

Integrating the biopsychosocial model in the osteopathic  
management of patients with chronic pain :  
design and validation of a tool for patient education  
*A pilot study*

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CENTRE FOR OSTEOPATHIC MEDICINE COLLABORATION



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# Introduction : chronic pain

A state of **recurrent** or **continuous** suffering for more than 3 to 6 months that persists after the healing phase following an **injury**. (Treede et al. , 2015)

A widespread phenomenon :

- ✓ 32% of the French population (Bouharrissa, 2007)
- ✓ Direct medical cost of chronic low back pain : 1.4 billion euros in France (Breivik, 2006)
- ✓ Osteopaths confronted with chronic pain in their practice (Orrock, 2009)

Requires osteopaths to foster patient education skills (WHO, 1998)

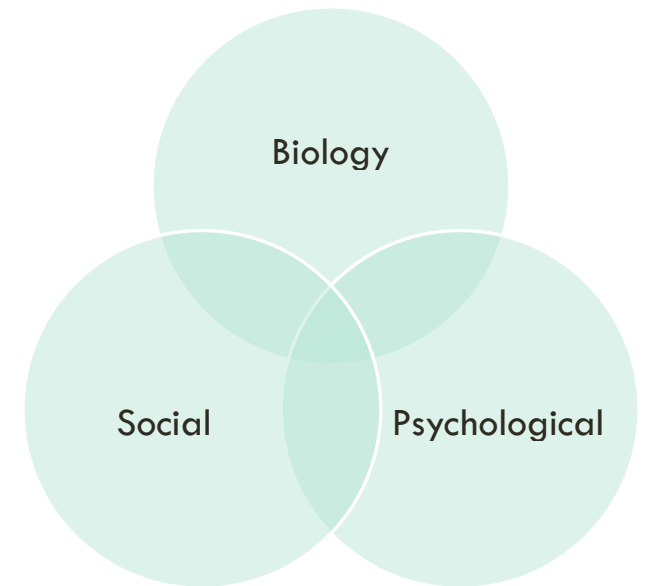


# Introduction : BPS model and osteopathy

Theoretical and practical approach that takes into account the physical, psychic and environmental factors of the patient. (Fryer, 2017)

- ✓ A model still under-used by osteopaths (Stilwell, 2019)
- ✓ The use of tool to facilitates the integration of this model (Quesnay et al, 2014)

Lack of referenced tool in osteopathy



# Problematic

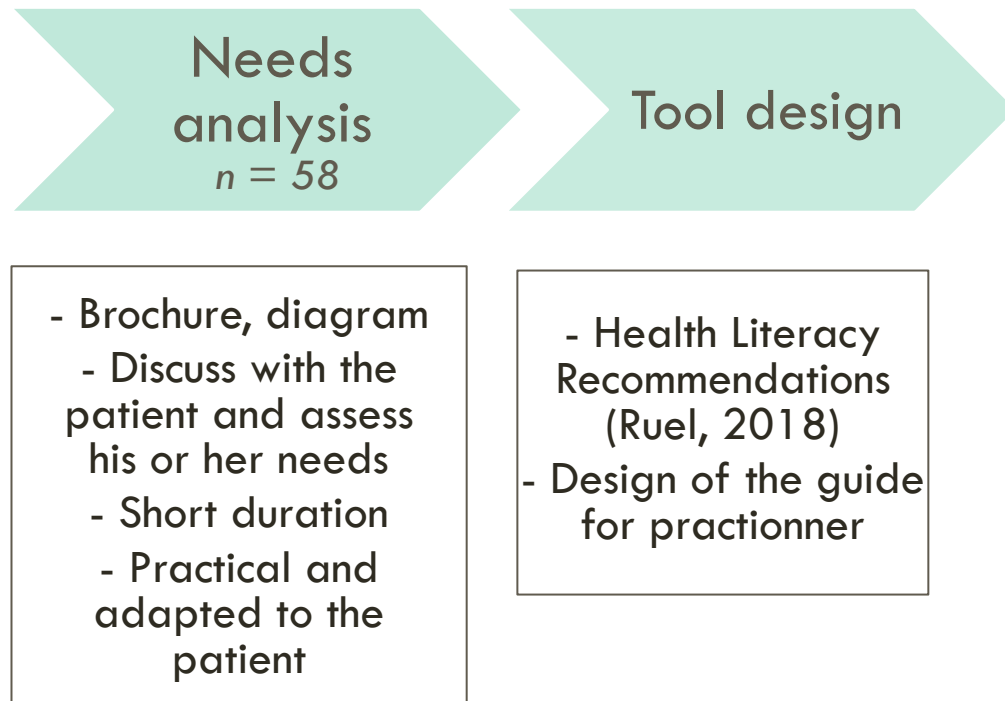
What type of tool would be appropriate for osteopathic practice for the management of chronic pain ?

