



Self-management: a case of  
personal responsibility or of  
absolving responsibility?

Jackie Walumbe  
HEE/NHR Clinical Doctoral Research Fellow

APPN Webinar

11<sup>th</sup> May 2021

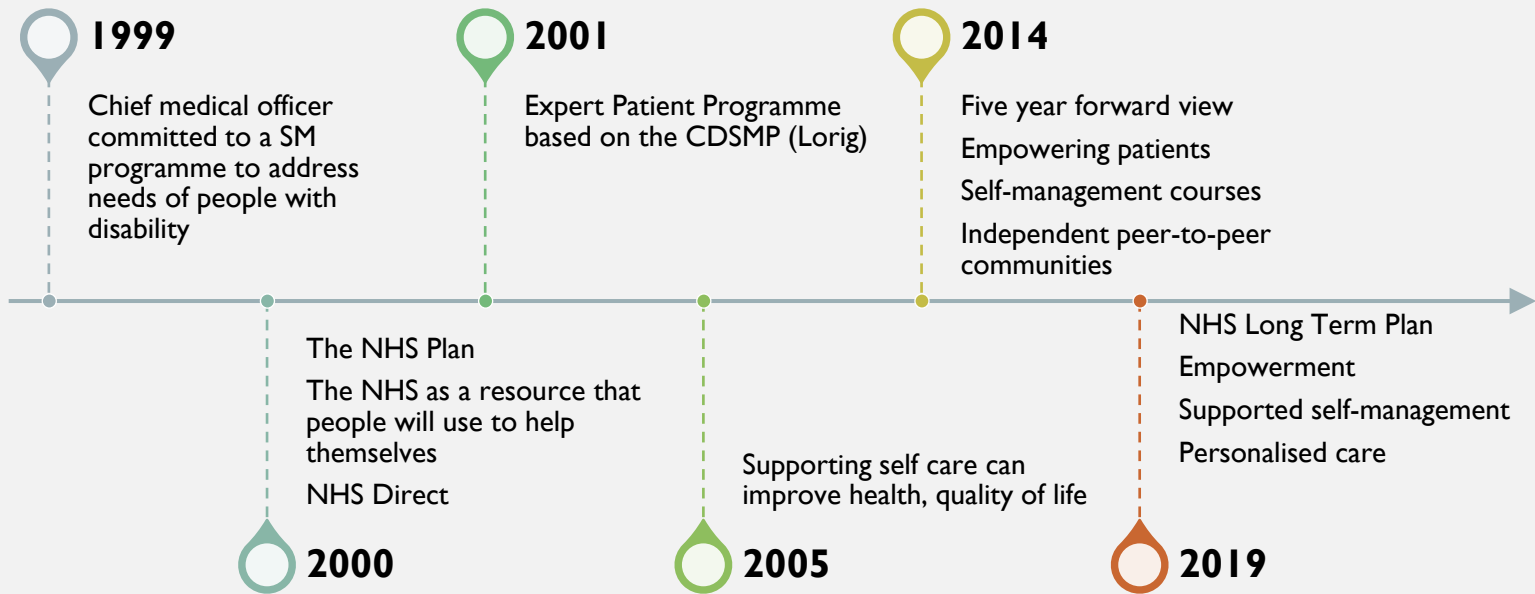
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# ...IN HEALTH POLICY (UK)



## **Self-management training for people with chronic disease: An exploratory study**

C. C. Wright, J. H. Barlow\*, A. P. Turner and G. V. Bancroft

Interdisciplinary Research Centre in Health, School of Health and Social Sciences,  
Coventry University, UK

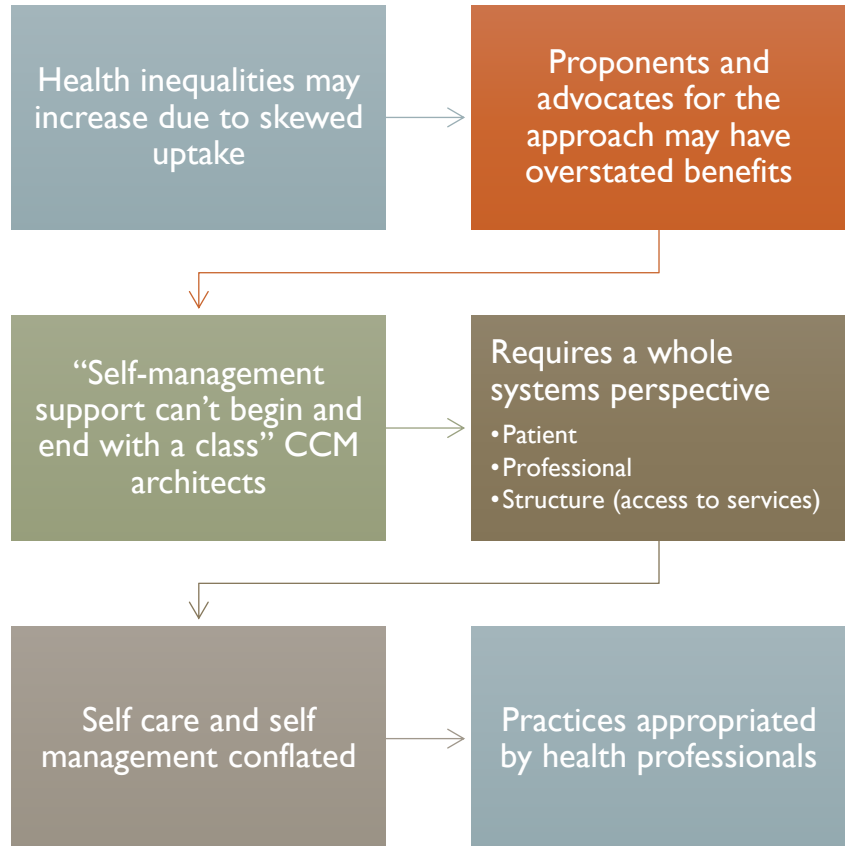
## **Lay-led self-management in chronic illness: a review of the evidence**

