Re-Integration Intervention

Slide 2

Risk-Targeted Interventions

Screening of psychosocial risk factors.

Techniques specifically designed to target known risk factors.

Tailoring treatment to patients' psychosocial risk profile.

Focus on function rather than symptom reduction.

Slide 3

RTW Risk-Targeted Intervention

Education, guided disclosure, validation, goal setting, problem-solving, thought monitoring, activity re-integration, repeated exposure to discontinued activities, belief challenge techniques.

catastrophizing, fear of pain, perceived injustice, low self-efficacy, low recovery expectancies

Contact with pre-injury employer.

Graduated RTW program begins

Week 1 Week 2 Week 3 Week 4 Week 5 Week 6 Week 7 Week 8 Week 9 Week 10

Weekly meetings with the rehabilitation service provider.

Slide 4

A Population-Health Approach

Nova Scotia

All psychologists in Nova Scotia trained in a risk-targeted intervention.

Alerted primary care physicians in the province to the availability and intent of the program.
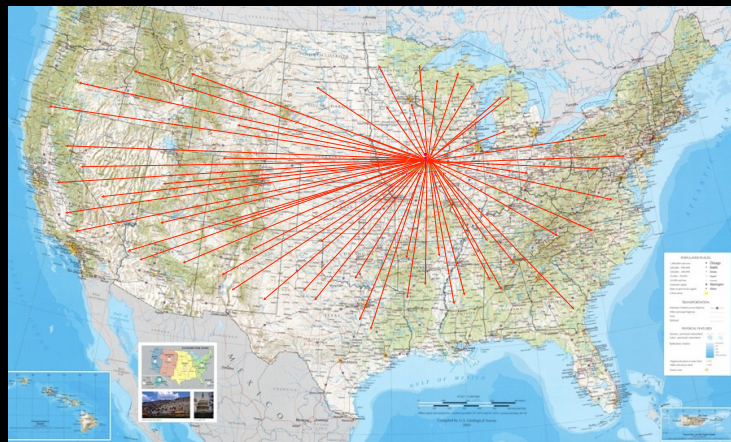
Trained case managers to identify clients 'at risk'.

Results of trial showed return to work advantage of work-disabled individuals who received the risk-targeted intervention.
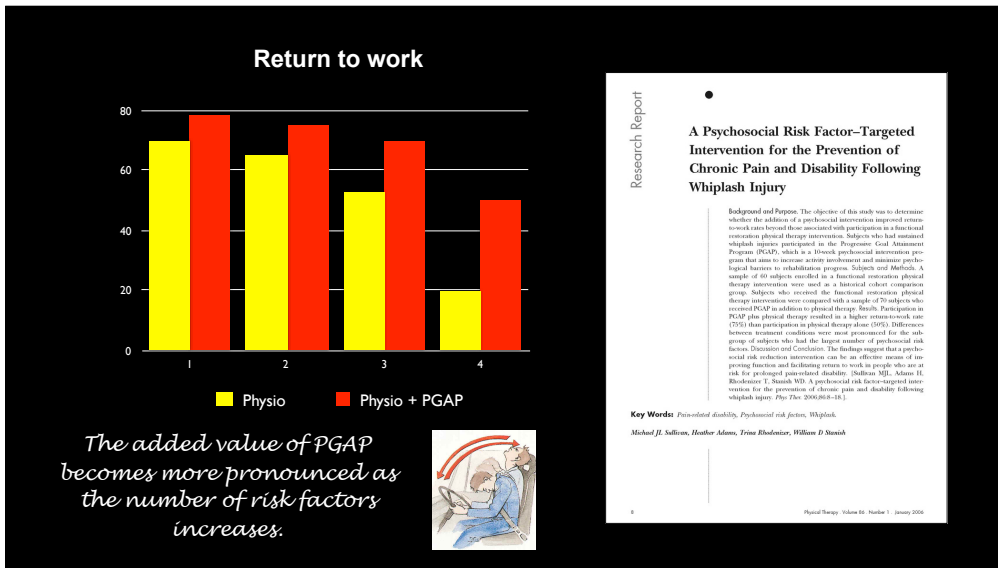

PGAP-Tel:
A Tele-Health Adaptation

**Social Security Administration (SSA)
Accelerated Benefits Trial (2010)**

Must it be delivered by a mental health professional?

Slide 1

Return to work

Physio | Physio + PGAP

The added value of PGAP becomes more pronounced as the number of risk factors increases.