A tool to facilitate :

- ✓ BPS factors diagnosis
- ✓ Communication and information
- ✓ Patient involvement and education



# Protocol



# Tool design

Evaluation part

Relationships	<input type="checkbox"/>	<input type="checkbox"/>
Work	<input type="checkbox"/>	<input type="checkbox"/>
Activities	<input type="checkbox"/>	<input type="checkbox"/>
Fear-Stress	<input type="checkbox"/>	<input type="checkbox"/>
Morale	<input type="checkbox"/>	<input type="checkbox"/>
Sleep	<input type="checkbox"/>	<input type="checkbox"/>

My goals :

.....

.....

.....

.....

SOME KEY MESSAGES

« My body is stable and strong »

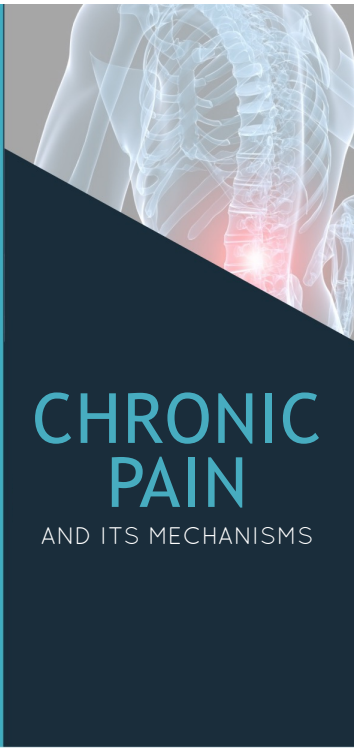
✓

« My vertebra is displaced or blocked »

✗

« « Moving helps me cope with my pain » »

✓



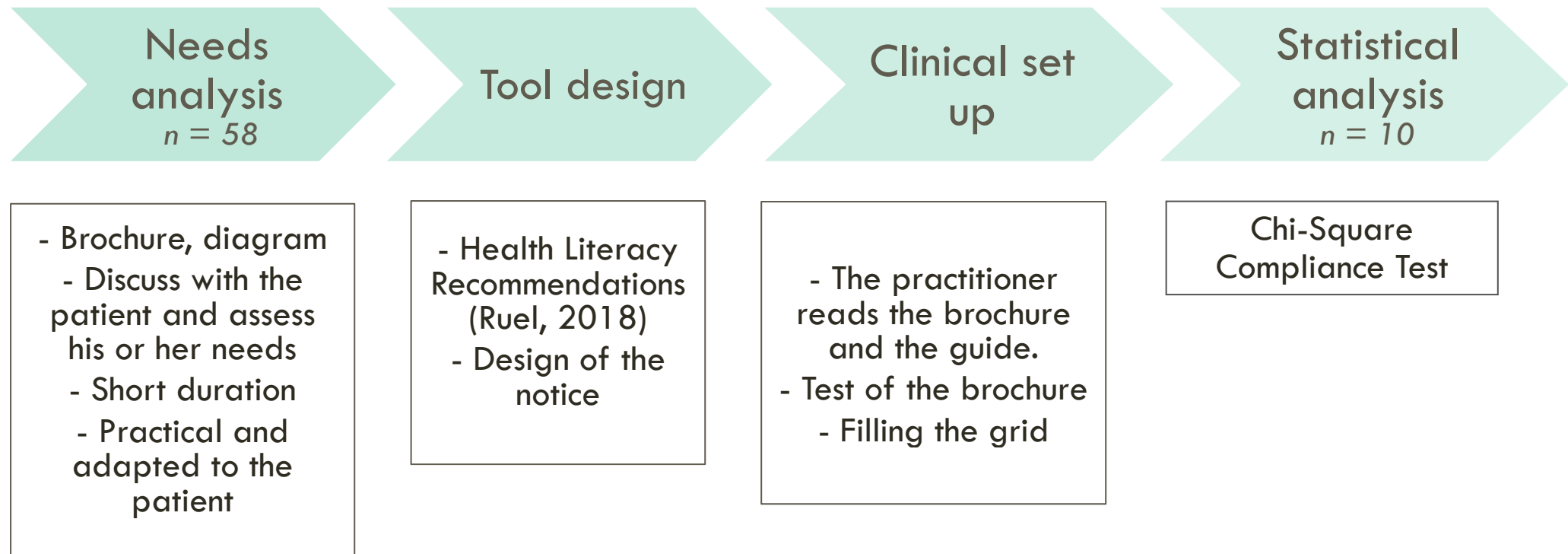
Informative part to remove patient beliefs about pain