JENNIFER NEWBOULD, DAVID TAYLOR and MICHAEL BURY

*Department of Practice and Policy, The School of Pharmacy, University of London, 29–39  
Brunswick Square, London WC1N 1AX, UK*

- No or moderate changes UK vs more promising US findings
- Difficulties recruiting
- Low numbers men
- Low numbers non-English speakers
- Literacy levels important
- Underprivileged less likely to take part
- Long term benefits limited

# ... CRITICS



# SELF MANAGEMENT OF CHRONIC PAIN



## Articles

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## Toward the development of a motivational model of **pain self-management**

[MP Jensen](#), [WR Nielson](#), [RD Kerns](#) - *The Journal of Pain*, 2003 - Elsevier

Adaptive **management** of chronic **pain** depends to a large degree on how patients choose to cope with **pain** and its impact. Consequently, patient motivation is an important factor in determining how well patients learn to manage **pain**. However, the role of patient motivation ...

☆ Cited by 240 [Related articles](#) [All 11 versions](#)

## Optimized antidepressant therapy and **pain self-management** in primary care patients with depression and musculoskeletal **pain**: a randomized controlled trial

[K Kroenke](#), [MJ Bair](#), [TM Damush](#), [J Wu](#), [S Hoke](#)... - *Jama*, 2009 - jamanetwork.com

Context **Pain** and depression are the most common physical and psychological symptoms in primary care, respectively. Moreover, they co-occur 30% to 50% of the time and have adverse effects on quality of life, disability, and health care costs. Objective To determine if a ...

☆ Cited by 424 [Related articles](#) [All 10 versions](#)

## A randomized controlled evaluation of an online chronic **pain self management** program

[LS Ruhlman](#), [P Karoly](#), [C Enders](#) - *Pain*, 2012 - Elsevier

Internet-based educational and therapeutic programs (e-health applications) are becoming increasingly popular for a variety of psychological and physical disorders. We tested the efficacy of an online Chronic **Pain Management** Program, a comprehensive, fully **self** ...

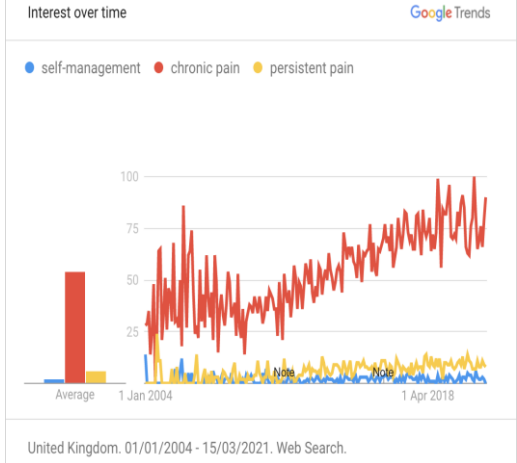
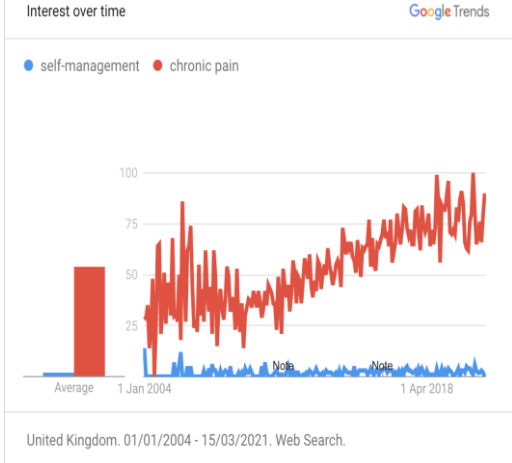
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## Barriers and facilitators to chronic **pain self-management**: a qualitative study of primary care patients with comorbid musculoskeletal **pain** and depression

[MJ Bair](#), [MS Matthias](#), [KA Nyland](#), [MA Huffman](#)... - *Pain* ..., 2009 - academic.oup.com

Objective. To identify barriers and facilitators to **self-management** of chronic musculoskeletal **pain** among patients with comorbid **pain** and depression. Design. A qualitative study using focus group methodology. Setting. Veteran Affairs (VA) and University primary care clinics ...

