

Perspectives of Health Professionals of Driving with Chronic Pain

Variability of the impact of pain on individuals

“Chronic pain is very much an individual experience, because some people don't end up being very affected by the pain when they're driving and others do.”

Driving could be a physical & cognitive challenge that exacerbates pain

“For most people, sustained sitting flares up pain. Driving has the potential implication of worsening of their pain.”

Perceived impact of medication

“What we often see is this issue of polypharmacy, there are multiple drugs, which is just creating a multiplication of the impairment.”

“Pain will interrupt attention; meaning they can be distracted by their pain & not maintaining attention on the road.”

Vehicle modifications

“Ergonomic vehicle modifications for patients to improve their driving experience.”

Lack of clear guidelines for driving with chronic pain

“Chronic pain is a topic less highlighted and there are no step-by-step guidelines for us.”

Activity pacing strategies for driving

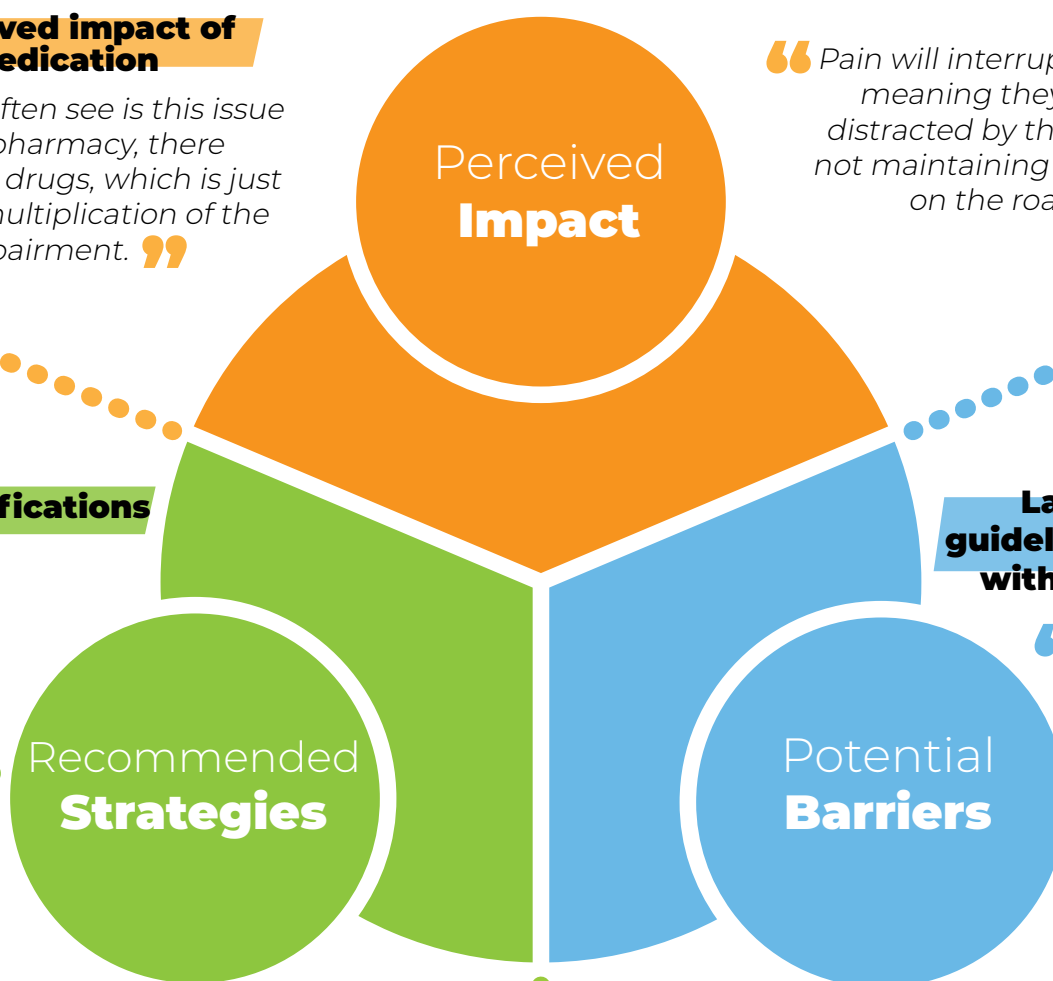
“It's more of broad fatigue management ... look at strategies that can re-energise and pace out activities that are quite draining.”

Awareness & education about the impact of pain on driving

“Retaining one's driving ability could be used as a motivator to improve patient compliance with self-management options.”

Clients may not discuss driving difficulties over concerns of losing their license

“It's extremely rare for someone to identify driving as an issue. People prefer to keep driving and lose their capacity to drive as the last option. So, they keep driving, even with some major medical conditions.”



Read the full paper:

Vaezipour et al. (2022). Exploring driving behaviour from the perspectives of individuals with chronic pain and health professionals, Applied Ergonomics. DOI: 10.1016/j.apergo.2022.103755.

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