

NOMADe

Comprendre la Douleur Musculo-Squelettique, Quel(s) défi(s) pour l'entreprise ?

La douleur : parlons-en ! Mais à qui ?

22/11/22

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Introduction & Besoins des patients

Importance de la communication & pièges

2 exemples concrets

Prise en charge de la lombalgie chez des danseurs

Prise en charge de la lombalgie chez des infirmières

Pain, a complex and multifactorial experience

The definition is: “An unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage”

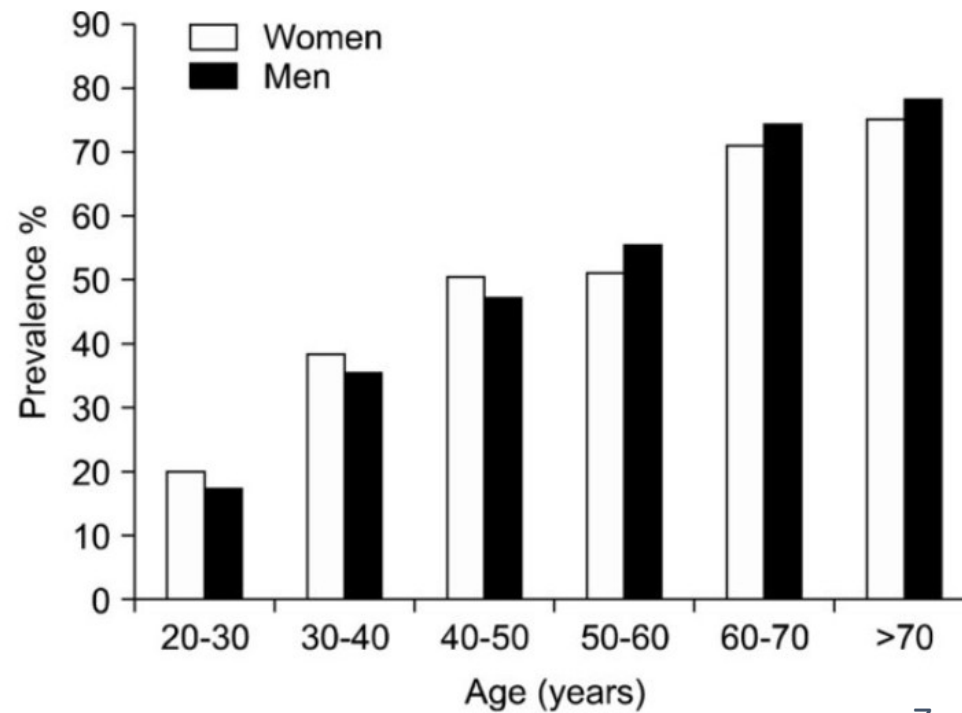
- Pain is always a personal experience that is influenced to varying degrees by biological, psychological, and social factors.
- Pain and nociception are different phenomena. Pain cannot be inferred solely from activity in sensory neurons.
- Through their life experiences, individuals learn the concept of pain.
- A person’s report of an experience as pain should be respected.
- Although pain usually serves an adaptive role, it may have adverse effects on function and social and psychological well-being.
- Verbal description is only one of several behaviors to express pain; inability to communicate does not negate the possibility that a human or a nonhuman animal experiences pain.

individual
Multifactorial
EXPERIENCE

Introduction

- Prevalence de douleur chronique?

En augmentation!!



Jackson et al, *Lancet*, 2015

Zarei et al, 2012

Introduction

Considering the potential for an increase in chronic pain after the COVID-19 pandemic

Daniel J. Clauw^a, Winfried Häuser^{b,c}, Steven P. Cohen^{d,e}, Mary-Ann Fitzcharles^{f,g,*}

Topical Review

PAIN

Letter to the editor: chronic pain tidal wave after COVID-19: are you ready?

Adriaan Louw PT, PhD

Department of Pain Science, Evidence in Motion, Story City, IA, USA



<https://nevadapain.com/inside-pain/pain-awareness-month-bettering-pain-management-knowledge/>

Gérer la douleur?



