



# JOB READY SERVICES

## YOUR STAMP OF APPROVAL FOR WORKPLACE FITNESS

May 2014 Issue



### ***Our Services:***

- Functional Capacity Evaluations
- Work Conditioning
- Job Analyses
- Fit for Duty Testing
- Employment Testing

## **SUCH A PAIN!**

Chronic vs. acute, stoic vs. complainer, intolerant vs. acceptance, flight vs. fight – there are many aspects to the study of pain and how people react to it. Pain is subjective and is therefore very difficult to measure. For healthcare providers and rehabilitation specialists, being able to distinguish chronic pain patients who have pre-existing psychological disorders and those who are exaggerating their reaction to pain, is frustrating to say the least.

According to the Summer 2005 edition of “The Forensic Examiner”, the Mensana Clinic has developed a Pain Validity Test (PVT), which “established a psychological and medical profile that retrospectively correlated with objective physical findings 83% of the time and predicted a positive outcome to surgery or pain-related procedures 77% of the time in a group of 315 men and women. Prospective studies found that the test could predict the presence of organic pathological conditions 77% of the time for women, 91% of the time for men and 85% of the time overall.”

The intent of this test was not to measure pain, but to measure the impact of pain on a person’s lifestyle. As a result of this study, Nelson Hendler was able to categorize chronic pain patients into 4 groups:

“Objective pain patients: Good pre-morbid adjustment, changes in lifestyle over time because of pain, and a definable organic syndrome, with positive objective tests.

Exaggerating pain patients: Poor pre-morbid adjustment, no change in lifestyle, avoidance of unpleasant tasks, and definable medical syndrome, without positive objective tests.

Undetermined pain patients: Good pre-morbid adjustment, changes in lifestyle over time because of pain—similar to the objective pain patients—and a difficult-to-diagnose clinical syndrome, without positive objective tests.

Affective pain patients: Poor pre-morbid adjustment, no change in lifestyle, no recognizable organic syndrome, without positive objective tests.”

By using these categories, healthcare providers are able to consider both organic and psychological factors at the same time. The test is basically a structured psychological and medical interview.

There are many factors contributing to pain and may result in the persistence of pain reporting: anger, anxiety, fear, secondary gain, avoidance, others at home who are disabled, post traumatic stress syndrome, feelings of hopelessness or that things will never change, living in the past or fear of the future, depression, stress, etc. Drug dependence and accidental overdose leading to death is another possible result of chronic pain.

As healthcare providers performing Functional Capacity Evaluations, it is not our job to determine the reasons behind the persistence of pain and disability. Our job is to objectify the behaviors observed and determine whether the behaviors are consistent among a series of similar activities. When clients give a good and consistent effort, determining which job tasks are safe for them to do and when they are safe to return to those tasks, is a much more straight-forward process for everyone. An “invalid” test will only provide information as to the least the client can do and is not indicative of their maximum level of physical ability.

For more information regarding Hendler’s Pain Validity Study: <http://www.slideshare.net/DiagnoseMyPain/4-stages-of-pain>

*-Submitted by Michelle Morgan, Vice President of Job Ready Services, LLC*

## **JULY LUNCH & LEARN**

Thursday, July 17, 2014

12:00pm – 1:00pm – Job Ready office in Raleigh

Back by popular demand: Speaker: Dr. David Caretto

Title: Mental Health Issues in Worker’s Comp Cases



*Dr. Caretto will be discussing the legal and economical challenges affecting employers in dealing with stress and mental health issues in the workplace. He will be discussing some new system approaches that address total worker health in the workplace.*

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We have Spanish-speaking staff for daily work conditioning visits.

CCM credits approved: 1 hour

Cost: \$12.00

To register, please call or email Michelle Morgan at michelle.morgan@jobreadyservices.net, or visit our website at www.jobreadyservices.net.

### **JUST A REMINDER**

**Job Ready will be closed May 26 for Memorial Day**

### **STAFF CHANGES**

Goodbye to RJ Totten – RJ will be pursuing his passion, Personal Training, in his own business in Burlington.

We welcome a new technician this week: Reko Daye. He just moved to the triangle from Greensboro, NC after receiving his bachelor’s degree in Kinesiology. He has experience in personal training, administrative tasks, and sales, and he had an internship with a chiropractic practice while in school. Reko is excited about beginning his journey here at Job Ready Services and looking forward to learning more about the Raleigh area, worker’s compensation, and the local businesses.

