

The importance of culturally diverse values and beliefs within chronic pain management in physical therapy and their impact on patient outcomes.

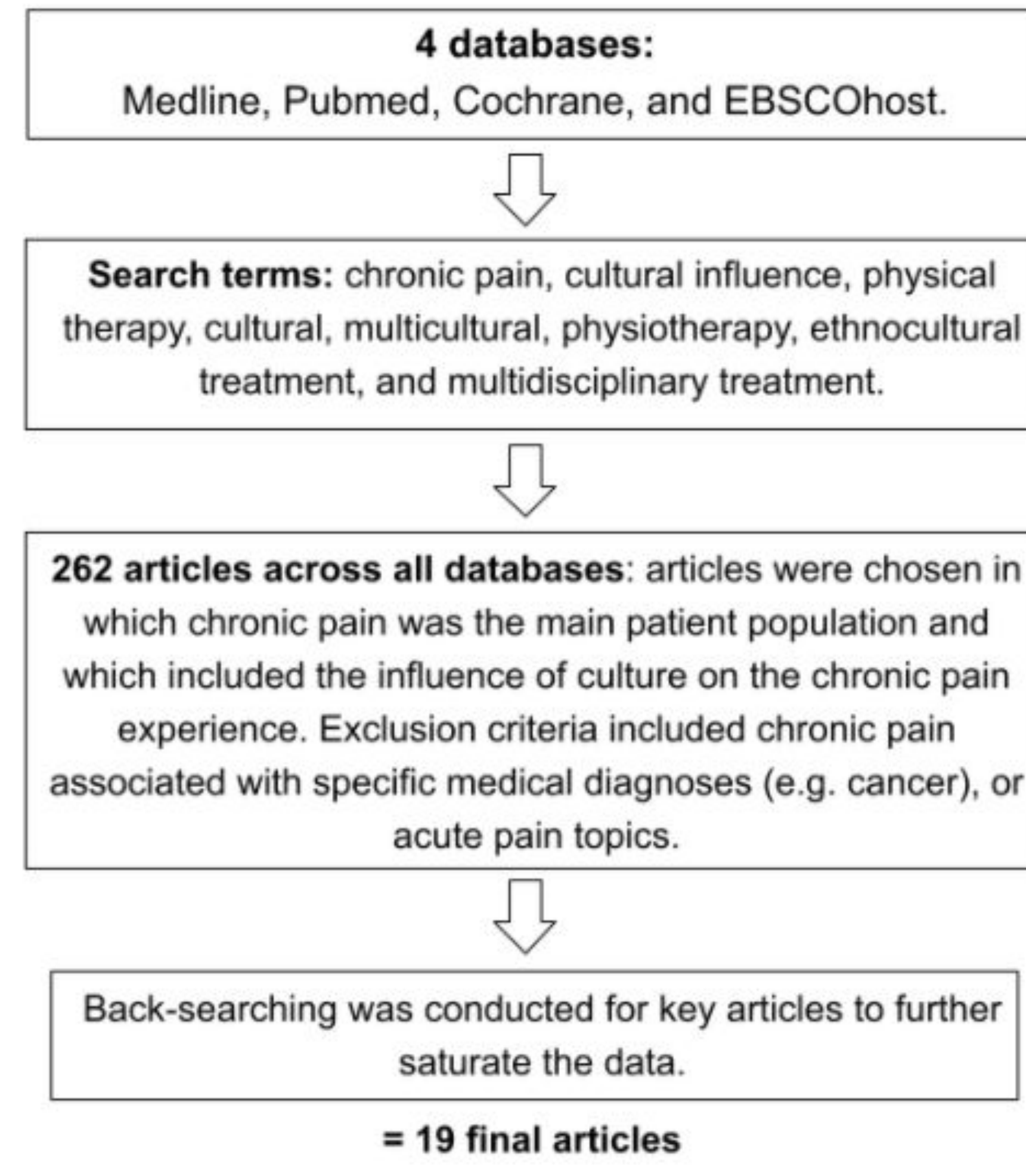


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INTRODUCTION:

- Chronic pain is a major global health issue, affecting 20% of the US population.^{1,2}
- Despite its prevalence, it is difficult to treat, precisely because of its multifaceted nature.³
- Contributing factors can include a variety of individual biopsychosocial factors including demographics, lifestyle behaviors, attitudes and beliefs, past trauma, and clinical data.¹
- Relatedly, we know that one's ethnocultural background plays a key role in acute pain as well, and that cultural competence is crucial when caring for others.
- Can ethnoculturally-nuanced approaches be applied to PT to foster greater patient engagement and improved outcomes and if so, what do these approaches look like?
- We hypothesize that yes, ethnoculturally-specific treatment can improve patient outcomes compared to general physical therapy treatment.

