

CAHE JC Critically Appraised Article Summary

Journal Club Details

Date of submission	May 2008
Journal Club location	Southern Cross
JC Facilitator	Jane Campbell

Clinical Scenario

What is the effectiveness of multidisciplinary pain management program in the reduction of pain, disability and improvement of quality of life among patients who experience chronic pain?

Review Question/PICO/PACO

- P** Patients with chronic pain lasting for >6 months
- I** Multidisciplinary Pain Management Program
- O** Pain, health related quality of life, functional outcomes

Article/Paper

Dysvik E, Vinsnes AG, Eikeland OJ. *International Journal of Nursing Practice* 2004; 10:224-234 *The effectiveness of a multidisciplinary pain management programme managing chronic pain.*

Article Methodology:	Quasi-experimental study
Returned JC on:	4 June 2008
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Ques No.	Yes	Can't Tell	No	Comments
1	✓			Population: 18-67 y/o with chronic non-malignant pain for > 6 months Intervention: Multidisciplinary pain programme consisting of therapeutic dialogue, physical activity and education Outcomes: Pain intensity as measured by VAS; Coping skills assessed by Ways of Coping checklist; Health related quality of life as measured by SF-36
2			✓	This paper is a quasi-experimental study, where the authors measured the outcomes at baseline, implemented the intervention and repeated the measurement of outcomes to determine its effectiveness. This type of study has potential threats to internal validity of the study because the researcher has little or no control of many potential extraneous variables. Hence, changes observed may be due to some factor other than the actual intervention being given. This study would have been ideal if it was randomised and controlled, allowing the researchers to come up with a conclusion that can be attributed only to the intervention and not by chance or other variables. Is it worth continuing? YES Although a controlled research is considered to be the "gold standard" in providing evidence of effectiveness, quasi-experimental study can provide insight about the effects of multi-disciplinary pain management programme. However, claims of success must be treated with caution.
3		NA		Since this study does not involve a control group, focus should be given on whether individual patients have more or less the same characteristics at baseline. Clear and well-defined inclusion criteria allowed for a generally homogenous group of patients.
4		NA		
5	✓			One of the strengths of this study was the analysis that they made for those patients who dropped out of the program. At the end of the intervention phase, authors have found out that there were few differences between the drop outs and those who completed the course. From their analysis, those who dropped out tended to be older and reported more health problems at the start, although these were not significant.
6	✓			Data on the different outcomes were measured and collected in the same way for all the participants.
7		✓		A power calculation was not carried out. Therefore it will be difficult to say whether the number of participants included in the study was adequate.



Ques No.	Yes	Can't Tell	No	Comments
8				<p>Paired t-tests, comparing pre-test and post-test scores on coping, pain intensity and health related quality of life, were used to identify items where significant changes had taken place. Significant improvements were found for problem-focused and emotion-focused coping, as well as the avoidance subscale of the Way of Coping Checklist. There was significant reduction in pain intensity as measured by VAS. In terms of SF-36 data, global mental health was improved, as well as scores for the following subscales: mental health, vitality, social functioning, physical functioning, and health transition.</p> <p>Bottom line result: Findings suggest that multidisciplinary pain management programme has the potential to improve pain, coping skills and health related quality of life for patients experiencing non-malignant chronic pain.</p>
9	✓			<p>Results for all outcomes were presented in terms of statistical significance at $p < 0.05$ and corresponding d-values for the effect size.</p>
10	✓			<p>All important outcomes to determine improvement of pain and quality of life for patients with chronic pain were considered.</p> <p>In terms of generalisability of results, the authors have acknowledged this limitation as the sample consisted only of patients referred to a specific rehabilitation programme. However, findings from this study provide insight to professionals involved in the rehabilitation of chronic patients to consider a team approach to maximise the opportunity for addressing multiple factors in pain maintenance and disability.</p>