

Relation between the phases of stress and the pain chronification process of the worker for the planning of the occupational therapeutic procedures analyzed throughout the ICF

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Introduction: The occupation is the essence of the occupational therapy (OT) and is the re-appropriation of the meaning given to the work. The functional cycle of the pain has similarities with the stress phases: alarm, resistance and exhaustion. The occupational therapeutic treatment differs in each phase: healthcare; risk of disease and worsening of symptoms; organization interference and work relocation.

Objectives: Show the relation of the evolution of the stress and pain in the TO perspectives related to the healthcare concepts and terminologies organized by the ICF; divulgation of healthcare, disease prevention, operational procedure control and reformulation.

Description/Report: The alarm affects the organism functions and structures; the resistance affects the activities; the exhaustion affects the participation and puts in risk participation in work. Working is one of the most important activities of life. The Worker Health Education model, written in the Occupational Therapy perspective, is used to promote changes and lifestyle reconstruction. ETIC nº 023/04.

Results/Discussion: The activities experience can, at the same time, activate the movements in amplitude, resistance or strength and facilitate the activities experiences that will be executed without the increase and even decreasing the pain.

Conclusion: Treating labor pain as traumatic or undifferentiated suffer is the same as dismissing the Occupational Therapy from the only representation of the identity and complete of human work. Pain represents a threshold for removal of the occupation in the development of historical and personal work of each one, imposing reflection on values, limits and motivation of the life in society.

Contribution to the practice/evidence base of occupational therapy: The effectiveness of Occupational Therapy on people with chronic pain depends on the range of changes of the strategies and manners of overcoming or facing the stressful situations that cause the increase of the pain.

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