Que faire quand j'ai mal?

Besoins des patients

Souhaits & besoins des patients

- Une bonne **communication** & prise de décision partagée
- Des **informations claires** concernant la douleur
- **Soins individualisés** – continuité des soins

Obstacles

- Longs délais d'attente,
- Difficultés d'accès & coût du traitement
- L'effort personnel

Importance de la communication



Defi 1

Stewart, *JOSPT*, 2018

Words to Avoid	Alternatives
Chronic degenerative changes	Normal age changes
Negative test results	Everything appears normal
Instability	Needs more strength and control
Wear and tear	Normal age changes
Neurological	Nervous system
Don't worry	Everything will be okay
Bone on bone	Narrowing/tightness
Tear	Pull
Damage	Reparable harm
Paresthesia	Altered sensations
Trapped nerve	Tight, but can be stretched
Lordosis	The normal curve in your back
Kyphosis	The normal curve in your back
Bulge/herniation	Bump/swelling
Disease	Condition
Effusion	Swelling
Chronic	It may persist, but you can overcome it
Diagnostics	X-ray or scan
You are going to have to live with this	You may need to make some adjustments

Importance de la communication

Defi 2

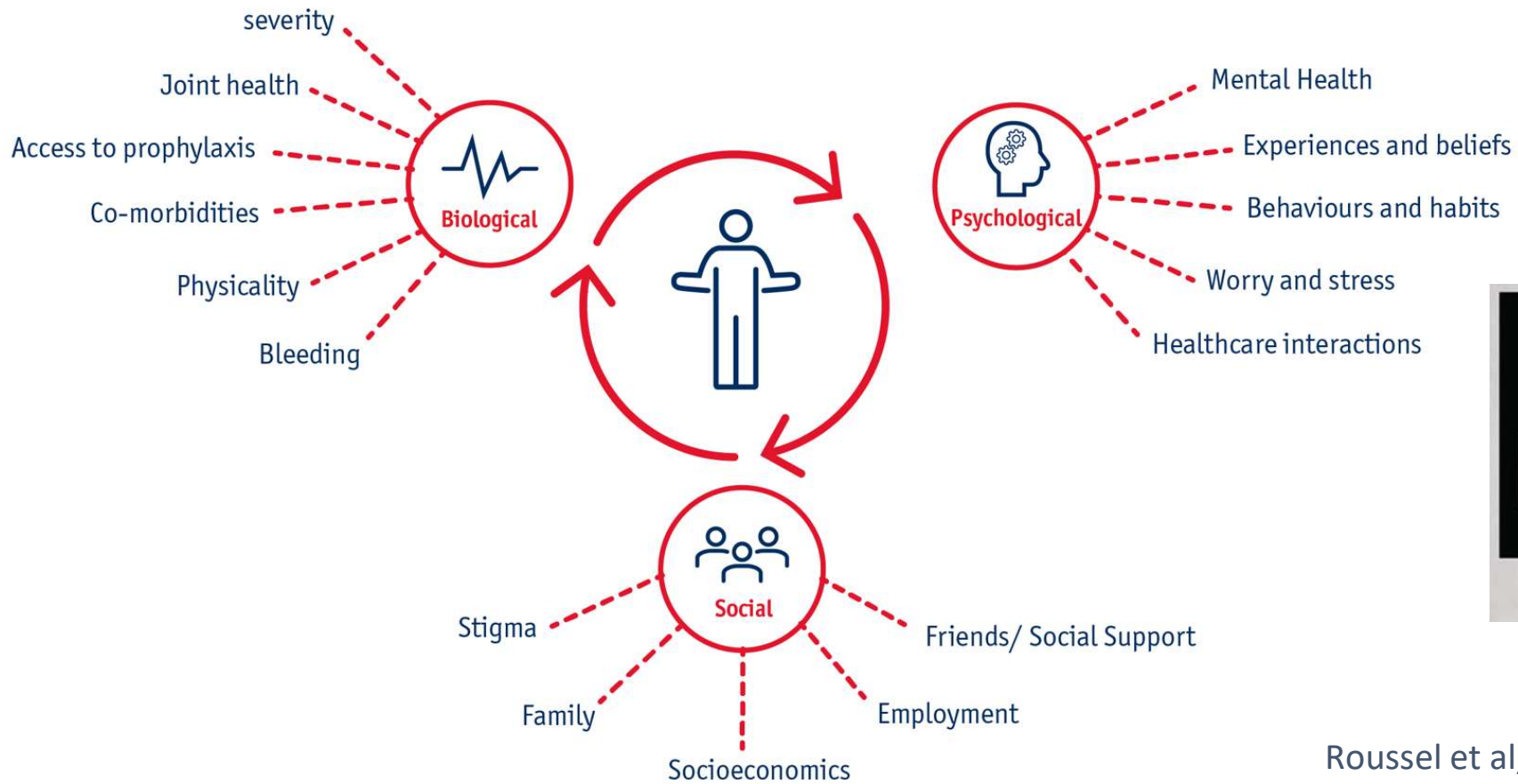
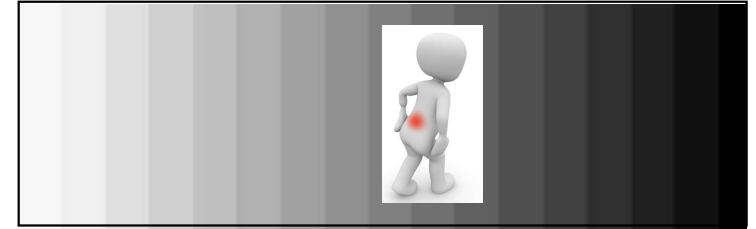


