



# Health literacy and pain neuroscience education in an interdisciplinary pain management programme: a qualitative study of patient perspectives

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## Abstract

**Introduction:** Pain neuroscience education is part of interdisciplinary pain management programs (PMPs). To date, the role of health literacy on patients' understanding of pain neuroscience education has not sufficiently been examined.

**Objectives:** Drawing on interviews with patients with diverse levels of health literacy, this article explores patient perspectives on pain neuroscience education.

**Methods:** Purposively sampled patients from an IPMP were interviewed twice (waiting list and after 4 weeks). A directed qualitative content analysis was performed with the Integrated Conceptual Model of Health Literacy as an analytic framework.

**Results:** Thirteen patients with chronic musculoskeletal pain were interviewed: 4 men and 9 women aged from 21 to 77 years with diverse educational and mostly low health literacy. One participant dropped out after baseline. Some participants gained access to health information actively; others relied on the expertise of their healthcare providers. Most participants did not seem to receive the information in the pain neuroscience education as intended, experienced difficulties with understanding the message, negatively appraised the information, and were not able to apply this in their daily lives. Health literacy levels likely played a role in this.

**Conclusions:** Pain neuroscience education tailored to patients' health literacy levels, information needs, and learning strategies is needed.

**Keywords:** Health literacy, Patient education, Qualitative research, Interview, Pain management, Musculoskeletal pain

## 1. Introduction

Patients with persistent chronic musculoskeletal pain are frequently referred to interdisciplinary pain management programmes (IPMPs). A biopsychosocial approach, based on the understanding that chronic pain should be viewed as a dynamic interaction involving biological, psychological, and social factors unique to each individual, is used to help patients develop effective pain management strategies.<sup>1,2,3</sup> Pain neuroscience education (PNE), an evidence-based form of pain education, aims to

reconceptualize patients' pain, encouraging them to understand it through a biopsychosocial (rather than biomedical) lens by explaining pain biology.<sup>3,10,15,23</sup> A systematic review has shown that PNE reduces catastrophising and increases knowledge about the complexity of pain.<sup>10</sup> Pain neuroscience education is therefore an important part of these programs to improve patients' understanding of their chronic musculoskeletal pain. Pain neuroscience education outcomes are expected to be highly dependent on whether the patient can grasp the content of the education. Low

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# Pain New Perspectives In Therapy And Research

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