

Ethnography of Chronic Pain Experiences of Enlisted Women



Objectives

- Discuss the risk factors for chronic pain in military women
- Compare and contrast the risk factors for chronic pain in military women and civilian women
- Analyze military culture as risk factor for chronic pain



Aim

Describe the chronic pain experiences of enlisted women



Review of Literature



Review of the Literature

- No studies
- Studied populations representative of male service members
- Enrollment efforts have taken on a regulatory and recruitment tone (NIH, 1994; Sung et al., 2003; Swanson & Ward, 1995).



Significance



Significance

- Chronic nonmalignant pain is prevalent in women (Kerssens, Verhaak, Bartelds, Sorbi, & Bensing, 2002).
- Berkley (1997) found that about half of seventy-eight pain conditions affected women more than men.



Significance

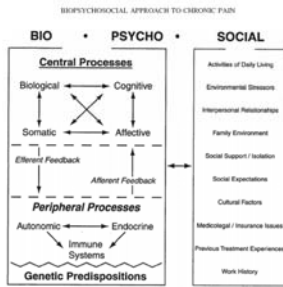
- Frayne et al. (2006) found military women with a serious medical condition exhibited a marked increase in bodily pain.
- Chronic pain in military (32%) military culture is a barrier to pain care & receiving pain care jeopardized their career (The American Pain Foundation, 2006).



Theoretical Perspective



Theoretical Perspective



Theoretical Perspective

- Synergistically influence pain experience
- Culture is relevant to pain behaviors and pain management
- Military culture negatively affect seeking pain management care



Military Culture



Military Culture

- Culture of military rules and regulations promote a soldier mentality that works in opposition to the success of military women (Burke, 2004).
- Sociocultural dimensions of pain have received the least attention by researchers of chronic pain (Hopkins-Chadwick, 2006).
- Relationships, environmental stressors, insurance, social support, culture, previous health encounters
- Diminish or amplify the chronic pain experience (Derbyshire, 1997, 2008; Frayne et al., 2006).



Military Culture

- Little is known about how military culture influences health and health behaviors
- Women are at risk for pain conditions due to exposure to extreme weather and hazardous conditions uncommon to many civilian women



Military Culture

- One half of all chronic pain conditions affect women disproportionately
- N=213 women, 75% reported chronic pain conditions (2006)
- 32% of men and women reported that military culture was a barrier to pain care (APS, 2006)



Ethnography



Ethnography



Ethnography



Ethnography



Lifestyle Ethnography




Methodology

- Ethnography can allow the voices of enlisted women to be heard (Thomas, 1993).
- Barriers to pain care are unknown
- Include beliefs, rituals, symbols, pain management practices of women
- Incongruence in theory and practice
- Pain management requires a series of understandings that motivate behavior




Sample

- 15-30 enlisted women between the ages of 18 to 59
- Health providers caring for these women
- Observations of clinic, living, & working environments of women




Procedures

- Conduct a 1-2 hour interview.
- Participants will be instructed to complete pain diaries following the interview.
- Mail the pain diaries
- Gift care (\$10)



Data Collection

- Demographics
- Field journal
- Qualitative software
- Transcriptions
- Coding and themes
- Ethnography



Strategies

- Pain assessment woven in all clinic settings included in any health encounter
- Educate patients: pain relief measures are within your control
- Biopsychosocial model for chronic pain assessment and treatment
- Medication dispensing, massage, water therapy, social supports, positive distraction, rest, nutrition, exercise, journaling, and stress management



Nature