History taking by physiotherapists with low back pain patients: are illness perceptions addressed properly?

DISABILITY AND REHABILITATION, 2016
VOL. 38, NO. 13, 1268–1279

Nathalie A. Roussel, Hedwig Neels, Kevin Kuppens, Marijke Leysen, Eric Kerckhofs, Jo Nijs, Anneke J. Beetsma & C. Paul Van Wilgen

Evaluer la douleur



**ÇA NE SE
DEMANDE PAS**

Roussel et al, in press, 2022

Defi 3



Slade, *Pain Med*, 2009

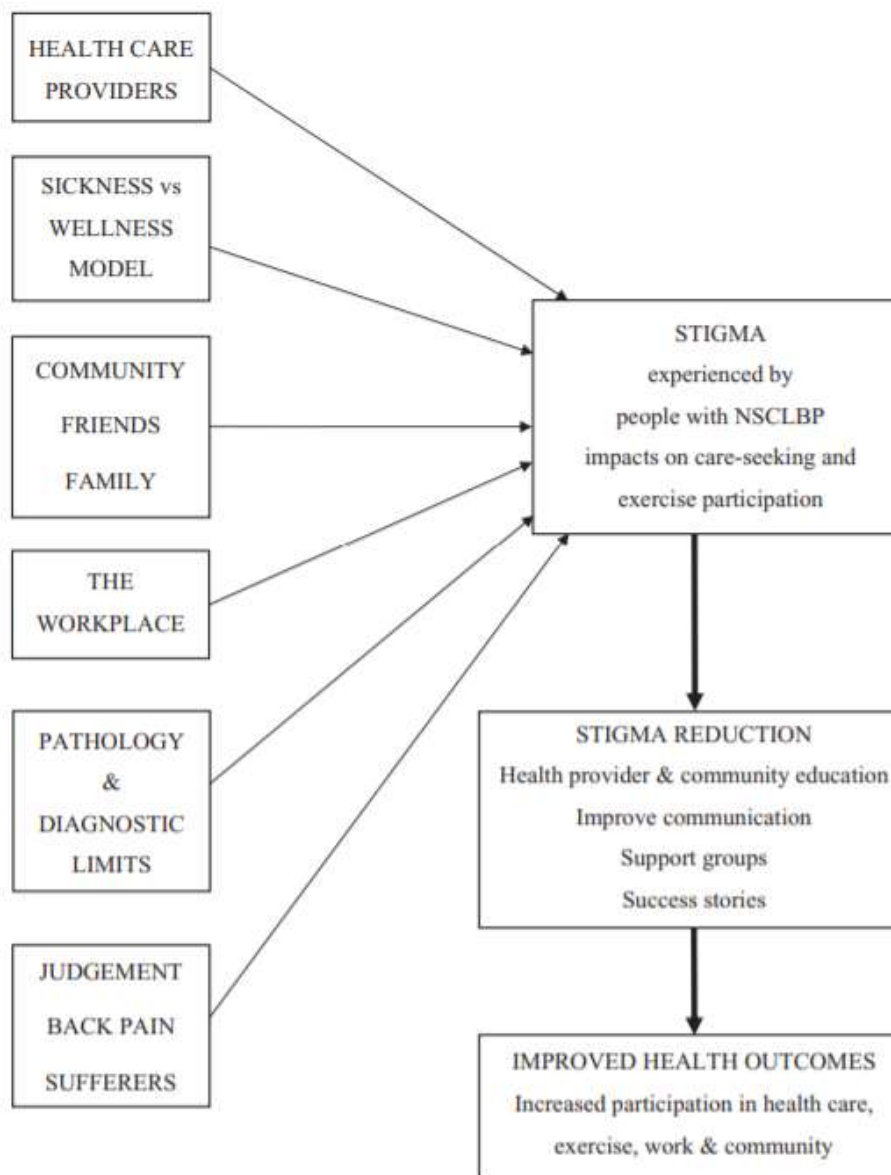
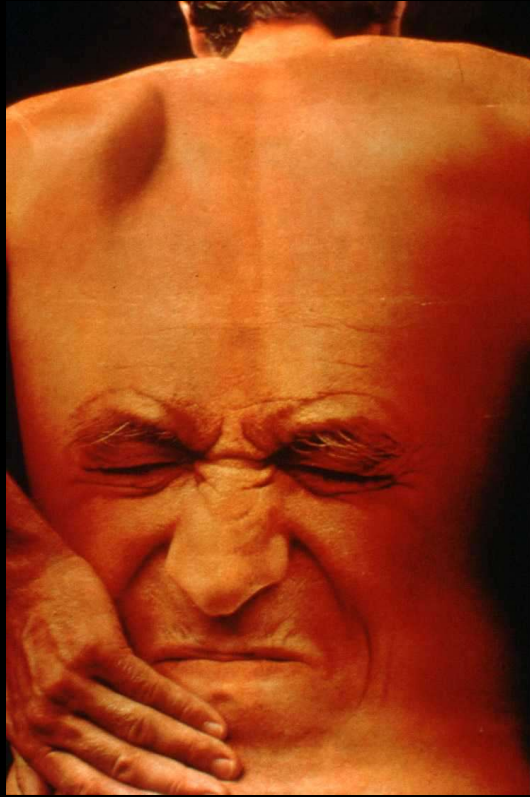


Figure 2 Influences on, processes and outcomes of stigma.

Etablir les priorités de traitement





Low back pain in dancers

Effect of a physical conditioning versus health promotion intervention in dancers: A randomized controlled trial

Nathalie A. Roussel^{a, b, *}, Dirk Vissers^a, Kevin Kuppens^{a, b}, Erik Fransen^c, Steven Truijen^a, Jo Nijs^b, Wilfried De Backer^{d, e}

Manual Therapy 19 (2014) 562–568



Motor Control and Low Back Pain in Dancers

N. Roussel^{1,2,5}, M. De Koning², A. Schutt³, S. Mottram⁴, S. Truijen⁵, J. Nijs², L. Daenen^{1,2}

Int J Sports Med 2013; 34: 138–143



Effect of a multidisciplinary program for the prevention of low back pain in hospital employees: A randomized controlled trial

Nathalie Roussel^{a,b,c,*}, Daphne Kos^{b,d}, Isaline Demeure^a, Annette Heyrman^{a,b}, Marleen De Clerck^d, Evert Zinzen^e, Filip Struyf^{a,b,c} and Jo Nijs^{b,c,f}

[J Back Musculoskelet Rehabil. 2015;28\(3\):539-49.](#)



