# Vælge meningsfuld aktivitet til - hvor svært kan det være?

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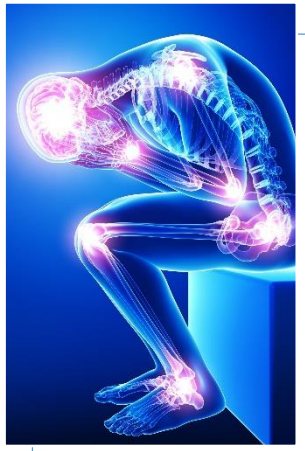
# Agenda

- Smertedefinition og ny smerteklassifikation
- Aktivitet og deltagelse påvirket af kroniske smerter
- Hverdagslivet – hved skaber focus på det?
- Eksempler fra egen forskning

**R**edesign your **Eve**ryday **A**ctivities and **L**ifestyle with **O**ccupational **T**herapy - REVEAL(OT) intervention

Værdibaseret aktivitetsdeltagelse til **FREM**me af fysisk **A**ktivitet i hver**D**agen – FREMAD intervention

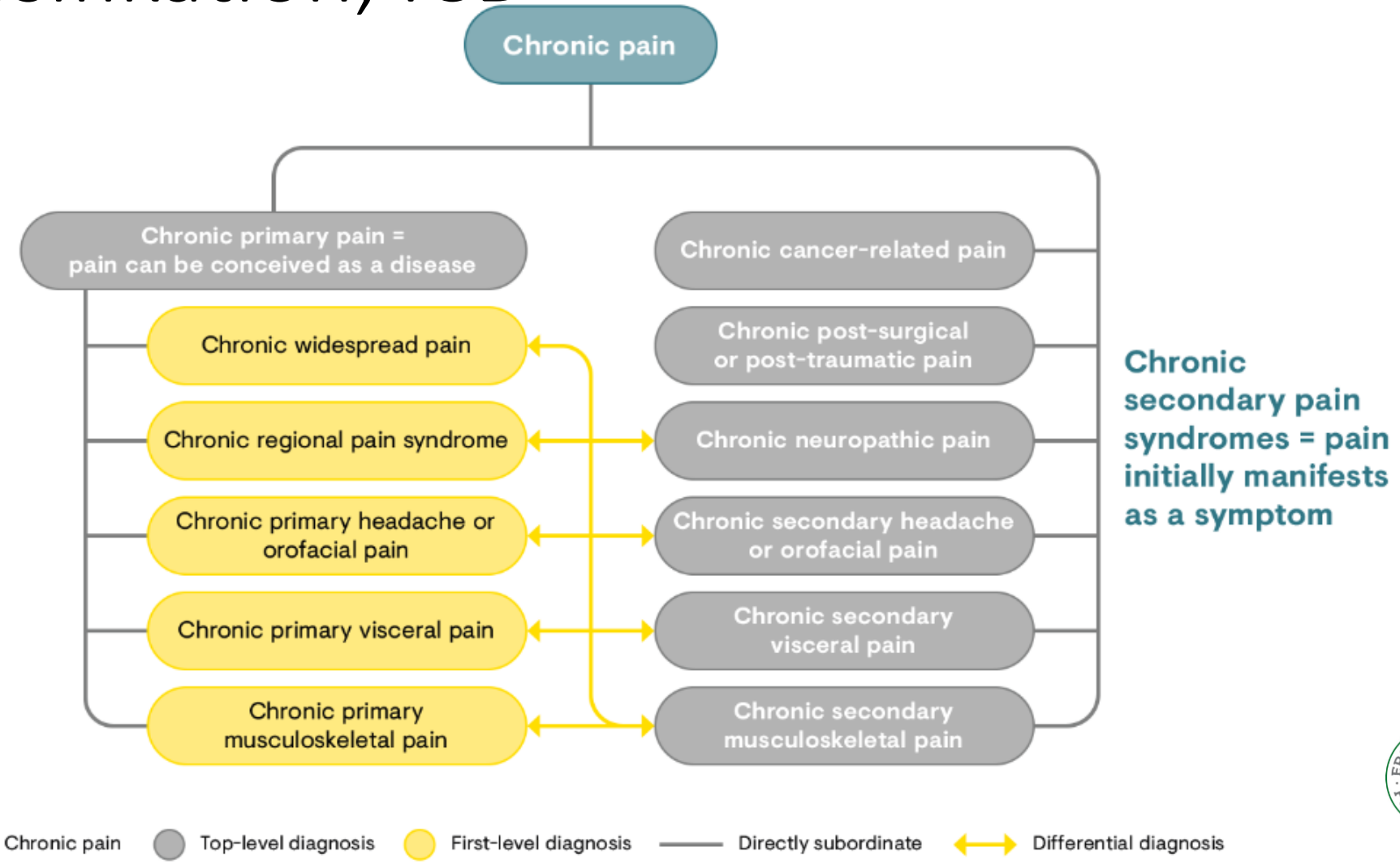
# Smertedefinition



Ubehagelig sensorisk og emotionel oplevelse forbundet med, eller som ligner den forbundet med, aktuel eller mulig vævsskade

IASP; Raja et al. 2020

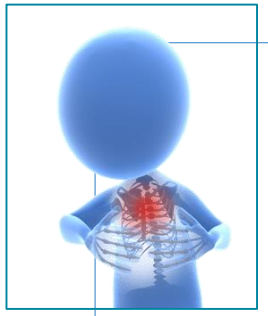
# Smerteklassifikation, ICD




Treede RD et al. 2019

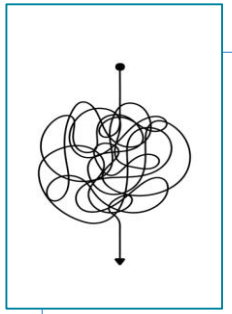
Billede: https://www.change-pain.co.uk/pain-basics/classification-of-pain

