

Strategies on Dealing with Non- Compliant Patients with Chronic Pain: An Applied Behavioral Analysis Approach on Fear Avoidance

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Abstract

Non- compliance with prescribed treatment is an important cause of delay of recovery of patients. Researchers have reported that fear avoidance has been a known reason for non-compliance with patients with chronic pain. This behavior can be a challenge for therapist for there is no one way to deal with this. However, the selection of which technique to implement for a particular patient should be guided by information gathered about the particular patient and the possible reason(s) for the non-compliance. The purpose of this presentation is to provide strategies to understand and address non-compliance of patients due to fear avoidance with the use of applied behavioral analysis. Some strategies that will be discussed are how to 1) identify the cause of the behavior 2) break vicious cycle 3) build behavior momentum. In this context, the function of the behavior is defined in terms of its maintaining consequences and interventions are then designed to target those consequences.

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3rd World Physical Medicine and Rehabilitation

Conference; Webinar- June 18-19, 2020

Abstract Citation:

Jihan Amr Hussein El Sockary, Strategies on Dealing with Non- Compliant Patients with Chronic Pain: An Applied Behavioral Analysis Approach on Fear Avoidance, Rehabilitation Health 2020, 3rd World Physical Medicine and Rehabilitation Conference; Webinar- June 18-19, 2020.

(<https://rehabilitation.healthconferences.org/2020>)



Biography:

Jihan Amr Hussein El Sockary a licensed Physiotherapist in the Philippines and Dubai has her expertise in musculoskeletal, orthopedic, pediatric and behavioral therapy. She is currently taking her Doctorate Degree in Physiotherapy and Rehabilitation Administrative Certification both from the University of Montana. After graduating from Physical Therapy school on year 2015, Jihan worked as a Musculoskeletal and Orthopedic PT. At the year 2017, she was able to open up her own physical therapy clinic - Motions Venture Physiotherapy, her clinic specializes in pain management and improvement of mobility.

Speaker Publications:

1. Lee J, Park S (2017) The relationship between physical capacity and fear avoidance beliefs in patients with chronic low back pain. J Phys Ther Sci. 2017 Oct;29(10):1712-1714
2. Feitosa AS, Lopes JB, Bonfa E, Halpern AS (2016) A prospective study predicting the outcome of chronic low back