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**COMBINED TREATMENT FOR
WORKING AGEING EMPLOYEES
WITH PSYCHOSOMATIC BACK
PAIN**

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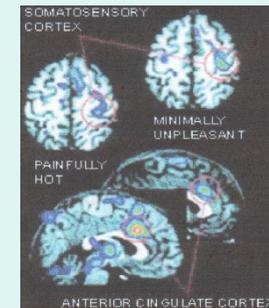
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BACKGROUND

- In Latvia is watching rapid growth number of working ageing individuals who have excellent professional quality, but these persons often suffer from unhealthy ageing with chronic psychologically induced back pain or psychosomatic pain (PP), caused by stressful working environment.
- Such males and females are individuals with sensitized nervous system, mind-body symptoms and chronic pain patient`s behavior (Vestermane S., 2009; Roja I. et al., 2009).
- The important role in such individuals is played by self-defeating cognitive process, negative cognitive schemas on ageing body with chronic pain problems and pain-related anxiety (Wells A., 2006).

BACKGROUND

- Treatment program for such employees includes short-term combined treatment – cognitive hypnotherapy treatment (CHT) with mind-body relaxation, pain-blocking imagery and coxibs group`s medicine treatment (MT) for pain perception and cognitive function (Patterson M.P., 2003).
- ◆ In world practice with PET scans of patients brain sections during CHT sessions is shown that hypnotherapy might alleviate suffering by decreasing the activity of the somatosensory cortex and emotional information center, which are involved in the experience of suffering (Matthey M., 2005).
- **Our aim** was to evaluate the effectiveness of using CHT and MT for white-collar ageing employees with chronic back PP.



METHODS

- During 2010-2011 years 26 male patients, white-collar employees, in the age between 61 and 71 with chronic lumbar back PP after 6-12 months long psychological aggression at work were consulted and underwent four weeks CHT and MT course.
- The inclusion criteria for investigation were: a full psychosocial assessment of employee and health certificate; stressful working environment; having an lumbar back PP for at least 6 months, reporting chronic daily lumbar back pain; status without acute psychic health problems; full consent to participate in the study.
- There were no exclusion criteria: having not been to mandatory medical examinations, neurological impairment in the patient's history.

METHODS

- Group A males (n=19) received four weeks combined treatment course: CHT once a week, 60 minutes long one treatment session, and medicine Etoricoxib 60 mg tablet once a day from the first treatment day.
- Hypnotic Susceptibility Test (HST) before the CHT course helped us to assess the hypnotic susceptibility of our patients.
- An individualized compact disc with suggestions for self-relaxation practices at home once a day between sessions and after treatment course was made and given to each patient.
- Group B males (n=7) received four weeks only medicine Etoricoxib 60 mg tablet once a day.
- ♦ Treatment efficacy was re-evaluated in a scheduled follow-up visit after three and six months.

METHODS

1. The Traumatic Life Events Questionnaire (TLEQ; Kubany E. S. et al., 2000)	23-item self-report measure of different types of potentially traumatic events
2. The Numerical Rating Scale (NRS; McCaffery M. et al., 1993)	To rate the intensity of pain before and after CHT session, during follow-up. 10-point scale: 0=No Pain, 1-3=Mild Pain, 4-6=Moderate Pain, 7-10=Severe Pain
3. The Social Adaptation Self-evaluation Scale (SASS; Bosc M. et al., 1997)	21-item scale, where items explore the areas of the work and leisure, family, self perception; a total score range of “0” to “60”; normally the middle number of scores is “35” – “52”
4. Hypnotic Susceptibility Test (HST; Clarke and Jackson, 1983)	To assess patient`s hypnotic susceptibility: imagery responsive, cognitive flexibility

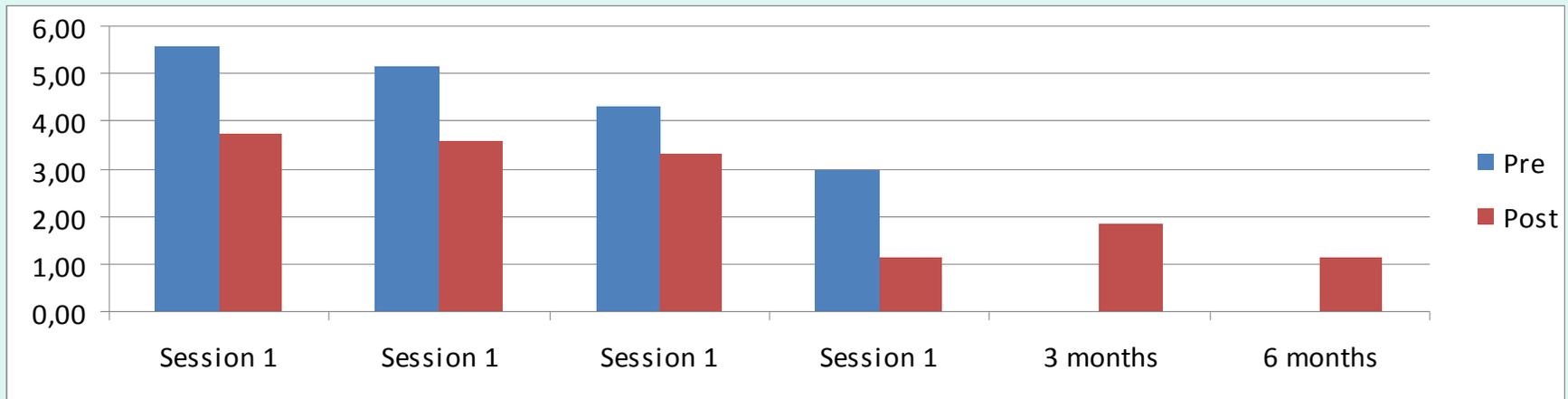
RESULTS

Characteristic of A and B group males with chronic lumbar back PP resulted by methods