# Længerevarende smerter: OBS



Primær (sygdom) eller sekundær (symptom) kronisk smerte

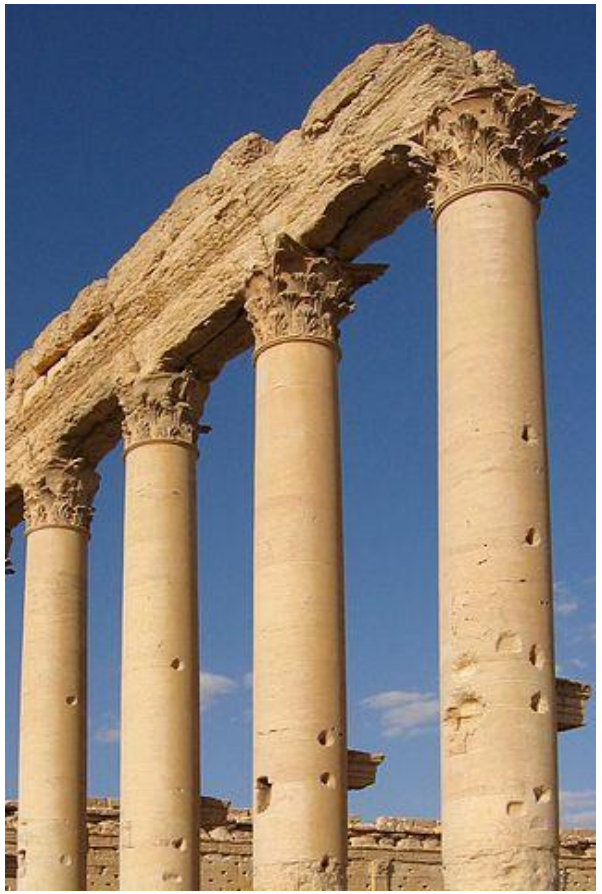
Smertemekanisme - nociceptiv, neuropatisk, eller/og nociplastisk



Kompleksitet – fysisk, mental, sensorisk, emotionel, kognitiv og social påvirkning

