

## The Value of Addressing Patients' Pre-expectations Before Initiation of Intrathecal Baclofen Treatment for Disabling Spasticity

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### INTRODUCTION

A high satisfaction with intrathecal baclofen (ITB) treatment is often presented however dissatisfaction has been reported and a relation to pre-expectations has been expressed but not further studied. The aim was to investigate outcome on; spasticity, pain intensity, sleep quality, occupational performance, well-being, self-efficacy as well as satisfaction with treatment and the relationship between patients' pre-expectations regarding outcomes of treatment with the actual outcomes at 1-year follow-up.

### METHODS

A prospective longitudinal study with follow-up at 1 year. Consecutive patients  $\geq 18$  years selected for ITB treatment at either of two participating hospitals were included (n=29). A questionnaire, spasticity assessment by physiotherapists, a short semi-structured interview regarding occupational performance of individual importance, using the Canadian Occupational Performance Measure were used as outcome-measures before and at 1-year follow up. For those who were unable to communicate verbally or in writing, data were collected through a proxy.

### RESULTS

For both groups, patients answering by self and by proxy, spasticity, pain intensity and occupational performance were improved and for the by self-group also sleep quality was improved. Higher pre-expectations compared with 1-year outcome regarding spasticity, pain intensity and sleep quality were seen for both groups and for by self also higher pre-expectations regarding occupational performance was reported. Overall satisfaction with treatment and satisfaction with occupational-performance were reported as moderate. Improvement in performance and pre-expectations were seen as important variables explaining satisfaction with occupational performance.

### CONCLUSION

Results from the study highlights the importance of thoroughly discussing goal attainment with ITB to address patients' realistic expectations.