A Psychosocial Risk Factor–Targeted Intervention for the Prevention of Chronic Pain and Disability Following Whiplash Injury

Background and Purpose. The objective of this study was to determine whether the addition of a psychosocial intervention improved return-to-work rates beyond those associated with participation in a functional restoration physical therapy intervention. Subjects who had sustained whiplash injuries participated in the Progressive Goal Attainment Program (PGAP), which is a 10-week psychosocial intervention program that aims to increase activity involvement and minimize psychological barriers to rehabilitation progress. Subjects and Methods. A sample of 60 subjects enrolled in a functional restoration physical therapy intervention were used as a historical cohort comparison group. Subjects who received the functional restoration physical therapy intervention were compared with a sample of 70 subjects who received PGAP in addition to physical therapy. Results. Participation in PGAP plus physical therapy resulted in a higher return-to-work rate (75%) than participation in physical therapy alone (50%). Differences between treatment conditions were most pronounced for the subgroup of subjects who had the largest number of psychosocial risk factors. Discussion and Conclusion. The findings suggest that a psychosocial risk reduction intervention can be an effective means of improving function and facilitating return to work in people who are at risk for prolonged pain-related disability. [Sullivan MJL, Adams H, Rhodenizer T, Stanish WD. A psychosocial risk factor–targeted intervention for the prevention of chronic pain and disability following whiplash injury. Phys Ther. 2006;86:8–18.]

Key Words: *Pain-related disability, Psychosocial risk factors, Whiplash.*

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Slide 2

Risk-Targeted Intervention

Rehabilitation Disciplines

Occupational Therapists

Physiotherapists
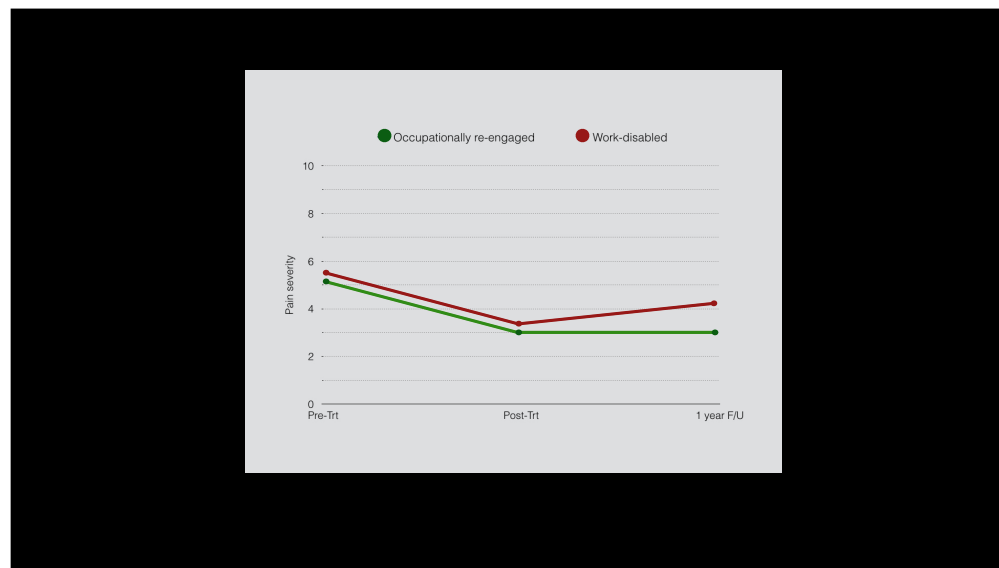
Kinesiologists

Rehabilitation Counsellors

Slide 3

Why return to work?

Slide 4

Occupationally re-engaged | Work-disabled

Implementation Challenges?

Risk-Targeted Interventions

The Acceptability of Treatment

To the injured client.

To the insurer.

To the clinician.

Risk-Targeted Interventions

The Engagement of Stakeholders

Risk-Targeted Interventions

Implementation

Skill set represented in all regions.

Mechanisms for access to specialised service.

Oversight to ensure fidelity to protocol.

Acceptable remuneration formula.

Implementation

Disability Insurers across Canada.
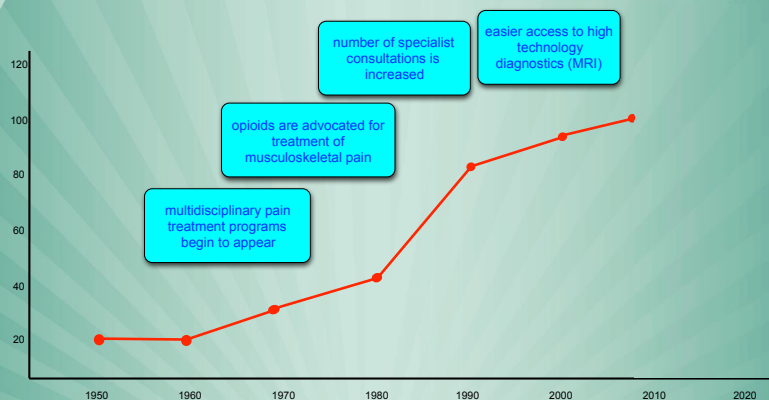
Labor and Industry, Washington.

Social Security Administration.

Veterans Administration (US, Canada).

Injury and Disability Insurers in Australia and SA.

Risk-targeted interventions will outperform traditional approaches to rehabilitation.

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- easier access to high technology diagnostics (MRI)
- opioids are advocated for treatment of musculoskeletal pain
- multidisciplinary pain treatment programs begin to appear

P G A P

Progressive Goal Attainment Program

www.PGAPworks.com