Southeastern Coastal Center for Agricultural Health and Safety

Characteristics of seafood workers who select teamwork, movement and equipment modification options to address chronic low back pain

Kim Dunleavy, Andrew Kane, Mark Bishop

UF College of Public Health & Health Professions UNIVERSITY of FLORIDA

Introduction

- Chronic low back pain impacts health, productivity, and retention in the seafood industry and is a risk factor for substance misuse.
- Rigorous lifting and sustained positions increase risk for LBP.
- Self-management improves outcomes and reduces costs for other chronic conditions.[1]
- There is limited information of efficacy for specific groups [2,3] or characteristics of individuals selecting different types of solutions

Purpose: To determine if disability, pain and psychological factors differed between seafood workers who chose from a variety of self-management solutions.

Methods

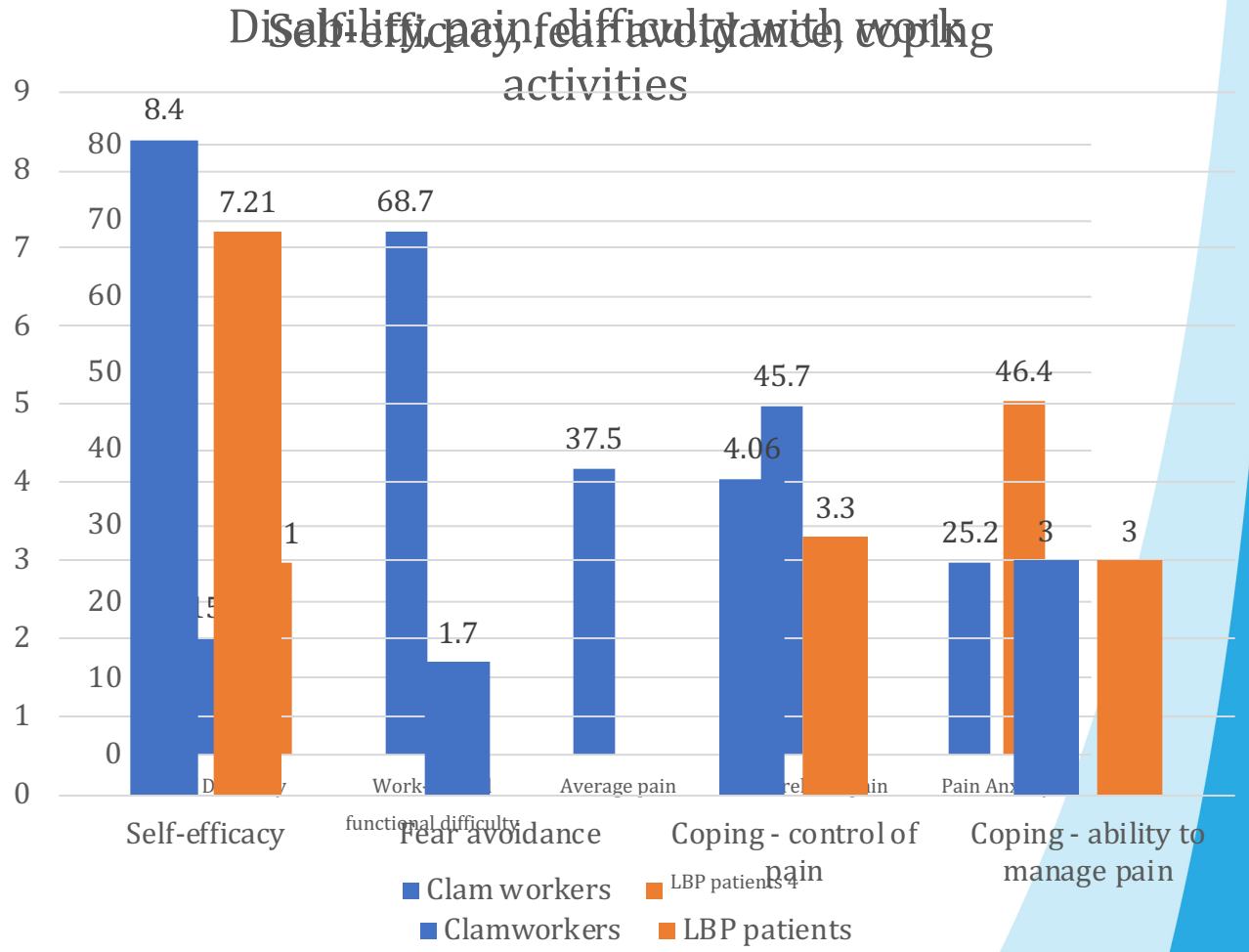
- Clam workers with chronic low back pain (n=23)
- Workers selected 3 options after video and group presentation
- Disability, pain characteristics and psychological mediators were compared among individuals who preferred:

1) Teamwork
2) Individual movement modification
3) Combination

Results:

Participants reported relatively:

- Low disability, work-related difficulty
- Mild to moderate average/work-related pain
- Low pain anxiety
- High self-efficacy
- Low fear avoidance
- Moderate coping ability