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# TRENDS

# INTERPRETIVE QUALITATIVE CASE STUDY

## Particular

- Insider – outsider
- Deep insight
- Complexity
- Relational
- Material objects
- Technology
- Actors and networks

## Mapping services - location, comparison

- NHS hospitals
- Private hospitals
- General Practices
- Voluntary sector
- NHS contracted private
- Community venues
- Referral & access

## Hermeneutic literature review - discourse analysis

- SM of chronic pain understood/portrayed in policy and research literature by different actors?
- What form of knowledge supports these assumptions?
- Metaphors, buzzwords, narratives and storylines



## SELF-MANAGEMENT IS...

- A desirable **behaviour**
  - An **intervention** in form of e.g. Pain Programmes
  - The intended **outcome** of other (complex) interventions
  - A **practice** done by people with pain
  - A **cost containment** measure
  - NOT biomedicine
- 
- Widely accepted as important, valid and necessary
  - Not well described
  - Assumptions of a consensus view
  - “self-evident” “received wisdom” “taken for granted”



**RESEARCH PAPER**

**Self-managing versus self-management: reinvigorating the socio-political dimensions of self-management**

ELIZABETH KENDALL, CAROLYN EHRLICH, NAOMI SUNDERLAND,  
HEIDI MUENCHBERGER and CAROLE RUSHTON

- **Early SM:** Mutual aid, social embeddedness and citizen emancipation from dominant socio-political systems. Then in 80's and 90s cost containment and self monitoring
- Self-Management as cost-cutting mechanism
- Self-management as the Domain of Health Professional Experts
- Self-management as Emancipation

“I mean pain is very scary and I think doctors find pain scary because they can't do anything about it a lot of the time. It faces us with our inadequacy, unless you actually, you know, stop and really think about it.” (GP)

Factoid

Communal  
reinforcement

Symbol

Ideal

“There is no story that is not true, [...] The world has no end, and what is good among one people is an abomination with others.”

— Chinua Achebe, *Things Fall Apart*

palgravepivot

Self-Management for Persistent Pain  
The Blame, Shame and Inflammation Game?

Karen Rodham

Copyrighted Material

"Deeply felt and provocative."—Science


# pain

A Political History

KEITH WAILOO

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# THE BODY IN PAIN




The Making and Unmaking of the World

## ELAINE SCARRY


# Giving Up the Ghost

a memoir

Twice Winner of the Man Booker Prize



## Hilary Mantel



# Teach Us to Sit Still

A Sceptic's Search for Health and Healing

## TIM PARKS

"It made me laugh; it made me cry; and it made me seriously think about taking up Visposona meditation" WILL SELF, THE TIMES

# THE STORY of PAIN


From Prayer to Painkillers

"An absorbing and thought provoking book, a must read."  
Professor Joanna Zakrzewska, UCL

## JOANNA BOURKE

# PAIN AS HUMAN EXPERIENCE

AN ANTHROPOLOGICAL PERSPECTIVE




EDITED BY

MARY-JO DELVECCHIO GOOD  
PAUL E. BRODWIN  
BYRON J. GOOD  
ARTHUR KLEINMAN

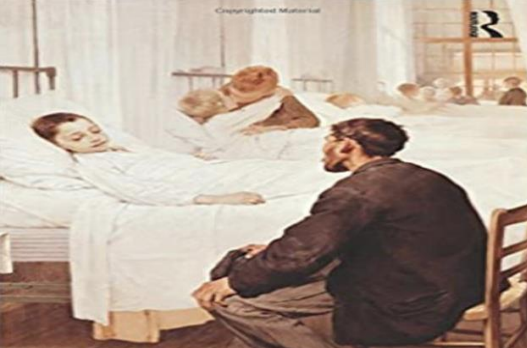
# Encountering Pain

Hearing, seeing, speaking



Edited by  
Deborah Padfield and Joanna M. Zakrzewska

UCLPRESS



# Illness

Havi Carel

## ALL THE QUESTIONS...

- Does this default, unchallenged view of self-management in pain management prevent other approaches from being explored, discussed, practiced?
- Does the associated tendency of assuming personal responsibility and individual choice detract from wider discourses on cultural and social systems in pain management?
- Does this dominant discourse serve to offer up legitimacy to practitioners who do not deviate from the state sponsored narrative of self-management
- And in doing so
- Delegitimise practitioners who have adopted different ways of thinking and doing self-management
- And does this disenfranchise people who choose to 'self-manage' in different ways?



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