

Expanding the scope and effectiveness of care for people with persistent pain:

Research into process and outcomes from integrated ACT and physical therapy

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<p>Background</p> <p>Persistent pain is a complex health problem. Guidelines recommend manual therapy combined with psychological care or exercise therapy. Few osteopaths in the UK have psychological training or access to multidisciplinary pain management programs. Three studies described below explored ways of expanding osteopaths' scope of care using ACT principles.</p>	 	<p>Future plans</p> <p>Develop research to assess outcomes from individual OsteoMAP courses compared to pain management groups. Explore how integrating ACT and touch-based therapies affect interoceptive awareness and responses to pain. Develop training courses to help physical therapists to integrate principles-based ACT interventions into their day-to-day clinical practices.</p>
<p>Study 1</p> <p>Mixed methods observation study of pain management groups for patients receiving osteopathic treatment (n=15), led by an ACT psychologist and an osteopath/researcher. 3 month outcomes showed positive changes in response to pain for some participants. Course format limited ability to work directly with present moment bodily experiences (e.g. experiential avoidance) as it arose for individuals in group activities, but led to the development of Study 2.</p>	<p>Study 2</p> <p>Qualitative study of process in a 6 week course integrating ACT and osteopathy for individual patients (n=4). Audio-recordings analysed using Linguistic Ethnography, showed positive changes in patient's body/self awareness and willingness to stay active. Key factors that influenced one osteopath's ability to use ACT principles and shift between acceptance and change-based interventions guided further research with a larger sample of participants.</p>	<p>Study 3</p> <p>A 3 year cohort study of the Osteopathy, Mindfulness and Acceptance Program for persistent pain (OsteoMAP). Questionnaire outcomes at 6 months (n=79) demonstrated significant improvements in acceptance (AAQ-IIR), quality of life (EQ-5D), mindfulness (FMI) and pain coping (BQ). OsteoMAP courses were acceptable to patients (n~250) and feasible for delivery by osteopaths with limited ACT training (n~100). Clinical services continue at the UCO.</p>
<p>Reference for Study 1</p> <p>Nanke L, Abbey H. (2017). Developing a new approach to persistent pain management in osteopathic practice. Stage 1: a feasibility study for a group course. <i>Int J Ost Med</i>, 26:10-17.</p>	<p>Contact details</p> <p>Hilary Abbey, Head of Research UCO, 275 Borough High Street London SE1 1JE Tel: + 44 (0)20 7089 5330 Email: hilary.abbey@uco.ac.uk</p>	<p>Reference for Study 3</p> <p>Carnes D, Mars T, Plunkett A, Nanke L, Abbey H (2017). Mixed methods evaluation of a third wave cognitive behavioural therapy and osteopathic treatment programme for chronic pain in primary care. <i>Int J Ost Med</i> 24: 12-17.</p>