Cohen et al. 2021

# Fundamentet for smertehåndtering



- Uddannelse
- Træning
- Søvn/ hvile
- Meningsfuldthed

Adriaan Louw, 2013

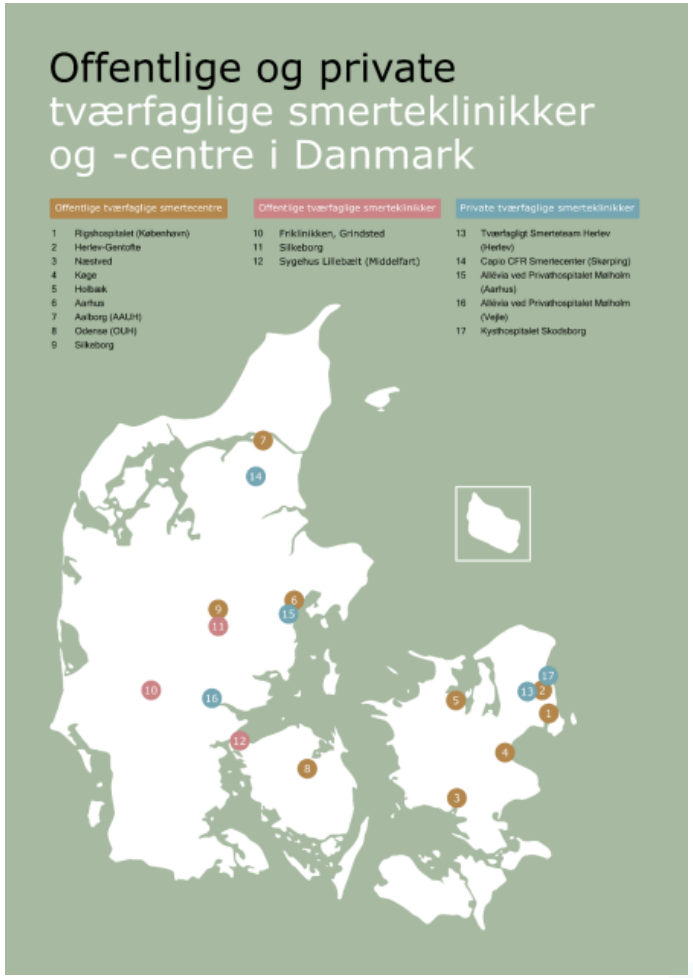
# Evidens om smertebehandling

Biopsykosocial

Interdisciplinær

Multimodal

Gatchel et al. 2014; Cohen et al. 2021

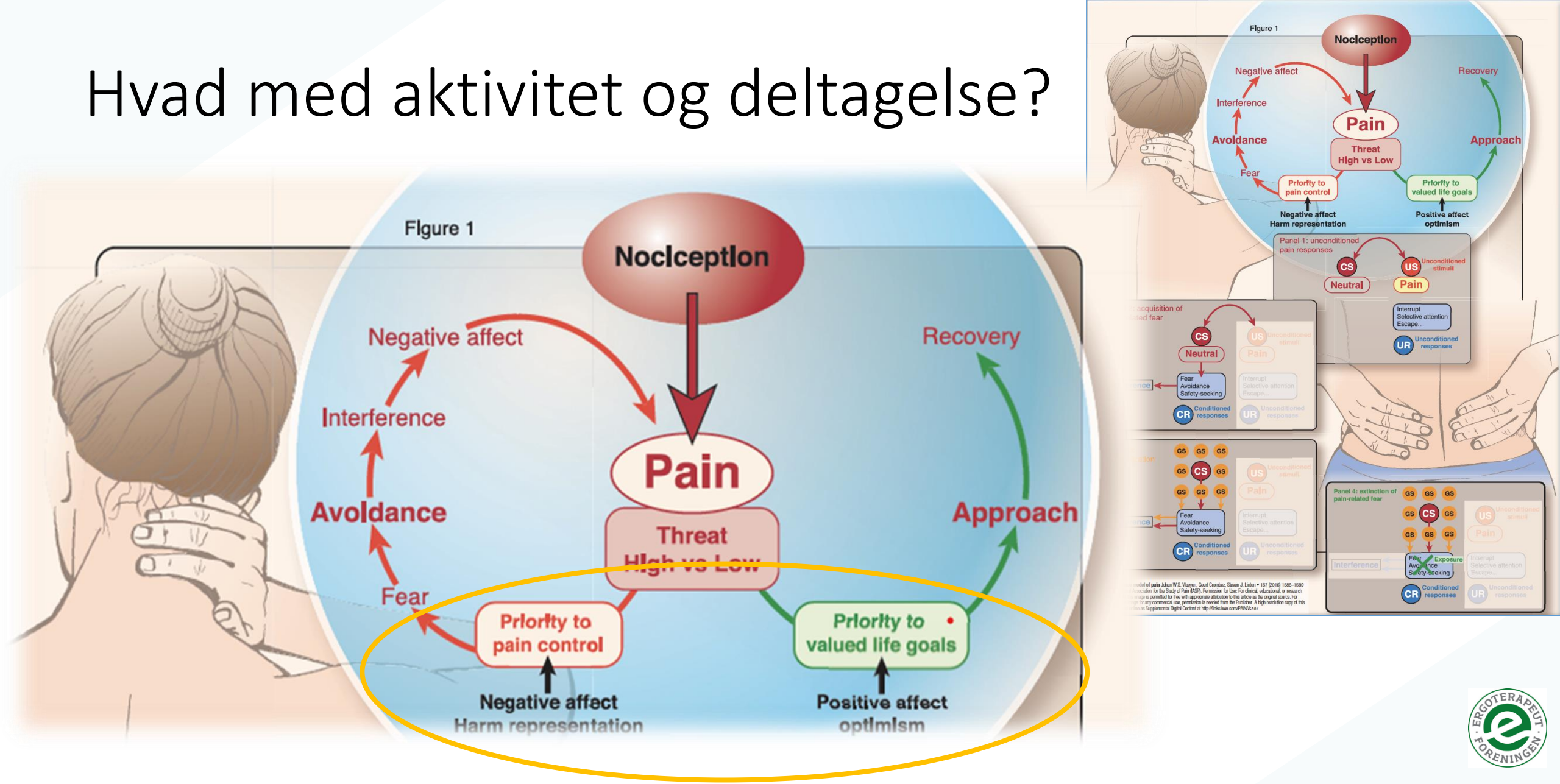



Sundhedsstyrelsen, 2020

# Hvad ved vi om effekten?

- Fysisk aktivitet — Geneen et al. 2017
- Kognitiv adfærdsterapi — Williams et al. 2020
- Virtual Reality — Goudman et al. 2022
- Biofeedback — Sielski et al. 2017

# Hvad med aktivitet og deltagelse?




Fear-avoidance model (permitted by IASP, original source: Vlaeyen JWS et al. 2016)

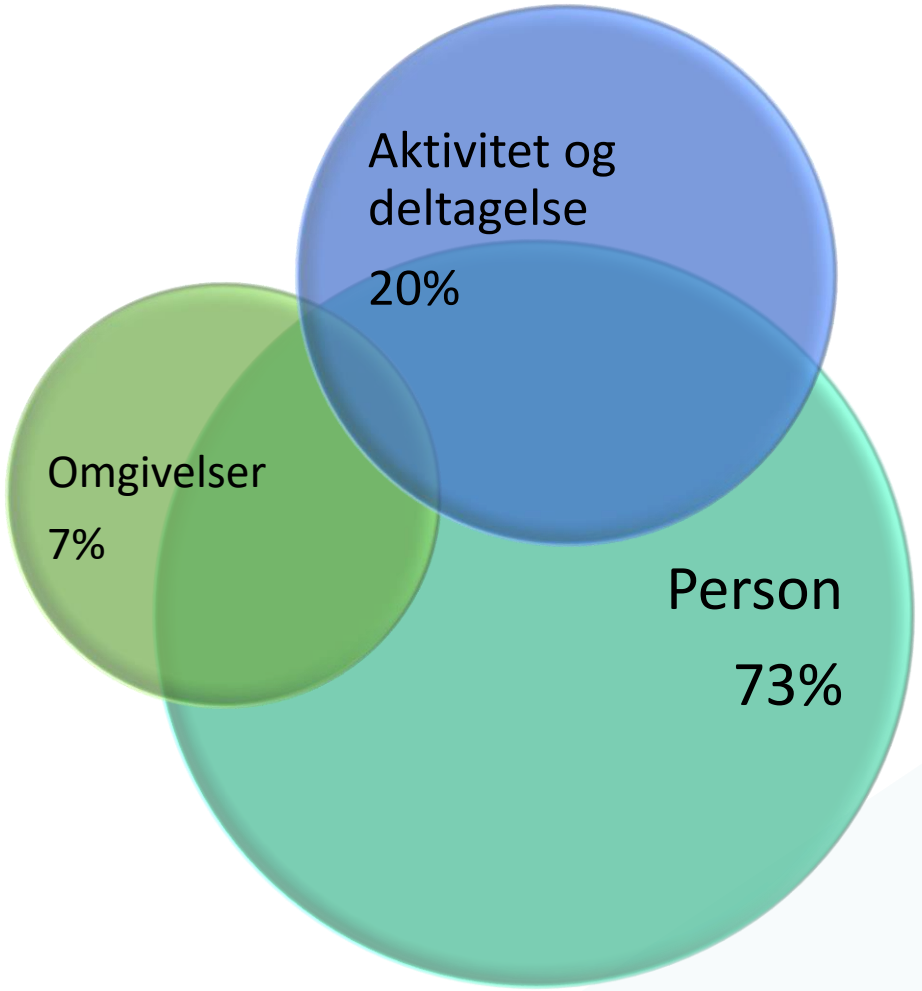
# Ergoterapi i behandling af kroniske smerter

Scoping review af 30 studier

(Lagueux et al., 2018)

Oftest anvendte metoder:

- Pacing/ aktivitetsregulering (36.5%)
- Aktivitetsadaptation (32.7%)



