

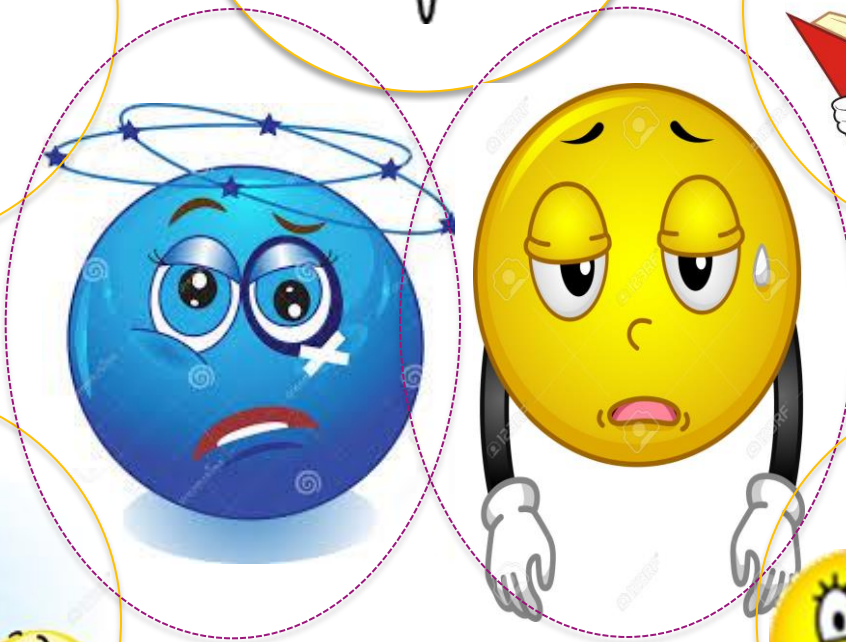
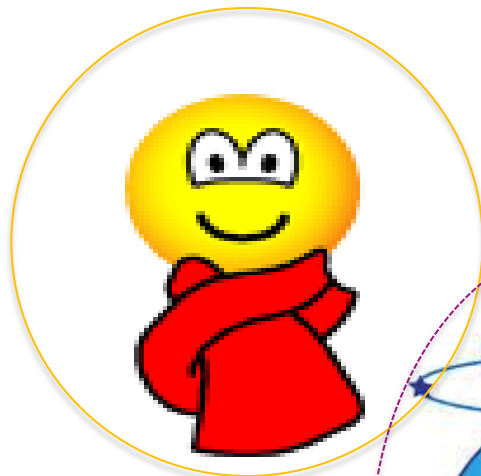
# COPING WITH PAIN AND FATIGUE FROM A BIO-PSYCHO-SOCIAL PERSPECTIVE



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- ❖ Introduction
- ❖ Evidence about pain and fatigue
- ❖ Bio-psycho-social model: theory
- ❖ Using the bio-psycho-social model in practice
- ❖ Multidisciplinary treatment





