



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

Jihan Amr Hussein El Sokkary, PTRP, DHCC- PT, RBT

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 identify the cause of the behavior break vicious cycle 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.

Biography

Jihan Amr Hussein El Sokkary 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. Jihan also worked as a faculty member in 2 esteemed Universities in the Philippines wherein she teaches her expertise in the field of Neurology, Pain and Sports Management. She recently attained her license in Behavioral Therapy on March 2019. She is an active member of the Philippine Physical Therapist Association and is a member of its Pediatric, Neurology and Clinical Education Sigma.



Publications : 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, Feitosa AS, Lopes JB, Bonfa E, Halpern AS (2016) A prospective study predicting the outcome of chronic low back pain and physical therapy: the role of fear-avoidance beliefs and extraspinal pain. *Rev Bras Reumatol Engl Ed.* 2016 Sep - Oct;56(5):384-390 Mansfield CB, Selhorst M. (2018) The effects of fear- avoidance beliefs on anterior knee pain and physical therapy visit count for young individuals: A retrospective study. *Phys Ther Sport.* 2018 Nov;34:187-191, Bunzli S, Smith A, Schütze R, Lin I, O'Sullivan P. (2017) Making Sense of Low Back Pain and Pain-Related Fear. *J Orthop Sports Phys Ther.* 2017 Sep;47(9):628-636

[International Conference on Physiotherapy, Kinesiology and Sports Medicine, Osaka, Japan, February 19-20, 2020](#)

Abstract Citation : [Jihan Amr Hussein El Sokkary, Strategies on Dealing with Non- Compliant Patients with Chronic Pain: An Applied Behavioral Analysis Approach on Fear Avoidance. PHYSIO-SPORTS MEDICINE 2020. International Conference on Physiotherapy, Kinesiology and Sports Medicine, February 19-20, 2020 Osaka, Japan.](#)