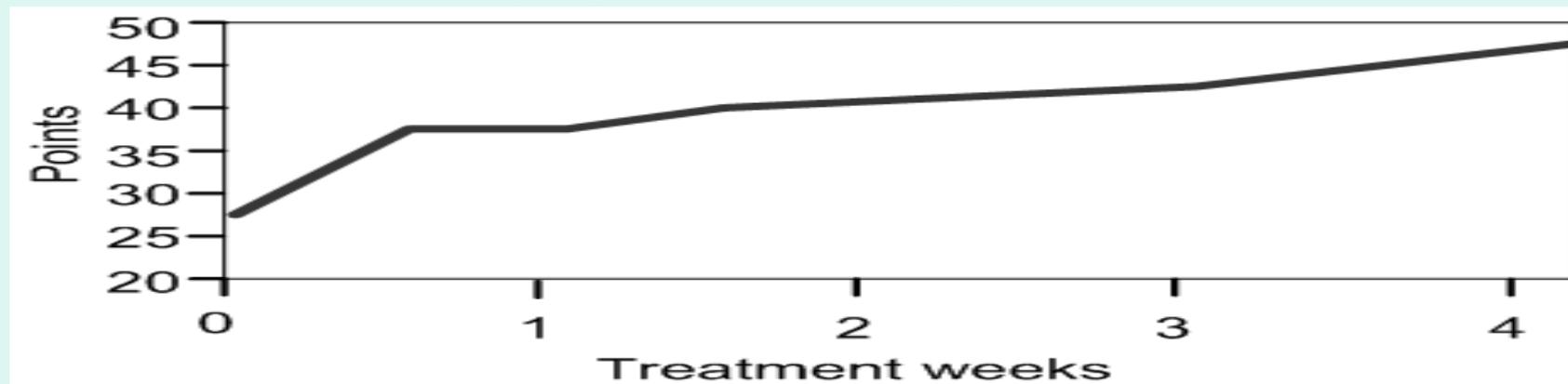
METHODS	AT THE BEGINNING OF THE TREATMENT COURSE	AT THE CONCLUSION OF THE TREATMENT COURSE AND DURING FOLLOW-UP
The Numeric Rating Scale (NRS)	A group males (n=19) – pain intensity: 5.58 B group males (n=7) – pain intensity: 6,33	14 A group males (73%, n=19) – pain intensity: 1.14 1 B group male (14%, n=7) – pain intensity: 1.00; <i>level of significance: p < 0,05</i>
The Social Adaptation Self-evaluation Scale(SASS)	A group males (n=19) , B group males (n=7) had resulted low level of well-being : 27 points of valuation	17 A group males (84%, n=19) and 2 B group males (28%, n=7): 35-45 points of valuation; <i>level of significance: p < 0,05</i>
Hypnotic Susceptibility Test (HST)	7 A group males (n=19): good suggestion and imagery responsive, 9 males: real cognitive flexibility and dissociative ability	<div style="text-align: right;">7</div>

RESULTS

Pain intensity during CHT sessions and follow-up after 3 and 6 months



The Social Adaptation Self-evaluation Scale (SASS), middle number of scores change with 17 A group males, effected by 4 weeks CHT and MT.



CONCLUSIONS

- Combined four weeks treatment course - cognitive hypnotherapy treatment and coxibs group`s medicine treatment at the lowest possible dose from the first treatment day for ageing white-collar employees suffering from chronic lumbar back psychosomatic pain is an effective treatment in management of chronic pain patients.
- The necessity to perform patient's objective clinical examinations, hypnotic susceptibility test and subjective tests of self-esteem has been proved in our research.
- Mind-body self-practice by an individualized compact disc with suggestions between hypnotherapeutic sessions and at home after treatment course is very actual for reducing the intensity and suffering associated with chronic pain.

DISCUSSION

- The current study in white-collar males, unhealthy ageing employees with chronic psychologically induced lumbar back pain, caused by stressful working environment, showed that CHT can reduce pain intensity by deep mind-body relaxation with a gradual desensitization of the psychotraumatic events, suggestions for cognitive restructuring and hypnotic analgesia.
- It is in according to research data about back pain as an inherent part of some people's response to their negative life situation (Dekkers W., 1998).
- It is in according to research data about social-cognitive model which indicates that patients during hypnotherapy sessions obtain pain relief by restructuring aging self-stereotypes (Hawkins P.J.,2006; Longmore R. et al., 2007).