***“WHEN I COME HOME I’M SO TIRED , I ONLY WANT TO SLEEP...”***



***“MY JOINTS ARE CALM AGAIN,  
BUT MY PAIN HASN’T FADED”***



***“I’M SO STRESSED OUT ABOUT  
MISSING SO MUCH AT SCHOOL.  
HOW DO I PASS MY EXAMS?”***

## Facts about pain

76% report pain on more than half of the days

40% still report pain after 5 years of onset

Pain is changing in JIA

Limited relationship between disease activity and pain

## Facts about fatigue

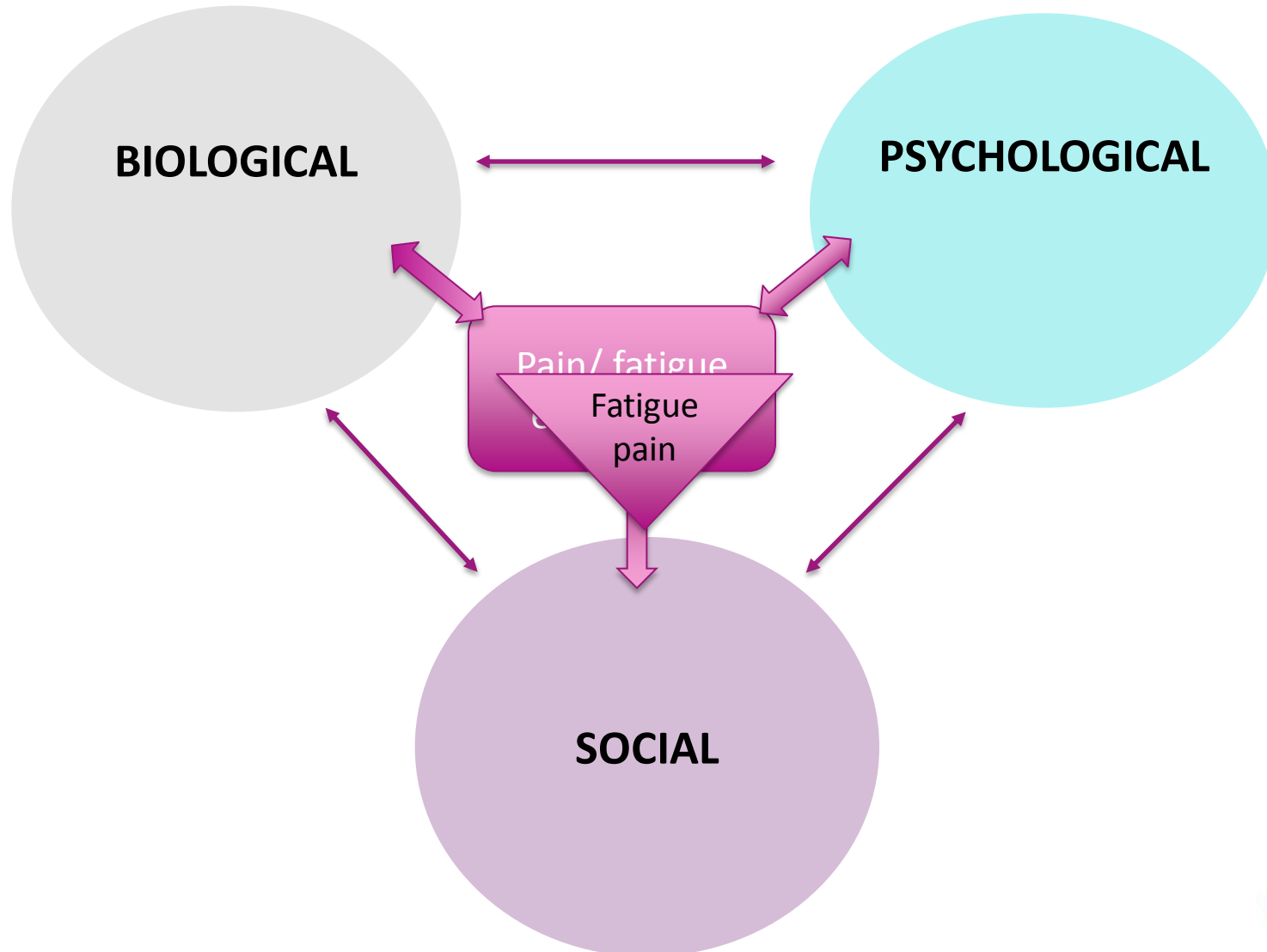
Many children report more fatigue than healthy children

Association self efficacy and fatigue

Predictable factors are sleeping patterns , sports participation

Limited relationship between disease activity and fatigue

# What is a Bio-Psycho-Social model?



## Factors of influence

### **BIOLOGICAL**

Predisposition  
Disease/JIA  
Medication  
Physical fitness  
Posture/  
movement