METHODS:



An individual's ethnocultural beliefs and values play a significant role in defining the chronic pain experience

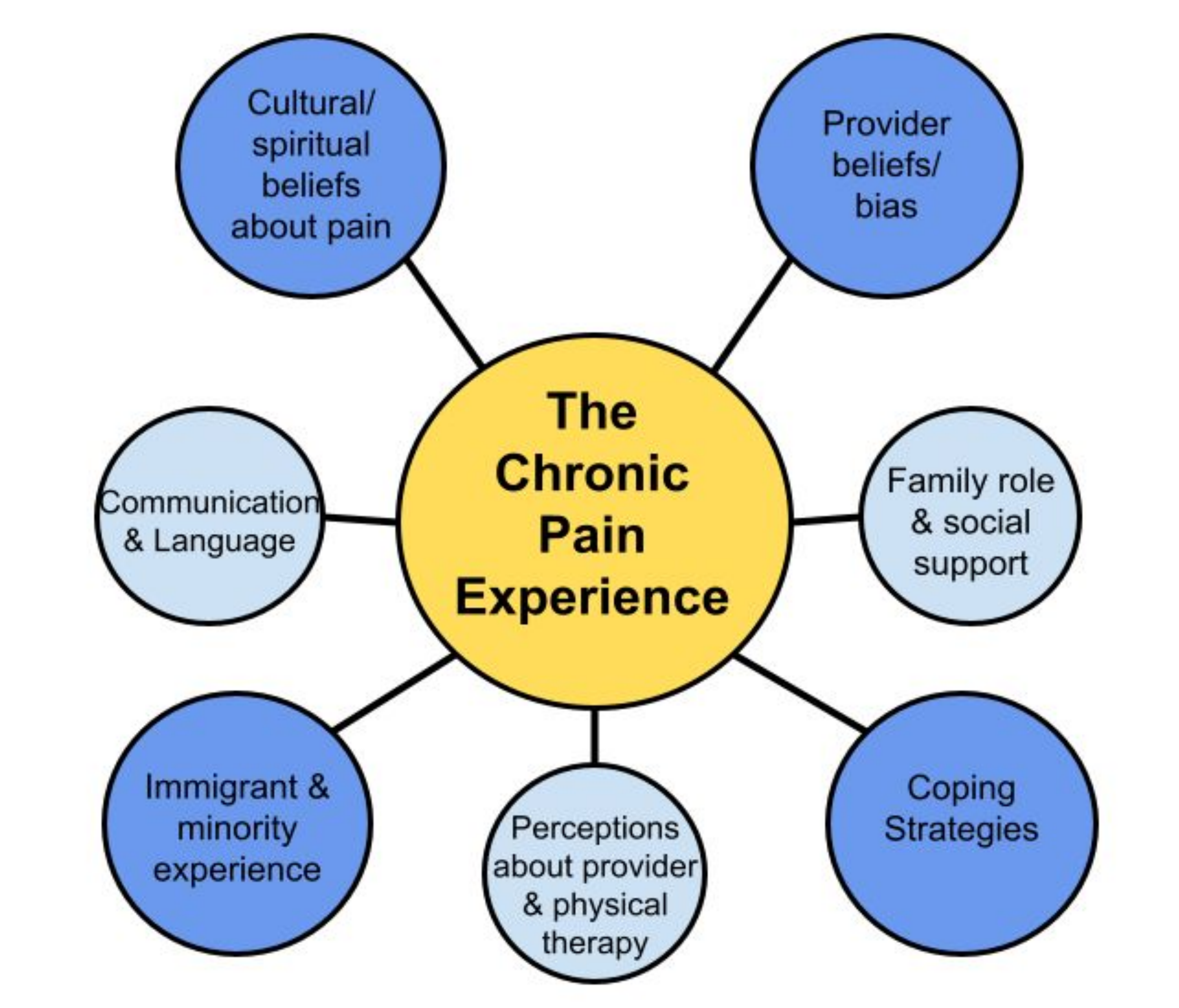


Image 1. The 7 thematic factors that that were found to impact the chronic pain experience (dark blue bubbles indicating more prominent factors).

More research needs to be conducted to establish specific objective tools for physical therapists to use with patients to effectively address cultural values/beliefs in chronic pain treatment.

RESULTS:

- Only 2 of 19 articles reviewed looked specifically at chronic pain interventions with an ethnocultural lens. Current lack of RCTs means making conclusions is difficult.
- Brady et al. 2018 found that PT treatment tailored to cultural beliefs and practices of three CALD communities improved treatment attendance, adherence, and completion.
- PRISM and PRISM+ found to have moderate to good reliability and validity for pain assessment within three CALD communities.
- Seven sociocultural themes found to be most prominent within the chronic pain experience and which PTs can use to better understand their patients with diverse backgrounds (see image 1).

CONCLUSIONS:

- Culture impacts the chronic pain experience and should be addressed by the physical therapist.
- Providers can address this by acknowledging cultural identity throughout treatment and by participating in bias training to optimize equitable care.

LIMITATIONS:

- Only studies in english were chosen for review.
- Complex nature of chronic pain experience and thus wide scope of current literature along with minimal research on tools specific to ethnocultural care.

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