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A Measure of Meaningful Daily Activity as an Additional Outcome Measure to Develop Treatment Goals and Monitor Symptomatology in Chronic Pain Patients

Abstract:

The International Association of the Study of Pain (IASP) reported the international prevalence of chronic pain (CP) varied from 10.1% to 55.2% (Harstall and Ospina, 2003). The reported Australian population prevalence of CP was 18.5%. (Blyth et al., 2001). In terms of costs to national health service utilization (Blyth et al., 2004, Blyth et al., 2003), work absenteeism and lost productivity, this health disorder is a serious issue (van Leeuwen et al., 2006), requiring further investigation to improve patients’ functioning and quality of life, and to reduce the reliance of these patients on the health care system.

Currently the focus of health care in Australia is self regulatory/self management (Blyth et al., 2005, Britt et al., 2005). This is not necessarily consistent with how health practitioners have assessed CP patients. Functionality and activity are routinely assessed in CP treatment. However, the personal meaning of activities that may protect and promote health has not been routinely investigated.

The aim of this presentation will be to report on two studies exploring meaningful daily activity as an outcome domain in CP treatment.

Study 1 With the authors permission the well validated West Haven- Yale Multidimensional Pain Inventory (WHYMPI) (Kerns et al., 1985) 18 Activity Subscale items were included in a measure of meaningful daily activity (MDAQ). The reliability of the measure was established, on a sample of 264 adult participants, who completed the MDAQ (Alpha=.85).

Study 2 Explored the association between 108 Australian CP patients reported participation in MDA, dispositional optimism and illness perceptions and the severity of sensory pain, functional disability, and psychological distress. MDA scores did not predict pain severity or disability. However, MDA predicted psychological distress

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