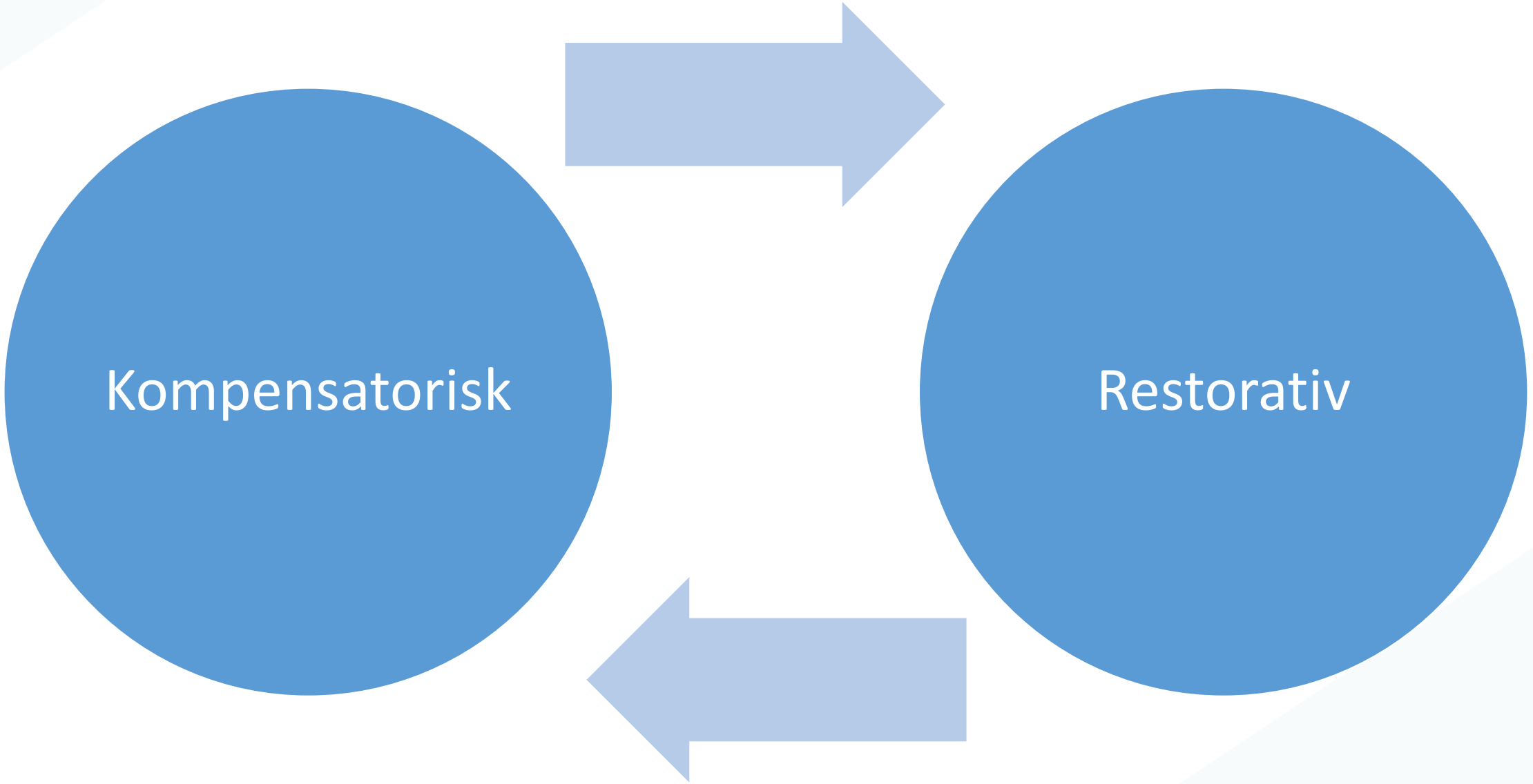

Modificeret PEO-model, inspireret af Law et al. 1996

# Hverdagsliv i fokus

(Hill 2016, Hesselstrand 2015, Robinson 2011, Strong 1996))

| ADL | IADL | Arbejde og uddannelse | Fritid og sociale relationer |
|---|---|---|---|
| • Hygiejne, påklædning, spisning, mobilitet<br>• Søvn og hvile (før, undervejs og efter)<br>• Pauser (timing og indhold) | • Omsorg for andre<br>• Bilkørsel<br>• Oprydning/ rengøring<br>• Indkøb<br>• Medicinhåndtering<br>• Motion<br>• Måltidshåndtering<br>• Meditativ praksis | • Struktur (på dagen/ ugen)<br>• Aktivitetsbalance | • Interesser<br>• Roller<br>• Netværk |

# Tilgange?



# Aktivitetsdeltagelse & livsstil

Redesign your Everyday Activities and Lifestyle with Occupational Therapy

…engagement i et repertoire af **dagligdags aktiviteter**, der er i overensstemmelse med **individuelle behov** og **sociokulturelle normer** i samfundet, hvor en konkret person hører til…

Velde & Fidler 2002


van Hecke 2013; Nijs 2020

# Aktivitetsdeltagelse som et behandlingskomponent

Hindawi
Occupational Therapy International
Volume 2022, Article ID 7082159, 15 pages
https://doi.org/10.1155/2022/7082159

*Review Article*

## The Effect of Occupational Engagement on Lifestyle in Adults Living with Chronic Pain: A Systematic Review and Meta-analysis

**Svetlana Solgaard Nielsen**,[1,2] **Søren T. Skou**,[2,3] **Anette Enemark Larsen**,[4] **Alessio Bricca**,[2,3] **Jens Søndergaard**,[5] **and Jeanette Reffstrup Christensen**[1,5,6]

