

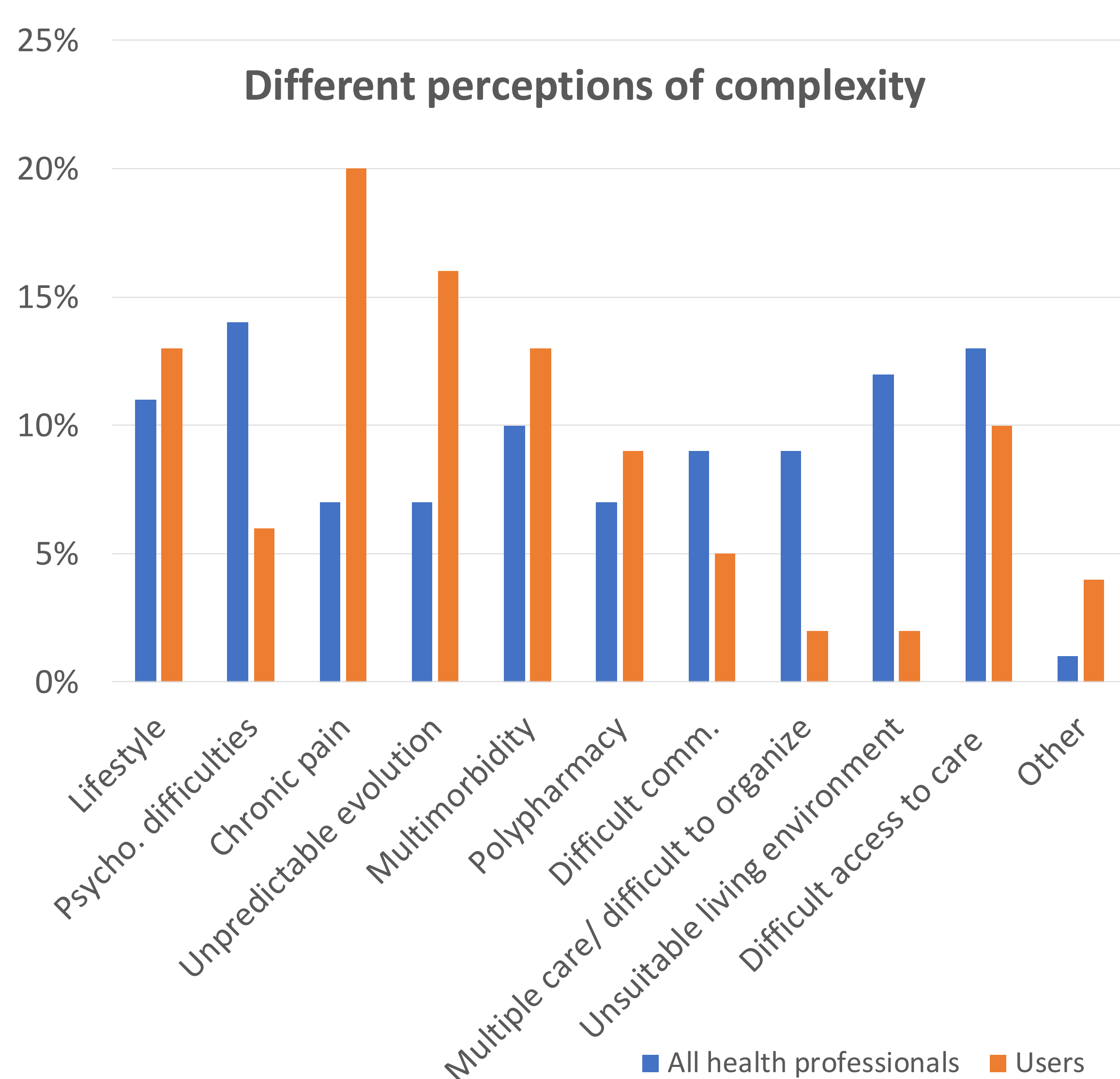
# Recognition at the heart of complex situations experienced by people with chronic neuromusculoskeletal pain

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## Introduction

A Belgian's survey (2019) asked the population to answer the question "what factors are likely to make a life situation complex?"



### The "sacredness" of medical images: an absence of global vision

"they don't understand that we are whole (laughs) no but it's terrible really!"

"If the professional doesn't see anything, it's because there's nothing there. »

### Stigmatisation

"I had a brother who said to me: "You just have to start working again (...) and you won't have any more pain". (...) And then the following year he broke his foot and now he has algodystrophy and is dying of pain. So, he understood what pain was. He apologized and said, "I get it."

### Capacity loss

#### Deep distress

**Fatigue** "There are times when I feel like disappearing and it's quite crazy"

#### Suicidal thoughts

"I don't know how to do sports anymore, to do the things I like!...besides my job."

