

Musculoskeletal disorders – long-lasting conditions 2017

Day 1 – Wednesday 29th of March

Reading to prepare for lectures on day 1

Subjects:

Public health perspective

Mikkelsen M, El-Metwally A, Kautiainen H, Auvinen A, Macfarlane GJ, Salminen JJ. Onset, prognosis and risk factors for widespread pain in schoolchildren: A prospective 4-year follow-up study. *Pain* 2008;138:681-7.

<http://www.sciencedirect.com/science/article/pii/S0304395908002960>

Gjesdal, S.; Bratberg, E. Maeland, J.G. Musculoskeletal impairments in the Norwegian working population: the prognostic role of diagnoses and socioeconomic status: a prospective study of sickness absence and transition to disability pension. *Spine* 2009; 34:1519-25.

http://pva.uib.no/login?url=http://x-port-sfx.uio.no/sfx_ubb?sid=Entrez:PubMed&id=pmid:19525845

Tveramo, A., I.B. Johnsen, and E. Meland, [An integrated understanding of subjective disorders in clinical practice]. *Tidsskr Nor Laegeforen*, 2014. 134(22): p. 2174-6.

<http://www.ncbi.nlm.nih.gov/pubmed/25423984>

Critical reading of research article

Mody GM, Brooks PM. Improving musculoskeletal health: global issues. *Best Pract Res Clin Rheumatol*. 2012 Apr;26(2):237-49. doi: 10.1016/j.berh.2012.03.002.

<http://www.ncbi.nlm.nih.gov/pubmed/22794096>

Driessen MT, Proper KI, et al. The effectiveness of physical and organisational ergonomic interventions on low back pain and neck pain: a systematic review. *Occup Environ Med* 2010;67(4): 277-285.

http://pva.uib.no/login?url=http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&dopt=Citation&list_uids=20360197

Skou, S.T., et al., A Randomized, Controlled Trial of Total Knee Replacement. *N Engl J Med*, 2015; 373(17): p. 1597-606.

<http://www.ncbi.nlm.nih.gov/pubmed/26488691>

Villadsen, A., et al. "Immediate efficacy of neuromuscular exercise in patients with severe osteoarthritis of the hip or knee: a secondary analysis from a randomized controlled trial." *J Rheumatol* 2014; 41(7): 1385-1394.

<http://www.ncbi.nlm.nih.gov/pubmed/24931956>

Verkerk K, Luijsterburg PA, Miedema HS et al. Prognostic factors for recovery in chronic nonspecific low back pain: a systematic review. *Phys Ther* 2012; 92: 1093 – 108.

<http://www.ncbi.nlm.nih.gov/pubmed/22595238>

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Day 2 – Thursday 30th of March

Risk patients, stratified models of care, CFT treatment model and referral to secondary health care system

Reading to prepare for team based learning (TBL) on low back pain patients

Nadine E. Foster NE, Hill JC, O'Sullivan P, Hancock M. Stratified models of care. Best Pract Res Clin Rheumatol. 2013;27(5):649-61.

<http://www.sciencedirect.com/science/article/pii/S1521694213000818#>

Fersum KV, O'Sullivan P, Skouen JS, Smith A, Kvåle A. Efficacy of classification-based cognitive functional therapy in patients with non-specific chronic low back pain: A randomized controlled trial Eur J Pain. 2013; 17(6): 916–928. doi: 10.1002/j.1532-2149.2012.00252.x

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3796866/>

O'Sullivan P. It's time for change with the management of non-specific chronic low back pain. Br J Sports Med 2011; doi:10.1136/bjsm.2010.081638

<http://pva.uib.no/login?url=http://bjsm.bmj.com/content/early/2011/08/04/bjsm.2010.081638.full.pdf+html>

Vlaeyen JW, Linton SJ. Fear-avoidance model of chronic musculoskeletal pain: 12 years on. Pain 2012; 153: 1144 – 7.

<http://www.ncbi.nlm.nih.gov/pubmed/22321917>

Other relevant literature

Hill JC, Dunn KM, Lewis M et al. A primary care back pain screening tool: identifying patient subgroups for initial treatment. Arthritis Rheum 2008; 59: 632 – 41.

<http://www.ncbi.nlm.nih.gov/pubmed/18438893>

Linton SJ, Halldén K. Can we screen for problematic back pain? A screening questionnaire for predicting outcome in acute and subacute back pain. Clin J Pain 1998; 14: 209 – 15.

<http://www.ncbi.nlm.nih.gov/pubmed/9758070>

Gallagher L, McAuley J, Moseley GL: A Randomized-controlled Trial of Using a Book of Metaphors to Reconceptualize Pain and Decrease Catastrophizing in People With Chronic Pain. Clin J Pain 2012; 29(1):20-5. <https://www.ncbi.nlm.nih.gov/pubmed/22688603>

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Day 3 – Friday 31th of March

Reading to prepare for lectures on day 3

Subjects:

Long-lasting musculoskeletal pain, -phenomenon, -treatment approach

Good BJ. (2001). Medicine, rationality, and experience. An anthropological perspective, Chapter 5: The body, illness experience, and the lifeworld: a phenomenological account of chronic pain, pp. 116-134. Cambridge University Press.

Øien AM, Råheim M, Iversen S, Steihaug S. Self-perception as embodied knowledge - changing processes for patients with chronic pain. *Advances in Physiotherapy* 2009;11:121-129.
<http://pva.uib.no/login?url=http://informahealthcare.com/doi/abs/10.1080/14038190802315073>

Dragesund, T., Råheim, M. (2008). Norwegian psychomotor physiotherapy and patients with chronic pain: Patients' perspectives on body awareness. *Physiotherapy Theory and Practice*, 24, 4, 243-254. DOI: 10.1080/09593980701738400 <http://www.ncbi.nlm.nih.gov/pubmed/18574750>

Ojala, T., Häkkinen, A., Karppinen, J., & Piirainen, A. (2014). The Dominance of Chronic Pain: A Phenomenological Study. *Musculoskeletal Care*, doi: 10.1002/msc.1066
<http://www.ncbi.nlm.nih.gov/pubmed/24425247>

Critical reading of scientific articles

Ask T1, Skouen JS, Assmus J, Kvåle A. Self-Reported and Tested Function in Health Care Workers with Musculoskeletal Disorders on Full, Partial or Not on Sick Leave. *J Occup Rehabil*. 2015 Sep;25(3):506-17. doi: 10.1007/s10926-014-9557-y.
<http://www.ncbi.nlm.nih.gov/pubmed/25427674>

Breitve MH1, Hynninen MJ, Kvåle A. The effect of psychomotor physical therapy on subjective health complaints and psychological symptoms. *Physiother Res Int*. 2010 Dec;15(4):212-21. doi: 10.1002/pri.462. <http://onlinelibrary.wiley.com/doi/10.1002/pri.462/epdf>

Larsson B, Bjork J, Borsbo B, Gerdle B. A systematic review of risk factors associated with transitioning from regional musculoskeletal pain to chronic widespread pain. *Eur J Pain* 2012, 16: 1084-1093. <http://onlinelibrary.wiley.com/doi/10.1002/j.1532-2149.2012.00117.x/pdf>

Biguet G, Nilsson Wikmar L, Bullington J, Flink B, Löfgren M. Meanings of "acceptance" for patients with long-term pain when starting rehabilitation. *Disabil Rehabil*. 2016;38(13):1257-67. doi: 10.3109/09638288.2015.1076529. <https://www.ncbi.nlm.nih.gov/pubmed/26305503>