

Understanding the biopsychosocial impacts of living with Complex Regional Pain Syndrome

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Aim of the investigation

- Complex Regional Pain Syndrome (CRPS) is a disabling chronic pain condition, commonly triggered by trauma to a limb.
- Amongst its characteristics are:
 - severe unremitting pain
 - autonomic, motor and sensory changes
 - disrupted body perception^{1,2}.
- While CRPS signs and symptoms are well documented, the wider biopsychosocial consequences of living with CRPS have received less attention.
- Understanding the broader impacts has important implications for treatment and rehabilitation services.



Methods

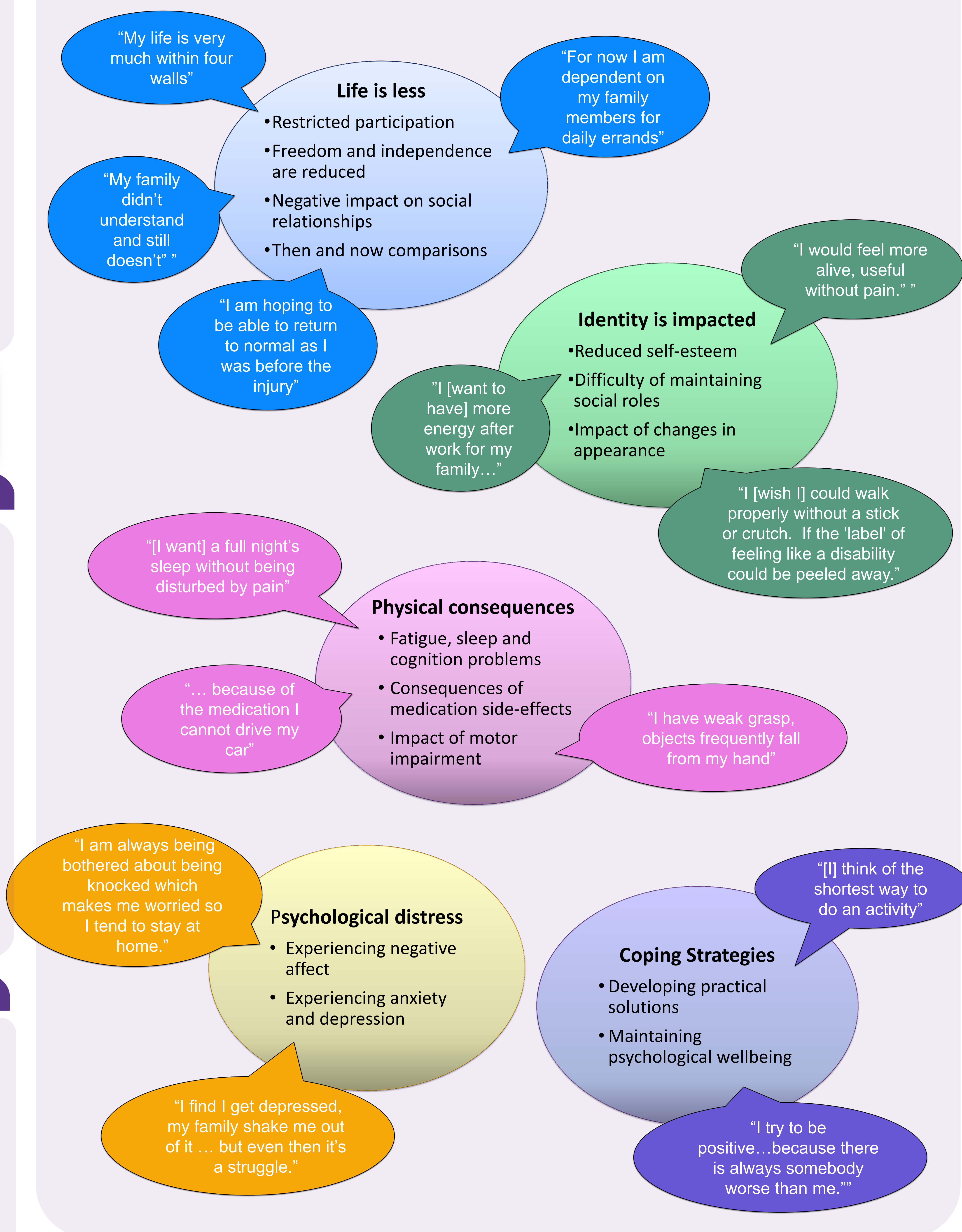
- In a previous study, participants (≥18 years) who met, or had met, Budapest diagnostic criteria for CRPS¹ were recruited via databases and clinics in eight countries in order to define recovery from CRPS from the patient perspective³.
- In free text responses, participants however also described the wider biopsychosocial impacts of the condition.
- The current study presents results from a secondary qualitative analysis of these latter data, using inductive thematic analysis to identify the biopsychosocial impacts of the condition.

Conclusions

- These findings highlight the multi-dimensional nature of the biopsychosocial impacts of CRPS.
- Clinicians should be mindful to use person-centred approaches in which the impacts of therapeutic interventions for CRPS on psychological wellbeing are considered, as well the effects on physical function outcomes.

Results

Responses were received from 347 participants (80% female, 53% disease duration ≥ 3 years). Five superordinate themes, and their associated sub-themes were identified:



Acknowledgements:

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References

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