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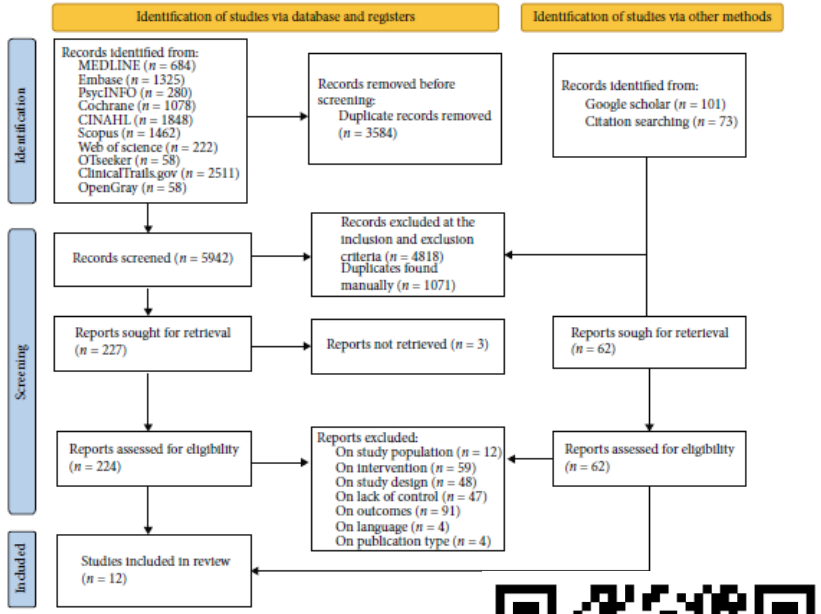
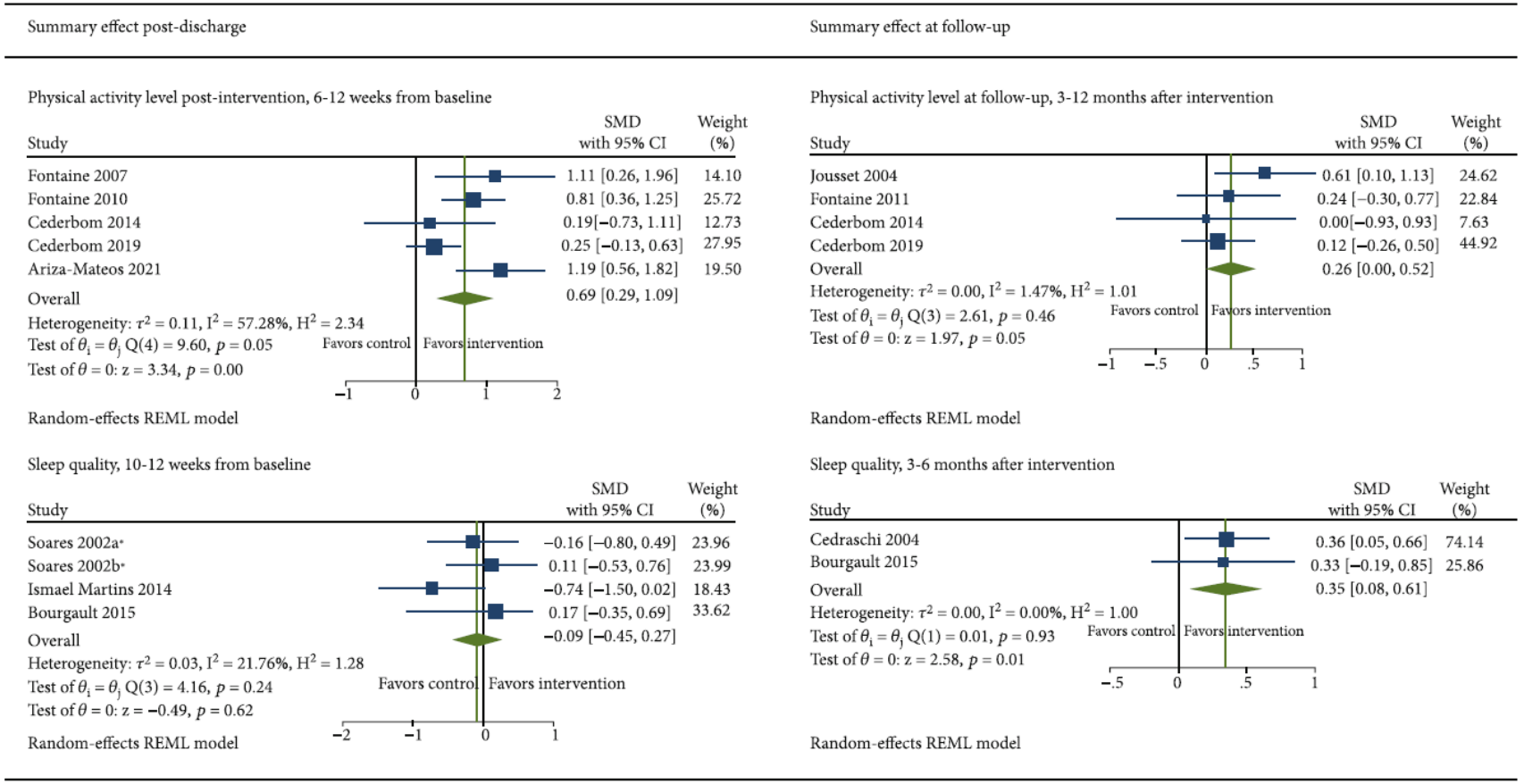
Received 12 October 2021; Revised 24 February 2022; Accepted 26 March 2022; Published 13 June 2022



# Mere fysisk aktivitet – på kort sigt, bedre søvn – på langt sigt




CI = confidence interval; I2 = I-square heterogeneity statistic; IV = weighted mean difference; PA = physical activity; SD = standard deviation

*Refers the data from Table 1: Soares 2002a-intervention group 1; Soares 2002b -intervention group 2.

# REVEAL(OT) intervention

Open access Original research

BMJ Open

## Occupational therapy lifestyle intervention added to multidisciplinary treatment for adults living with chronic pain: a feasibility study

Svetlana Solgaard Nielsen ,[1,2] Søren T Skou ,[2,3] Anette Enemark Larsen,[4] Romanas Polianskis,[5] Wojciech Zbigniew Pawlak,[5] Henrik Bjarke Vægter,[6,7] Jens Søndergaard ,[8] Jeanette Reffstrup Christensen[1,8,9]

- N = 40
- 85% kvinder
- 46.6 ± 10.9 år
- 31 deltagere gennemført
- 11 år med kroniske smerter
- Smerteintensitet 7 (0-10 NRS)