#### Decreased self-esteem

### Strategy

#### Complaining to be considered

#### Escaping the gaze of others so as not to be judged.

"But I didn't show that it was hard, because people were there for me, I smiled but it was hard."

### Recognition by insurers/payers and the workplace

#### Workplace accidents and opacity of protocols

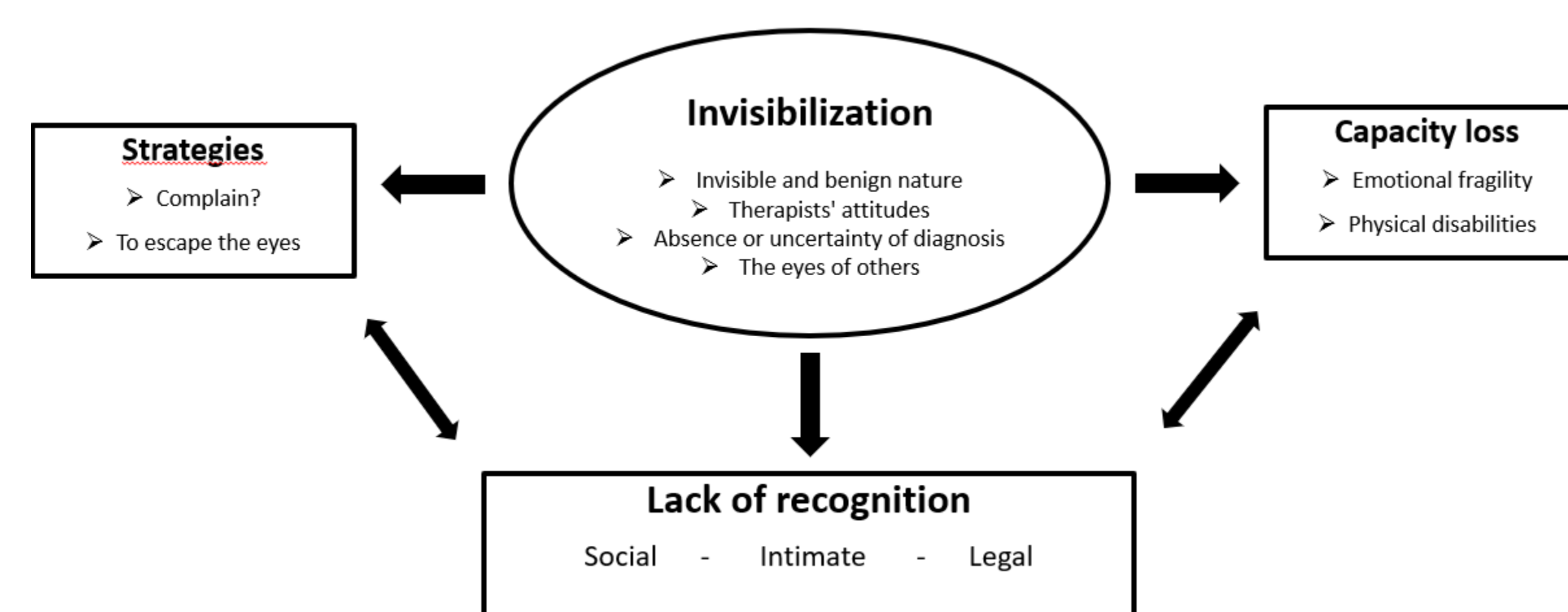
"the insurance company told me I wasn't entitled to it because I was back at work."

"the boss categorically refused to acknowledge his responsibility. "

#### Expert doctors: violence and prejudice?

"he was really mean! He came and stood up, when I told him I couldn't move, he took my arm like this, he turned my arm, I screamed with pain"

## Discussion



**Emergence of theory:** suffering from DCNMS disrupts the individual's feeling of recognition.

**Honneth's theory (2000)** = recognition social, legal and intimate

**Koesling & Bozzaro (2021):** adaptation of Honneth's theory to chronic pain

**The objective:** to understand how DCNMS participates in creating complex life situations

## Méthode

**Qualitative study:** **Semi-structured individual interview**  
Between 30 min and 1h30



November 2019 to February 2022

**Interview guide:** "Can you describe your current situation?  
How are you feeling now?  
"Can you tell me about the place of physical, body pain in your life?"

18 ♀ + 6 ♂

47+/- 26 years

**Analysis :** Inductive method

## Results

### Invisibilization

"I always have to convince people that I have pain"

"The doctors say: "Yes, but you must be happy, there is no cancer, there is no tumor" {...} it is still very serious for me to have to live with this"