Diagnostic part

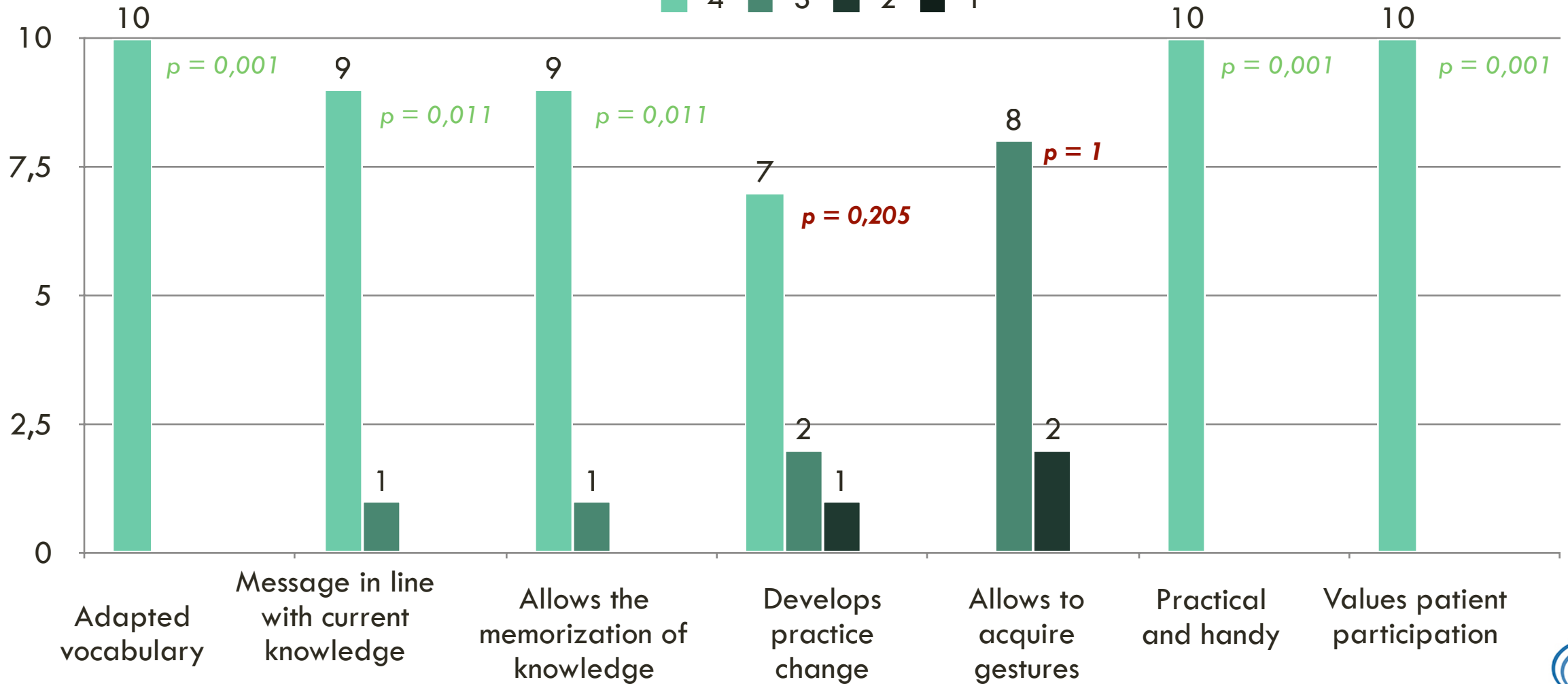


# Protocol



# Results

Strongly agree 4  
Agree 3  
Disagree 2  
Strongly disagree 1

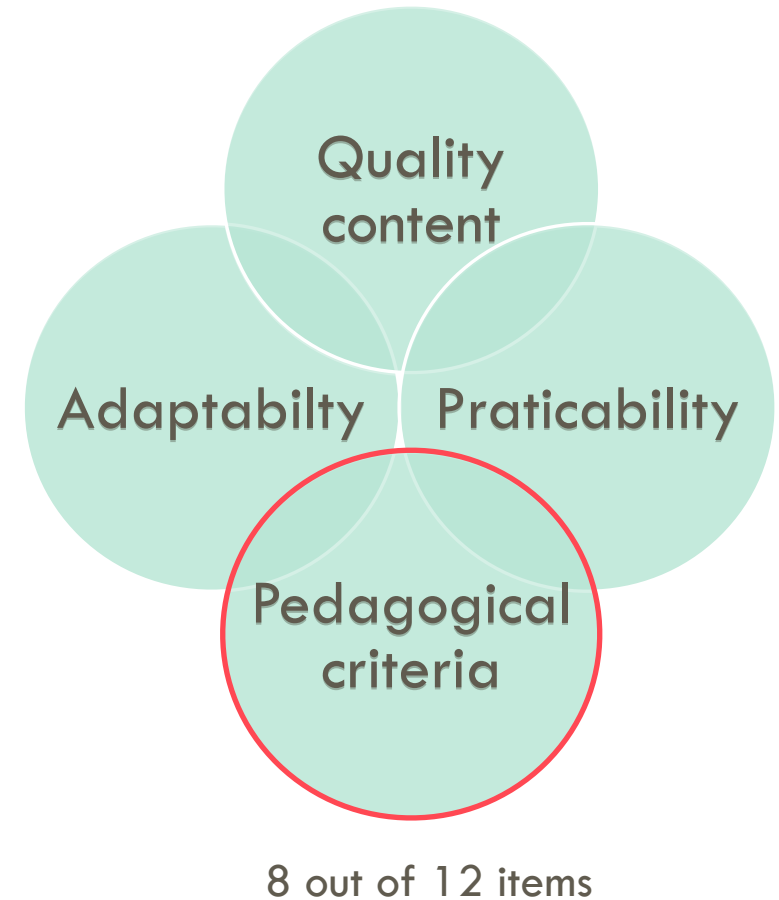




# Results

Out of the 30 items :

- ✓ 27 of the items were **satisfactory or above** (3-4)
- ✓ 12 of the items were **very satisfactory** (4)



# Discussion : an accessible tool

- ✓ Vocabulary accessible and adapted to the patient
  - Low levels of Health Literacy can promote risk behaviours (Vaughan, 2016)
  - The choice of words takes an important place (Baker, 2009)

Osteoarthritis

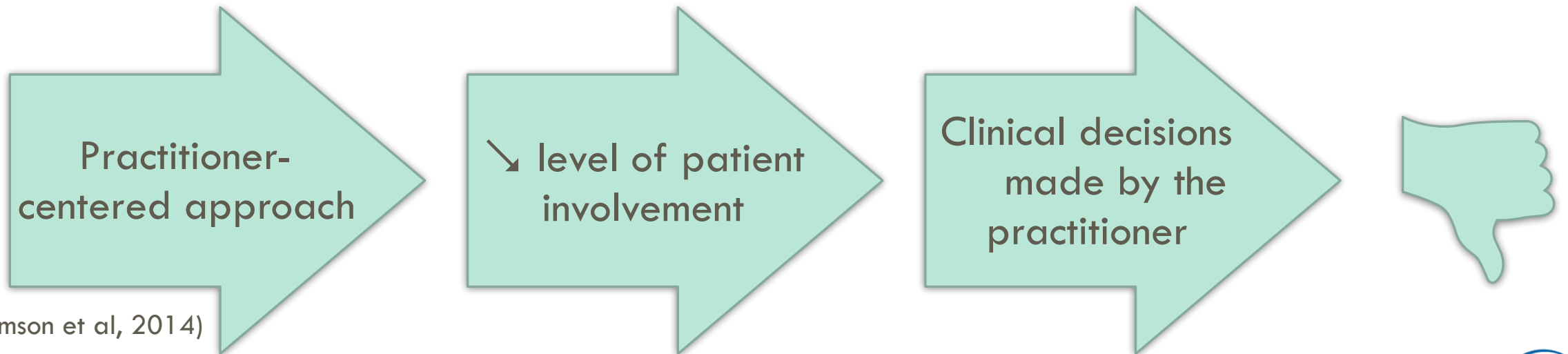


Low back pain



# Discussion : BPS factors diagnosis

- ✓ Integrates the BPS model into consultation
  - Allows the diagnosis of BPS factors
  - Values patient participation



(Thomson et al, 2014)



# Discussion : the use of the tool

Results shows that the tool facilitate :

Transmit information



Transfer gestures



Integrate into daily life



Good communication and information but difficulties for patient education (Quesnay et al, 2014)

✓ Need for osteopathic initial training improvement (Stilwell, 2019)



# Research perspectives

- ✓ Larger sample of practitioners
- ✓ Question the patient's expectations
- ✓ Fill in the grids anonymously



# Conclusion

The tool appears as a real support for the BPS factor diagnosis, patient information and involvement.

Improvement of initial training would seem necessary to use the tool for patient education.

to use the tool for patient education.



# References

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**Thank you for your attention,  
Do you have any questions ?**