# Evaluering af gennemførlighed

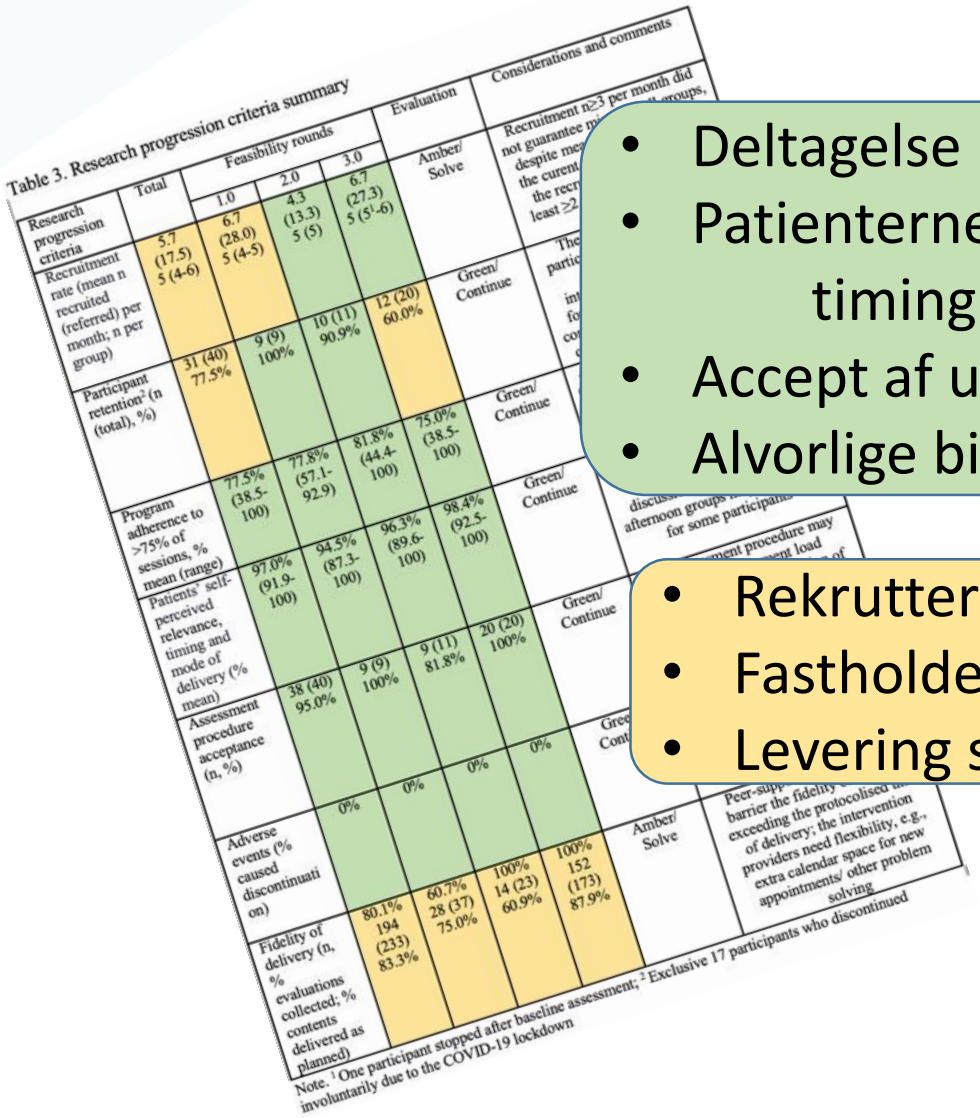


Table 3. Research progression criteria summary

| Research progression criteria | Total | Feasibility rounds 1.0 | 2.0 | 3.0 | Evaluation | Considerations and comments |
|---|---|---|---|---|---|---|
| Recruitment rate (mean n recruited (referred) per month; n per group) | 5.7 (17.5) 5 (4-6) | 6.7 (28.0) 5 (4-5) | 4.3 (13.3) 5 (5) | 6.7 (27.3) 5 (5[1]-6) | Amber/ Solve | Recruitment n≥3 per month did not guarantee m… despite mea… the curent… the recr… least ≥2 |
| Participant retention[2] (n (total), %) | 31 (40) 77.5% | 9 (9) 100% | 10 (11) 90.9% | 12 (20) 60.0% | Green/ Continue | The partic… int… fo… co… c… |
| Program adherence to >75% of sessions, % mean (range) | 77.5% (38.5-100) | 77.8% (57.1-92.9) | 81.8% (44.4-100) | 75.0% (38.5-100) | Green/ Continue | discuss… afternoon groups … for some participants |
| Patients' self-perceived relevance, timing and mode of delivery (% mean) | 97.0% (91.9-100) | 94.5% (87.3-100) | 96.3% (89.6-100) | 98.4% (92.5-100) | Green/ Continue | ment procedure may ent load of |
| Assessment procedure acceptance (n, %) | 38 (40) 95.0% | 9 (9) 100% | 9 (11) 81.8% | 20 (20) 100% | Green/ Continue | |
| Adverse events (% caused discontinuation) | 0% | 0% | 0% | 0% | Gree… Cont… | |
| Fidelity of delivery (n, % evaluations collected; % contents delivered as planned) | 80.1% 194 (233) 83.3% | 60.7% 28 (37) 75.0% | 100% 14 (23) 60.9% | 100% 152 (173) 87.9% | Amber/ Solve | barrier the fidelity … exceeding the protocolised … of delivery; the intervention providers need flexibility, e.g., extra calendar space for new appointments/ other problem solving |

Note. [1] One participant stopped after baseline assessment; [2] Exclusive 17 participants who discontinued involuntarily due to the COVID-19 lockdown

- Deltagelse i >75 % af sessioner (%) 77.5% (≥75%)
- Patienternes selvvurderede relevans, timing og leveringsmåde (%) 97.0% (≥75%)
- Accept af undersøgelsesprocedure (n, %) 95.0% (≥75%)
- Alvorlige bivirkninger (% stoppet) 0% (0%)

- Rekrutteringsrate (n/md; n/gr) n=5.7 (n=5/gr)
- Fastholdelse (n, %) 77.5% (≥80%)
- Levering som tiltænkt (% indhold) 83.3% (≥90%)

# Før-efter målinger

**Occupational performance**
**(Canadian Occupational Performance Measure)**

- 3.36-5.10 (95% CI 1.25; 2.35)

**Satisfaction with occupational performance**
**(Canadian Occupational Performance Measure)**

- 2.55-4.40 (95% CI 1.06; 2.84)

**Motor skills**
**(Assessmens of Motor and Process Skills)**

- 1.37-1.57 (95% CI 0.01; 0.38)

# Kvalitative evalueringer


Taylor & Francis

International Journal of Qualitative Studies on Health and Well-being

ISSN: (Print) (Online) Journal homepage: https://www.tandfonline.com/loi/zqhw20

## Feasibility assessment of an occupational therapy lifestyle intervention added to multidisciplinary chronic pain treatment at a Danish pain centre: a qualitative evaluation from the perspectives of patients and clinicians

Svetlana Solgaard Nielsen, Jeanette Reffstrup Christensen, Jens Søndergaard, Vicki Oldenschläger Mogensen, Anette Enemark Larsen, Søren T. Skou & Charlotte Simonÿ


