

PAIN MANAGEMENT & COGNITIVE BEHAVIOURAL THERAPY

Drug-free approach

The growing use of cognitive-behavioural therapy in pain management will be under the spotlight at Congress this year – it's the theme of two not to be missed sessions on the Physiotherapy Pain Association (PPA) programme.

Interest in non-pharmacological approaches to pain management has burgeoned in the last 10 years as a growing body of evidence suggests cognitive-behavioural protocols help manage the pain caused by disease such as arthritis or cancer, as well as chronic pain conditions such as low back pain and headache.

Every time we send out emails to our members asking what they want to learn about at the next study workshop or conference, the vast majority ask for more information on cognitive-behavioural treatment so we decided to make this a major feature at Congress.

They include Professor Frank Keefe, a professor of psychiatry and behavioural sciences, who will deliver the prestigious Patrick Wall lecture.

Inaugurated five years ago to mark the contribution made by Patrick Wall to pain management, the PPA organised lecture provides a forum to hear from some of the most highly respected experts in pain sciences from around the globe.

This year's lecture will highlight new cognitive-behavioural approaches to pain management, reviewing the current status of clinical research in this area and highlighting future direction. Prof. Keefe's three-part presentation will first look at the conceptual background for cognitive-behavioural pain management. He will then review the research literature on the efficacy of such an approach and will conclude by sharing the results of trials in cognitive-behavioural treatment.

Next Dr. Paul Watson, a senior lecturer and consultant physiotherapist in pain management and rehabilitation at the University of Leicester, will be highlighting the areas he believes clinicians should focus on, giving examples from recent research to demonstrate how physiotherapists can use cognitive-behavioural therapy.

He will also discuss the limitations of a physiotherapy-led programme, looking at when a more intensive, multidisciplinary approach might be taken. Finally, Paul will examine barriers to rehabilitation, investigating how referral patterns and the provision and availability of other services affect patient profiles.

In the final PPA session, the emphasis switches to physical treatments for back pain as researchers reveal the preliminary results of the UK back pain exercise and manipulation (UK BEAM) trial for the first time. Jennifer KlaberMoffett, a professor and deputy director at the University of Hull's rehabilitation institute, has agreed to share the results of the trial at Congress before they are published in the press.

THE PHYSIOSTUDIO

UK BEAM was a major trial of physical treatments for back pain conducted by a collaboration between the University of York and the Medical Research Council's GP research framework.

The trial assessed the effectiveness of an exercise programme (alone), spinal manipulation (alone), exercise and manipulation combined and the effect of treatment location in those receiving spinal manipulation (comparing NHS and private).

This information brought to you by the Physio Studio, Binfield Bracknell's premier physiotherapy practice.

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