



UMEÅ UNIVERSITET

Umeå University Medical Dissertations, New Series No 2141

Multimodal rehabilitation for patients with chronic pain in northern Sweden,

focusing on gender and age

Linda Spinord

Akademisk avhandling

som med vederbörligt tillstånd av Rektor vid Umeå universitet för avläggande av doktorsexamen framläggs till offentligt försvar i Triple Helix, Universitetsledningshuset

Fredagen den 4 juni 2021, kl 13.00. Avhandlingen kommer att försvaras på svenska.

Fakultetsopponent: Professor Stefan Bergman Avdelningen för samhällsmedicin och folkhälsa vid Institutionen för medicin, Göteborgs Universitet, Sverige.

Department of Community Medicine and Rehabilitation, Rehabilitation Medicine, Umeå University

Organization
Umeå University
Community Medicine and
Rehabilitation

Document type
Doctoral thesis

Date of publication
12 May 2021

Author
Linda Spinord

Title
Multimodal rehabilitation for patients with chronic pain in northern Sweden, focusing on gender and age.

Abstract

Objective: The aim of this thesis was to study outcomes and experiences of multimodal rehabilitation programmes (MMRP) for patients with chronic pain in northern Sweden, focusing on gender and age.

Method: The thesis is based on patient reported outcome measures (PROM) from two specialist clinics in northern Sweden. Adults aged 18-65 years were included, $n=436$ (356 women and 83 men), divided into three age groups (18-30, 31-45 and 46-65 years of age). Data from three measurement occasions were used, at the start of MMRP, immediately after MMRP and at one-year follow-up. Descriptive and multivariate statistics were used in Studies I-III. In Study IV, a grounded theory method with emerging design was used for data collection and analysis. Individual semi-structured interviews with 12 patients (8 women and 4 men) with experiences of MMRP were conducted.

Results: In *Study I*, patients improved regardless of the design of the MMRP in pain intensity, emotional functioning, activity and physical functioning at one-year follow-up. Women were found to improve in more variables than men, in both programmes. The oldest age group was found to improve in more variables than the younger age groups. In *Study II*, all subgroups (men, women and age groups) improved in pain intensity and emotional functioning in the short term. Men showed greater short-term improvements than women. Women improved in more variables in the long terms than men. The youngest age group was found to have greater positive effects of MMRP, in both the short and long term, than the other two age groups. In *Study III*, a number of interacting factors influenced whether patients participating in MMRP ended up on full-time sick leave at one-year follow-up, or not. Sick leave at start was an important factor for all subgroups. Other important factors at start differed for women and men, and the age groups. In *Study IV*, the analysis resulted in a core category "Finding my self-worth, consisting of the four categories: "Space for myself", "Mirroring myself", "I am of value" and "Dealing with returning to everyday life". The patients' participation in MMRP while living at a residency contributed to experiences of awareness of their own value and the significance of taking care of themselves and changing their behaviour after returning home

Conclusion: MMRP was an effective form of treatment for patients with chronic pain. The results revealed that men seemed to need more support after MMRP to sustain the effects of MMRP. Women were more likely to sustain the positive effects after MMRP. In addition, full-time sick leave for patients with chronic pain can be affected by a number of interacting factors and these factors differ for women, men and different age groups. Staying at a residency when participating in MMRP enables the patient to be released from daily obligations, enjoy time for reflection and interaction with others and leads to personal awareness that contributes to the implementation of changes at home following MMRP.

Keywords

Chronic pain, Multimodal rehabilitation, specialist care, northern Sweden, gender, age

Language
English

ISBN
print: 978-91-7855-562-8
PDF: 978-91-7855-563-5

ISSN
0346-6612

Number of pages
62 + 4 papers