Chronic Pain Concept Analysis (Example)

# [Course number here]

### Regis College

## **Chronic Pain Concept Analysis Outline**

1. Introduction
   1. Purpose of the paper—To explore chronic pain in order to get a better understanding of its treatments, education, and overall condition.
   2. Explanation of concept analysis
      1. Definition—Explores the meaning of concepts to promote understanding (McEwen & Wills, 2014).
   3. Why this concept was chosen
      1. Chronic pain is a topic that I am familiar with in my everyday life. I currently deal with chronic pain in my knee that is related to a childhood injury.
   4. How chronic pain is applied to nursing research and nursing education
2. Review of Literature
   1. Definition of chronic pain—Dictionary.com
      1. Chronic: Adjective—1. constant; habitual; inveterate; 2. continuing a long time or recurring frequently; 3. having long had a disease, habit, weakness, or the like: chronic invalid; 4. (of a disease) having long duration (opposed to acute). (Dictionary.com, n.d.).
      2. Pain: Noun—1. physical suffering or distress, as due to injury, illness, etc.; 2. a distressing sensation in a particular part of the body; 3. mental or emotional suffering or torment. Verb—1. to cause physical pain to; hurt.; 2. to cause (someone) mental or emotional pain; distress; 3. to have or give pain. (Dictionary.com, n.d.)
   2. Chronic pain nursing articles
      1. Craner, J., Sperry, J., Koball, A., Morrison, E., & Gilliam, W. (2017). [Unique contributions of acceptance and catastrophizing on chronic pain adaptation](https://login.regiscollege.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=s3h&AN=124131576&site=eds-live). *International Journal of Behavioral Medicine*, *24*(4), 542–551.
      2. Mamhidir, A.-G., Sjölund, B.-M., Fläckman, B., Wimo, A., Sköldunger, A., & Engström, M. (2017). Systematic pain assessment in nursing homes: A cluster-randomized trial using mixed-methods approach. *BMC Geriatrics*, *17*, 1–16. <https://doi.org/10.1186/s12877-017-0454-z>
      3. Wilson, I. R. (2017). Management of chronic pain through pain management programmes. *British Medical Bulletin*, *124*(1), 55–64. <https://doi.org/10.1093/bmb/ldx032>
   3. Chronic pain psychology articles
      1. Molton, I. R., & Terrill, A. L. (2014). Overview of persistent pain in older adults. *American Psychologist*, *69*(2), 197–207. <https://doi.org/10.1037/a0035794>
      2. McCracken, L. M., & Vowles, K. E. (2014). Acceptance and commitment therapy and mindfulness for chronic pain: Model, process, and progress. *American Psychologist*, *69*(2), 178–187. <https://doi.org/10.1037/a0035623>
      3. Flor, H. (2014). Psychological pain interventions and neurophysiology: Implications for a mechanism-based approach. *American Psychologist*, *69*(2), 188–196. <https://doi.org/10.1037/a0035254>
   4. Chronic pain education articles
      1. Louw, A., Zimney, K., & Puentedura, E. (2016). Retention of pain neuroscience knowledge: A multi-centre trial. *New Zealand Journal of Physiotherapy*, *44*(2), 91–96. <https://doi.org/10.15619/NZJP/44.2.04>
      2. Puentedura, E. J., & Flynn, T. (2016). Combining manual therapy with pain neuroscience education in the treatment of chronic low back pain: A narrative review of the literature. *Physiotherapy Theory & Practice*, *32*(5), 408–414. <https://doi.org/10.1080/09593985.2016.1194663>
      3. Louw, A., Puentedura, E. “Louie” J., & Zimney, K. (2016). Teaching patients about pain: It works, but what should we call it? *Physiotherapy Theory & Practice*, *32*(5), 328–331. <https://doi.org/10.1080/09593985.2016.1194669>
   5. Synthesis of all articles
3. Defining Attributes
   1. Pain
   2. Suffering
   3. Discomfort
   4. Duration of pain
4. Definition of Concept
   1. Narrative incorporating all defining attributes
5. Cases
   1. Model Case
      1. Model Case definition
      2. Model Case example
      3. Why the Model Case meets criteria
   2. Borderline Case
      1. Borderline Case definition
      2. Borderline Case example
      3. Why the Borderline Case meets criteria
   3. Related Case
      1. Related Case definition
      2. Related Case example
      3. Why the Related Case meets criteria
   4. Contrary Case
      1. Contrary Case definition
      2. Contrary Case example
      3. Why the Contrary Case meets criteria
   5. Illegitimate case
      1. Illegitimate Case definition
      2. Illegitimate Case example
      3. Why the Illegitimate Case meets criteria
   6. Invented Case
      1. Invented Case definition
      2. Invented Case example
      3. Why the Inverted Case meets criteria
6. Antecedents and Consequences
   1. Antecedents of chronic pain
   2. Consequences of chronic pain
7. Empirical Referents
   1. How the concept is measured
      1. Definition of concept used by researcher
      2. Purpose and structure of the measurement tool
   2. Study where the tool was used—Aziato, L., Dedey, F., Marfo, K., Avoka Asamani, J., & Clegg-Lamptey, J. N. A. (2015). Validation of three pain scales among adult postoperative patients in Ghana. *BMC Nursing*, *14*(1), 1–9. <https://doi.org/10.1186/s12912-015-0094-6>
      1. Purpose
      2. Sample
      3. Method
      4. Main findings
8. Summary
   1. Add summary here