Taylor & Francis

Disability and Rehabilitation

ISSN: (Print) (Online) Journal homepage: https://www.tandfonline.com/loi/idre20

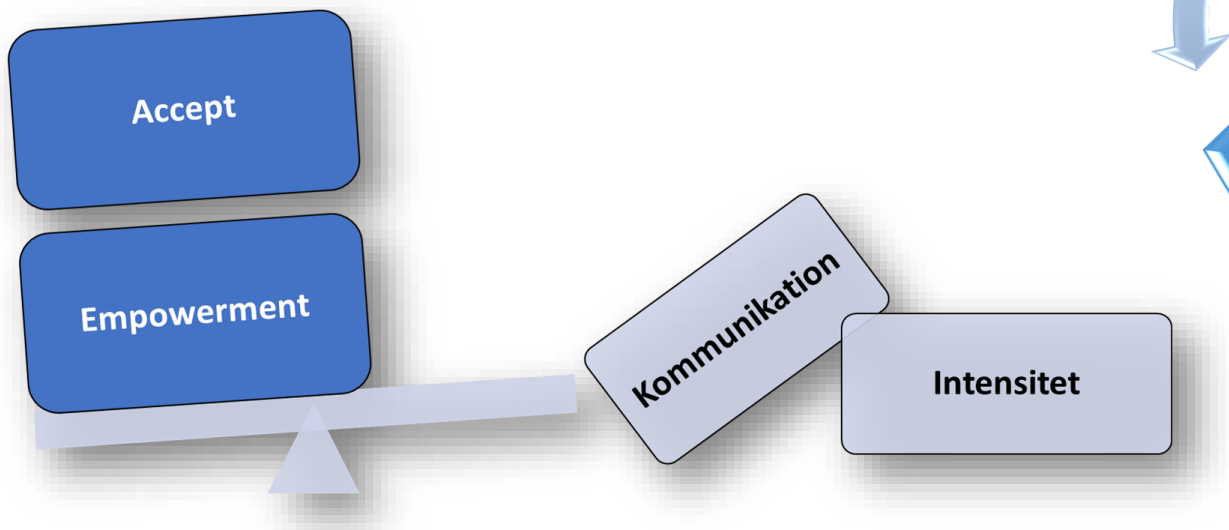
## "It has changed my picture of myself": how did females living with chronic pain perceive the impact of the standard pain rehabilitation, including the occupational therapy lifestyle intervention REVEAL(OT)?

Svetlana Solgaard Nielsen, Jeanette Reffstrup Christensen, Jens Søndergaard, Signe Surrow, Anette Enemark Larsen, Søren T. Skou & Charlotte Simonÿ

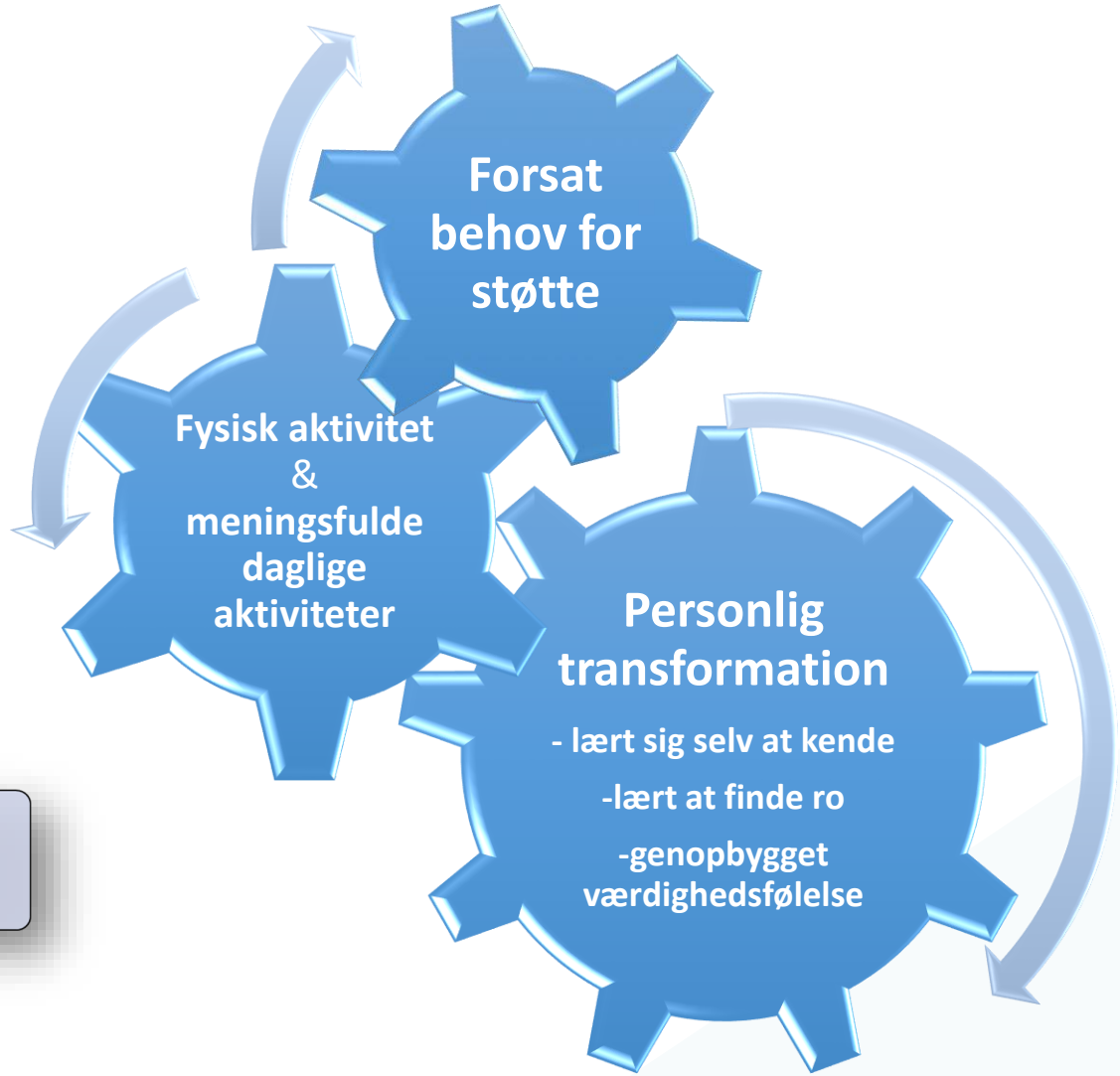
# Tematisk analyse

(Braun & Clarke 2006)

Fokusgruppeinterviews med
8 patienter, 4 klinikere




5 individuelle interviews med
kvindelige deltagere



# Udviklingsprojektet FREMAD

FREMme af fysisk Aktivitet i hverDagen
med ergoterapeutiske metoder

# Patientcase 1

Kvinde, 56 år

Tidligere pædagog, under revalidering

Smerteproblematik fra 2008, fibromyalgi

Smerter i hoved, nakke, ben og fødder

Gennemsnitlig smerteintensitet i sidste måned – 7

Livskvalitet – 20 (0-100 skala)

Aktivitetsproblematikker:

- Komme ud og gå tur
- Udføre håndarbejde
- Gøre rent

Billede: Colourbox stock license

# Arbejde med mål

Egen aktivitetsanalyse

- Rutiner – tid, hyppighed, siddestillinger?
- Omgivelser – hæve/sænke-bord, underlag, telefonpåmindelser ?