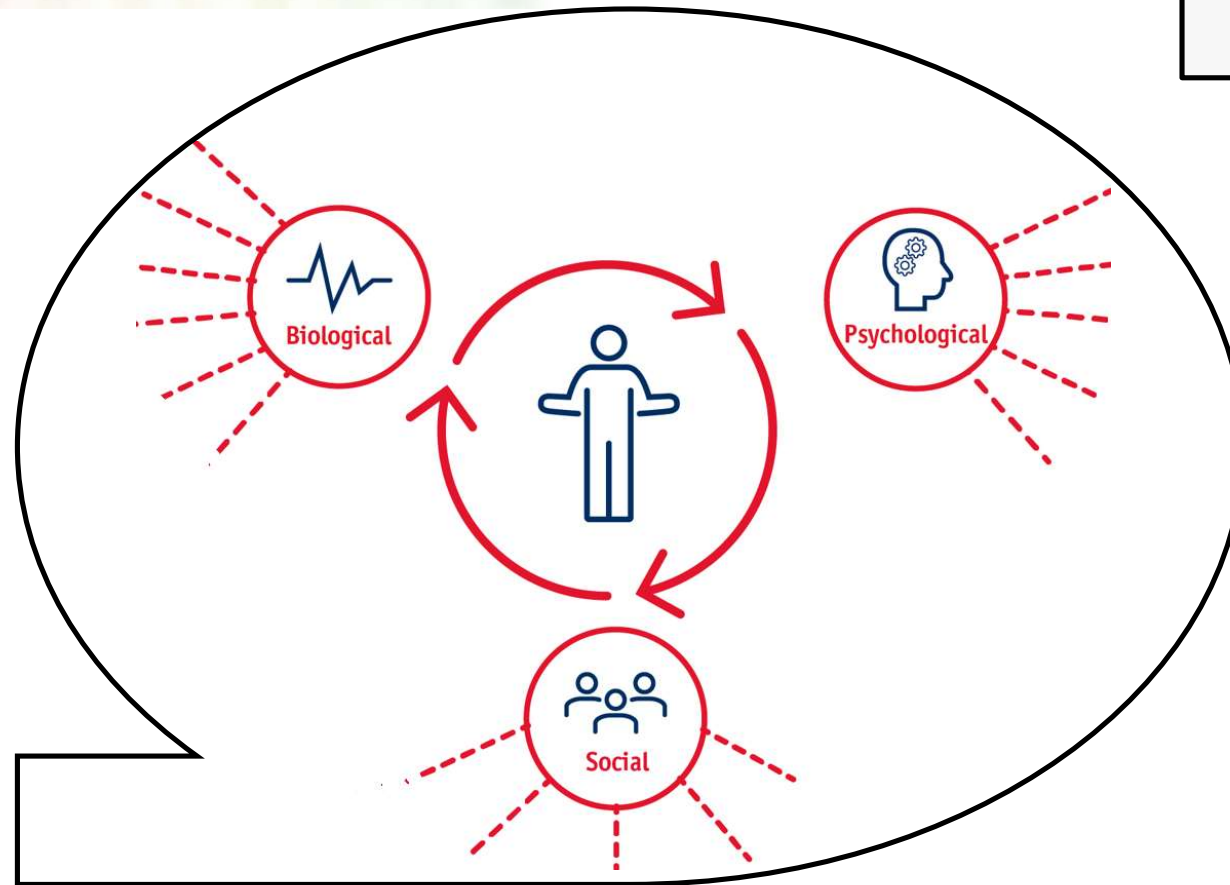
**Preventing Back
Injury in Nurses:**



Hospital policy		
General health	Ergonomic approach	Psycho-social approach
<ul style="list-style-type: none"> • General movement • Cardiovascular training • Nutrition 	<ul style="list-style-type: none"> • COPM • Ergonomic evaluation & management 	<ul style="list-style-type: none"> • Stages of change (Prochaska & Di Clemente)

COPM = Canadian Occupational Performance Measure

The **CHALLENGE** of pain



Conclusion