References

Aziato, L., Dedey, F., Marfo, K., Avoka Asamani, J., & Clegg-Lamptey, J. N. A. (2015). Validation of three pain scales among adult postoperative patients in Ghana. *BMC Nursing*, *14*(1), 1–9. <https://doi.org/10.1186/s12912-015-0094-6>

Craner, J., Sperry, J., Koball, A., Morrison, E., & Gilliam, W. (2017). [Unique contributions of acceptance and catastrophizing on chronic pain adaptation](https://login.regiscollege.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=s3h&AN=124131576&site=eds-live). *International Journal of Behavioral Medicine*, *24*(4), 542–551.

Dictionary.com. (n.d.). Retrieved July 19, 2019, from  https://www.dictionary.com/

Flor, H. (2014). Psychological pain interventions and neurophysiology: Implications for a mechanism-based approach. *American Psychologist*, *69*(2), 188–196. <https://doi.org/10.1037/a0035254>

Louw, A., Puentedura, E. “Louie” J., & Zimney, K. (2016). Teaching patients about pain: It works, but what should we call it? *Physiotherapy Theory & Practice*, *32*(5), 328–331. <https://doi.org/10.1080/09593985.2016.1194669>

Louw, A., Zimney, K., & Puentedura, E. (2016). Retention of pain neuroscience knowledge: A multi-centre trial. *New Zealand Journal of Physiotherapy*, *44*(2), 91–96. <https://doi.org/10.15619/NZJP/44.2.04>

Mamhidir, A.-G., Sjölund, B.-M., Fläckman, B., Wimo, A., Sköldunger, A., & Engström, M. (2017). Systematic pain assessment in nursing homes: A cluster-randomized trial using mixed-methods approach. *BMC Geriatrics*, *17*, 1–16. <https://doi.org/10.1186/s12877-017-0454-z>

McCracken, L. M., & Vowles, K. E. (2014). Acceptance and commitment therapy and mindfulness for chronic pain: Model, process, and progress. *American Psychologist*, *69*(2), 178–187. <https://doi.org/10.1037/a0035623>

McEwen, M., & Wills, E. (2014). *Theoretical basis for nursing* (4th ed.). Wolter Kluwer.

Molton, I. R., & Terrill, A. L. (2014). Overview of persistent pain in older adults. *American Psychologist*, *69*(2), 197–207. <https://doi.org/10.1037/a0035794>

Puentedura, E. J., & Flynn, T. (2016). Combining manual therapy with pain neuroscience education in the treatment of chronic low back pain: A narrative review of the literature. *Physiotherapy Theory & Practice*, *32*(5), 408–414. <https://doi.org/10.1080/09593985.2016.1194663>

Wilson, I. R. (2017). Management of chronic pain through pain management programmes. *British Medical Bulletin*, *124*(1), 55–64. <https://doi.org/10.1093/bmb/ldx032>