Trinvis progression – gradvise ændringer

Ved evaluering:

- Stillingsskift hver 20 min. fra siddende til stående ved hæve/sænkebord

Initiativ til:

- Hyppigere ud og gå
- Pacing under støvsugning
- Plan B for gåtur - stoleøvelser

# Evaluering

Gennemsnitlig smerteintensitet i sidste måned – uændret

Livskvalitet – 41 vs. 21 ved baseline

*”Så har man jo gået og slået sig selv lidt i hovedet og sagt at man, tænk at man er blevet så skvattet at man ikke engang kan gå to en halv kilometer. Men nu går jeg faktisk en kilometer hver dag.”*

*”Jeg har fået nogle større succesoplevelser ved det et eller andet sted, og det giver jo masser mentalt, at man ikke føler man er dårlig, fordi man er blevet syg.”*

# Patientcase 2

Mand, 73 år

Folkepensionist

Smerteproblematik fra 2016

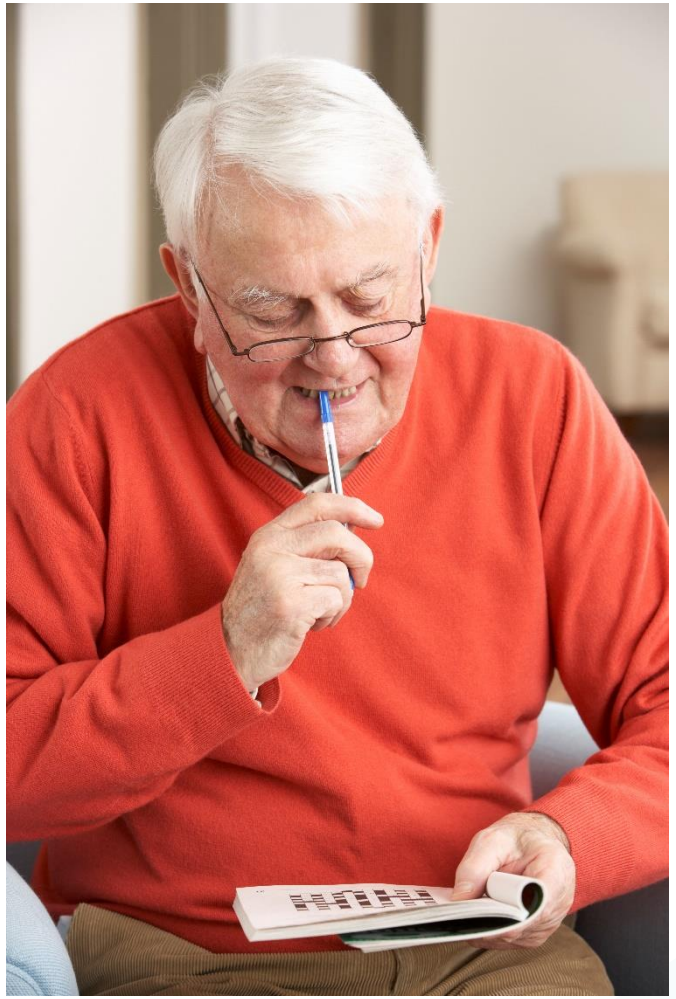
Smerter i lænden og benene

Gennemsnitlig smerteintensitet i sidste måned – 3

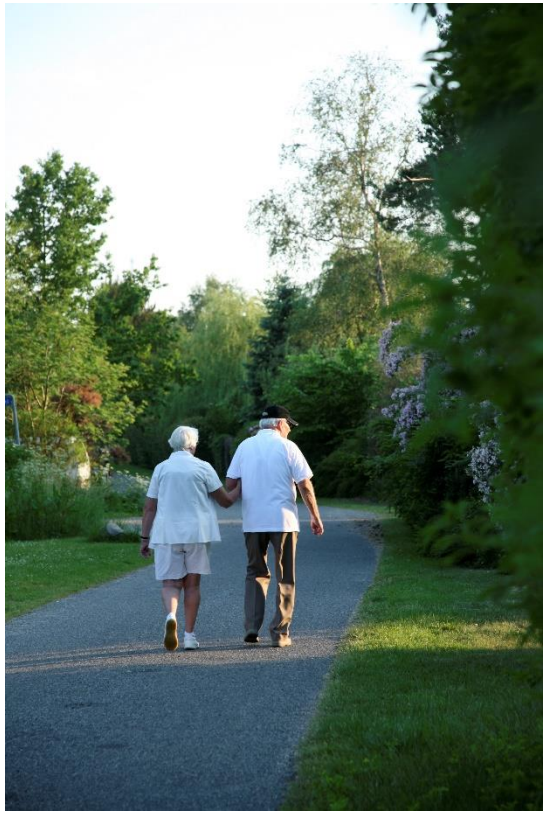
Livskvalitet – 68 (0-100 skala)

Aktivitetsproblematikker:

- Mobilitet i eget hjem – ad hoc
- Gå tur med konen
- Tage sokker på
- Komme ud af sengen



# Arbejde med mål



Egen aktivitetsanalyse

- Rutiner – tid, afstand?
- Omgivelser – underlag, ruter?
- Ønsker og ambitioner?

Forskellige løsninger afprøves

Ved evaluering:

- Daglig gåtur til vandet á ca. 400 m
- 1-2 ugentlige gåture á ca. 1 km sammen med konen
- Flere pauser

Undervejs:

- Strømpepåtager
- Teknikker til at samle ting op
- Øvelser fra egen fysioterapeut

# Evaluering

- Gennemsnitlig smerteintensitet i sidste måned – 4 vs. 3 ved baseline
- Livskvalitet – 90 vs. 68 ved baseline

*Det kan godt være, at det ikke er noget, der har gjort sådan rent fysisk den store forskel, men sådan rent mentalt, synes jeg, det har betydet temmelig meget*

*Jeg tænker lidt mere over tingene. Jeg har jo været meget god til at holde mig beskæftiget med ting, jeg kan lave herhjemme og omkring huset, men jeg har ikke tænkt så meget over at komme ned ad gaden og snakke med nogle andre mennesker og sådan noget.*
*Min kone render i byen til alt muligt andet, og jeg er begyndt at gå med til nogle af de ting, og på den måde snakke med nogle andre mennesker. Vi sidder ikke og snakker om ondt i ryggen og sådan noget der, men man finder jo alligevel ud af, at der er også andre der render og bokser med lidt problemer.*

# Fundamentet for den ergoterapeutiske tilgang

*Trivsel i hverdagslivet*

Meningsfuldhed

Værdibasering

Klientcentrering

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