

K.O.-PAINS – Culture-sensitive outcomes for patients with pain

Funding period: 15.12.2017-30.06.2019

Background:

According to the German Society for the Study of Pain (Deutsche Gesellschaft zum Studium des Schmerzes e.V.), approximately 8 million people in Germany suffer from severe recurring pain. Among those, about one third experience severe limitations related to everyday life. So far, there are only few studies which examine the prevalence of somatoform pain disorders among migrants in Germany. However, these studies suggest a widespread prevalence of pain syndromes as the primary complaint in this population. A common problem in the therapy of pain among patients from other cultures occurs in somatically oriented treatment contexts. For example, patients in hospitals may describe physical symptoms that are culturally specific expressions of „suffering in general“. This can be an expression of negative emotions, for difficulties regarding the integration into the foreign society or biographical strains or traumas. In these cases, often there is no adequate somatic explanation for the pain problems.

Goals:

The intention of the project is to promote interprofessional, culturally sensitive treatment options for migrants with pain issues. Applying a needs assessment, the project aims to examine the ways in which biopsychosocial models of pain etiology can be communicated so that migrants feel accepted and use this information for their pain management. The results of this needs assessment will be used for the development of bilingual culture-sensitive information material. Qualitative interviews with professionals from several health professions (physicians, physiotherapy, nursing) will provide information on the circumstances in which communication problems have been previously experienced. Professionals in the respective health care occupations are going to be trained through a newly developed curriculum so that they can apply a guideline to culturally sensitive patient education. The curriculum developed for this purpose will be taught in the future in health-related study programs of Furtwangen University.

Steps of Procedure:

Period of time	Work Package
12/17-02/18	Literature Research, Kick-off Meeting
03/18 – 06/18	Qualitative needs assessment: Interviews with migrants with pain
05/18 – 09/18	Development and translation of the curriculum and materials
09/18 – 12/18	Interprofessional education und testing of culture-sensitive material
11/18 – 02/19	Evaluation of process and results.
03/19	Final adaption of the curriculum and materials

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