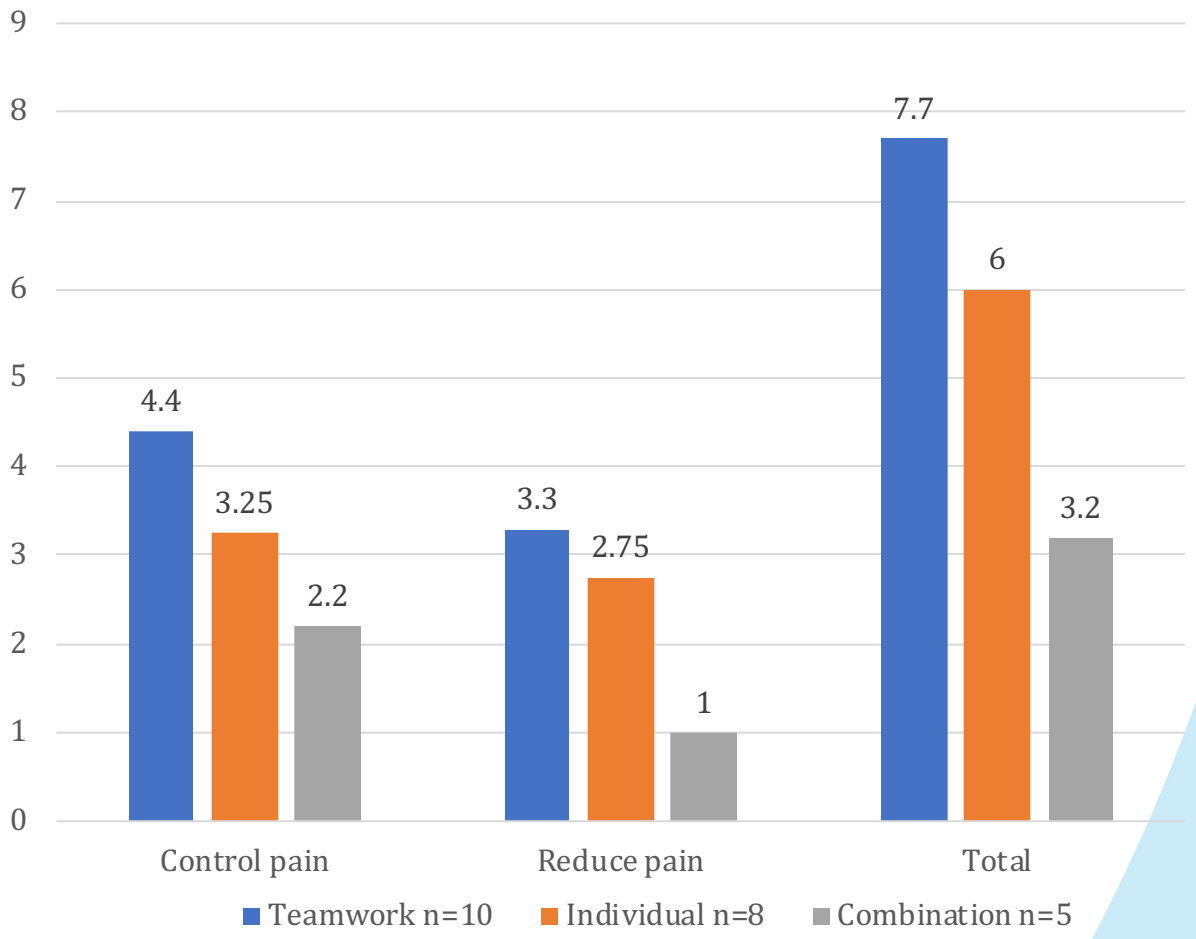


Comparison to data from Chiarotto [4]

Comparisons for self-management groups

Significant differences between groups for coping (Kruskal Wallis)

Participants who chose teamwork strategies reported the highest ability to control or decrease pain (coping)



Conclusions

- Psychological constructs differ from other chronic pain populations, with potential for individualized approaches to promote belief in ability to control and decrease pain
- Individuals who selected teamwork reported highest coping **BUT** this was a small sample
- Need to establish if self selected strategies impact ability to manage pain during work activities

References

1. National Council for Aging (2012). Chronic disease self-management. From: http://www.ncoa.org/assets/files/pdf/NCOA-Chronic-Disease.pdf.
2. Oliveria VC, Ferreira PH, Maher CG, Pinto RZ, Refshauge KM, Ferreira ML (2012). Effectiveness of self-management of low back pain: Systematic review with meta-analysis. *Arthritis Care & Research.* 2012;64:1739-1748.
3. Kawi J. Self-management and self-management support on functional ablement in chronic low back pain. *Pain Management Nursing*. 2014. http://dx.doi.org/10.1016/j.pmn.2012.05.001.
4. Chiarotto A, Vanti C, Cedraschi C, Ferrari S, de Lima e Sà Resende F, Ostelo RW, & Pillastrini P. Responsiveness and Minimal Important Change of the Pain Self-Efficacy Questionnaire and Short Forms in Patients With Chronic Low Back Pain. *The Journal of Pain*, 2016; *17*(6), 707–718.