



Luxthema 2022 Course

Thinking beyond muscles & joints: Clinical Reasoning & A Lifestyle Approach for Managing Chronic Pain

Jo Nijs^{1,2,3,4} & C. Paul van Wilgen^{1,2,5}

¹ Pain in Motion International Research Group, www.paininmotion.be

² Department of Physiotherapy, Human Physiology and Anatomy, Faculty of Physical Education & Physiotherapy, Vrije Universiteit Brussel, Belgium

³ Department of Physical Medicine and Physiotherapy, University Hospital Brussels, Belgium

⁴ Department of Neuroscience and Physiology, University of Gothenburg, Sweden

⁵ Transcare pain, Groningen, the Netherlands

twitter: @PaininMotion; facebook: www.facebook.com/PainInMotion

Learning objectives:

At the completion of this course, learners will be able to:

1. Apply a Lifestyle Approach for managing chronic pain in clinical practice;
2. Identify the relevant lifestyle factors in patients with chronic pain;
3. Assess lifestyle factors in patients with chronic pain;
4. Provide pain neuroscience education together with motivational interviewing to engage patients with chronic pain into a lifestyle approach;
5. Treat relevant lifestyle factors in patients with chronic pain.

Content:

Chronic pain has a tremendous personal and socioeconomic impact. Lifestyle factors such as physical (in)activity, sedentary behaviour, stress, poor sleep, unhealthy diet and smoking are associated with chronic pain severity and sustainment¹⁻⁵. This applies to all age categories, i.e. chronic pain across the lifespan. Yet current treatment options often do not, or only partly address the many lifestyle factors associated with chronic pain, or attempt to address them in a standard format rather than providing an individually tailored multimodal lifestyle intervention^{1,6,7}. Therefore, this course addresses this lacuna by teaching clinicians to address various lifestyle factors concomitantly into an individually-tailored multimodal lifestyle intervention for people having chronic pain. Such a lifestyle approach is lots of fun for clinicians, especially when to succeed in engaging their patients into the treatment program⁸. This course is dedicated to learning clinicians to enjoy their work with pain patients more. Ultimately, this should lead to a higher clinical impact with higher effect sizes and subsequently decreasing the psychological and socio-economic burden of chronic pain in the Western world.

Program day 1:

09.00 Introduction

09.15 Lifestyle and chronic pain: the role of stress, sleep, physical activity, diet, alcohol & smoking

11.00 *Coffee-break*

11.15 Skills training identification & assessment of lifestyle factors in patients with chronic pain in clinical practice (using case studies)

13.00 *Lunch*

14.00 Skills training identification & assessment of lifestyle factors in patients with chronic pain in clinical practice (continuation)

15.30 *Coffee break*

15.45 Clinical reasoning skills and shared decision making in lifestyle management for patients with chronic pain

17.00 *End of day 1*

Program day 2:

09.00 Engaging patients into a lifestyle approach for managing chronic pain through pain neuroscience education & motivational interviewing: skills training

11.00 *Coffee-break*

11.15 Behavioural change towards an active lifestyle & self-management skills for improving sleep in patients with chronic pain

13.00 *Light lunch*

14.00 Self-management skills for improving diet (nutritional support) and decreasing opioid use in patients with chronic pain

15.30 *Coffee break*

15.45 Self-management skills for decreasing stress and recognition of psychosocial factors in patients with chronic pain

17.00 *End of day 2*

Educational modes:

The course content will be delivered through a mixture of methods, including:

- interactive lectures
- demonstrations
- practical skills training
- illustrations
- case studies

Key references

1. Nijs J, D'Hondt E, Clarys P, et al. Lifestyle and Chronic Pain across the Lifespan: An Inconvenient Truth? *PM & R : the journal of injury, function, and rehabilitation* 2020; **12**(4): 410-9.
2. Malfliet A, Marnef AQ, Nijs J, et al. Obesity Hurts: The why and how of Integrating Weight Reduction with Chronic Pain Management. *Physical therapy* 2021.
3. Vitiello MV, McCurry SM, Shortreed SM, et al. Cognitive-behavioral treatment for comorbid insomnia and osteoarthritis pain in primary care: the lifestyles randomized controlled trial. *Journal of the American Geriatrics Society* 2013; **61**(6): 947-56.
4. Okifuji A, Hare BD. The association between chronic pain and obesity. *Journal of pain research* 2015; **8**: 399-408.
5. Torres-Ferrus M, Vila-Sala C, Quintana M, et al. Headache, comorbidities and lifestyle in an adolescent population (The TEENS Study). *Cephalalgia : an international journal of headache* 2018: 333102418777509.
6. Nijs JG, SZ; Clauw, DJ; Fernández-de-las-Peñas, C; Kosek, E; Ickmans, K; Fernández Carnero, J; Polli, A; Kapreli, E; Huysmans, E; Cuesta-Vargas, AI; Mani, R; Lundberg, M; Leysen, L; Rice, D; Sterling, M; Curatolo, M. . Central sensitisation in chronic pain conditions: Latest discoveries and their potential for precision medicine. *The Lancet Rheumatology* 2021; **3**: e383-92.

7. Nijs J, Mairesse O, Neu D, et al. Sleep Disturbances in Chronic Pain: Neurobiology, Assessment, and Treatment in Physical Therapist Practice. *Physical therapy* 2018; **98**(5): 325-35.
8. Nijs J, Wijma AJ, Willaert W, et al. Integrating Motivational Interviewing in Pain Neuroscience Education for People With Chronic Pain: A Practical Guide for Clinicians. *Physical therapy* 2020; **100**(5): 846-59.