

Chronic back pain case study

[Technology](#), [Development](#)



This is a common type of musculoskeletal disorder that affects people at some stage in life. According to the medical researchers, it affects nearly 80% of all the people in their life time. Precisely, the chronic pain is that which lasts for more than 12 weeks.

It has been scientifically found out that the chronic back pain is caused by the benign musculoskeletal problems which results from either the sprain or strain of the muscles or soft tissues of the body. This may cause pain to the spine particularly in cases where the back is physically downloaded.

Chronic pain is bad because it negatively affects people in many ways:

- i) Causing job disability denying an individual an opportunity to go for work.
- ii) Absenteeism at work leads to low productivity hence thwarting the normal development of such organizations
- iii) A continued tendency to be absent for work may make a person lose his job. This will cause a great economical crisis to the family especially if he was the sole bread winner.
- iv) Consequently, the national economic growth will be greatly affected due to continued loss of the workforce as a result of this problem.

Because it has been established that chronic pain poses a great problem to the entire society, it is essentially important for everyone to be wary of it and do all that it takes to eliminate it from their midst. They should therefore, prevent the chances of its occurrence by doing the following:

- i) Exercise therapy
- ii) Behavior therapy
- iii) Prolotherapy

- iv) Use of tricyclic antidepressants
- v) Use of the recommended antibiotics
- vi) Spinal manipulation

Speech outline

- i) Introductory remark

The area chief, Mr. Onyango Piew, the assistant chief, Mrs. Lavender Owour, the village elders, present, distinguished ladies and gentlemen, first and foremost, I would like to take this opportunity to thank you very much and welcome you to this extraordinary session. For certain, health is primary and is the only way to development.

- ii) Definitions:

- a) Patient
- b) Hospital
- c) Diseases
- d) Doctor- patient relationship
- e) Psychology
- f) Therapy

- ii) Role of the medical ethics in the management of patients

- iii) Understanding of patient conduct

- iv) Rights of the patients

- v) Counseling process

- vi) Handling of emergency cases

- vii) Practical session

- VIII) Question time

- IX) Interactive session

Closing remark

Important notes:

- i) During this talk, I will expect the patients to ask questions like:
 - a) If not contented with the services rendered, can I seek for a legal action from the court of law?
 - b) Must I honor the appointments with my doctor?
 - c) Is it recommended to decline the drugs given?
- ii) The following materials will be used:
 - a) Jokes, S. M.(2010) Patients
 - b) Video on Psychological Therapy.
- iii) There will be a practical session in which two of my colleagues will stage a shot skit on the demonstration of a doctor- patient scenario.