### **PSYCHOLOGICAL**

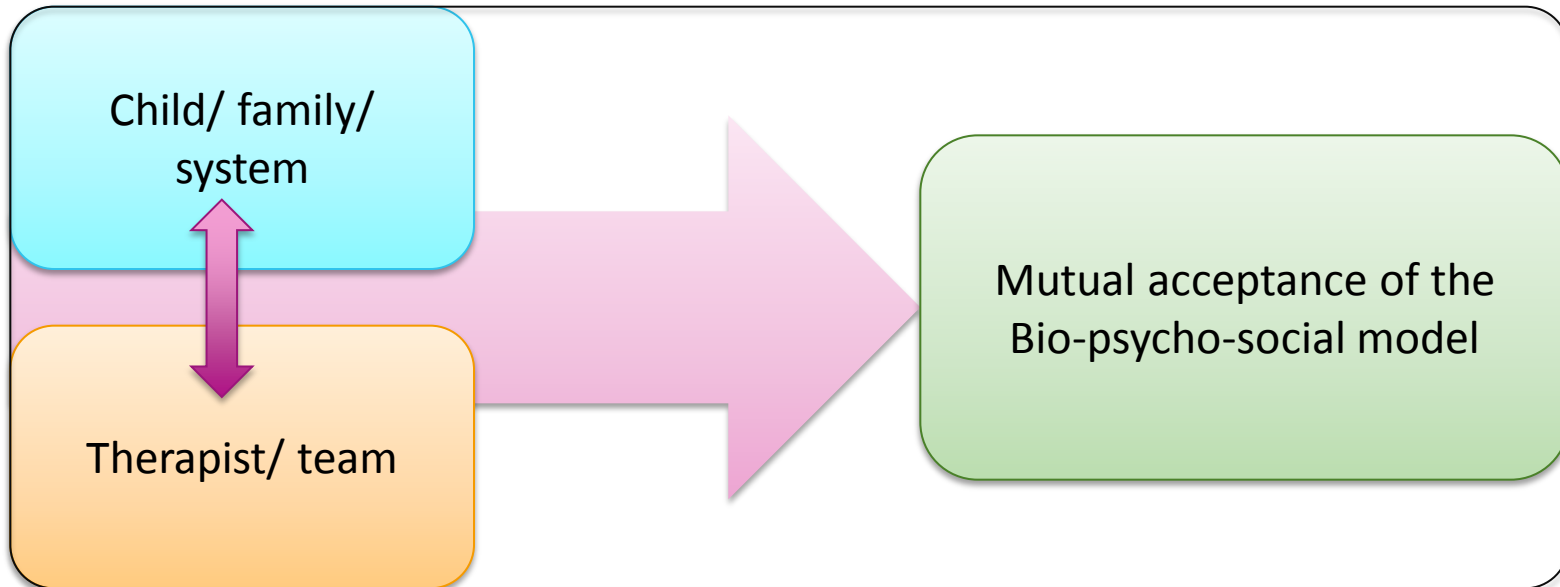
Stress  
Anxiety  
emotions  
Self efficacy  
cognitions  
Coping

School  
Social relations  
Family relations  
Pain history parents  
Coping/ adaptation  
parents

### **SOCIAL**

	<b>Bio</b>	<b>Psycho</b>	<b>Social</b>
<b>Predisposing factors</b>	-Motor development -Physique	-Personality traits	-Family
<b>Provocative factors</b> <u>Triggers</u>	-Disease/ JIA	-Stressors	-Life events
<b>Factors of maintenance</b> <u>Restrain recovery</u>	-Reduced physical fitness -Excessive muscle tension -Sleep disorders -Imbalance in activities	-Somberness -Anger -Fear -Catastrophizing -Resisting or avoiding -Not knowing how to deal with it	-Over concerned system -Incomprehension -Loss of social contact -Decreased school-participation
<b>Helping or protective factors</b>	-Medication -Being sporty	-Go-getter	-Involved system





## Multidisciplinary treatment focuses

Inform and advice  
school

Physical exercise  
programs

Empower parents,  
children

Improve self-efficacy

Learn to  
communicate about  
JIA, thoughts,  
emotions

JIA education

Monitor disease  
medication

Increase coping skills

Self management



*To Learn how to deal with pain and fatigue  
requires a bio-psycho-social approach  
guided by a multidisciplinary team*

**Thank you for your attention**

**Questions?**



