

- Title:** Nurse-Led Intervention to Facilitate Patient Activation for Improved Pain Self-Management
- Author:** Deborah Ward, Richard Wanlass, Debra Fishman, and Sharon Myers
- Purpose:** To assess a nurse-led, patient-centered counseling protocol to encourage patients to self-manage pain after spine surgery.
- Background:**
- Patients with significant back pain often have surgery to manage their pain when other interventions fail.
 - Surgical interventions inherently shift the patient from having an active role to having a passive role in his or her care.
 - Pain and function are affected by the level of patients' motivation and engagement in pain self-management.
 - It can be challenging to motivate patients to remain actively engaged in their care.
 - Clinicians can motivate patients through their face-to-face encounters.
- Methods:**
- Researchers introduced a brief counseling intervention to a busy surgical clinic. The intervention was based on the Motivational Interviewing (MI) approach.
- Key Findings:**
- There were no significant differences between control and intervention groups on disability, activity levels, or depression. However, patients responded positively to the intervention and staff was motivated to incorporate it into clinical use.
 - The intervention has been introduced into wider health system clinic routine for management of chronic pain and disseminated to clinicians via a web-based video format.
- References**
- The patient self-management website and video may be found on the Betty Irene Moore School of Nursing website:
http://www.ucdmc.ucdavis.edu/nursing/Research/INQRI_Grant/front_page.html#Pain_Self-Management_Strategies.
- Courtenay, M., & Carey, N. (2008). The impact and effectiveness of nurse-led care in the management of acute and chronic pain: a review of the literature. *Journal of Clinical Nursing* 17, 2001-13.
- Jensen, M.P., Nielsen, W.R., & Kerns, R.D. (2003). Toward the development of a motivational model of pain self-management. *The Journal of Pain* 4(9), 477-492.