
PSYCHOSOMATIC DISORDERS IN ORTHOPAEDIC

*An Essay Submitted for Partial Fulfilment of
M.Sc. Degree (Orthopaedic)*

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

رَبِّنا الْأَنْزِغْ قُلُوبَنا

بَعْدَ إِذْ هَدَيْتَنا وَهَبْ لَنا مِنْ لَدُنْكَ رَحْمَةً

إِنَّكَ أَنْتَ الْوَهَّابُ

صَدَقَ اللَّهُ الْعَظِيمُ



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INTRODUCTION

Introduction

Psychosomatic medicine is a young and immature science characterised by a lack of agreement on etiological issues and methods of inquiry. (Gannon , 1981) .

" Psychosomatic disorder " or illness or symptom is term still unfortunately used by some writers to refer to any somatic disease or dysfunction in which psychological factors are postulated to play a necessary or sufficient causal role. This term has given rises to pointless and misleading polimics as to whether a given disease or disorder was or was not eligible for inclusion in the "psychosomatic " class.

In this essay the meaning of psychosomatic medicine is given . This essay will answer two important questions:

- (1) Do common personality and characteristics exists among those with psychosomatic disorders i.e. is there is a " rheumatoid" personality? is there is a " low back pain" personality ? is there is a "fibrositic" personality ? and so on .
- (2) What relationship exists between biological and psychological variable in psychosomatic disorders ?

The psychogenic low back pain (especially pain - prone disorder) will be summarized. The fibrositis syndrome will be described. The role of psychotherapy will be summarized.

The Aim of The Work

The aim of this work is to throw a light on the most recent research findings in the field of psychosomatic medicine in relation to orthopaedic surgery and to describe the importance of psychogenic factors as a contributing factors of some orthopaedic disorders and the importance of these factors in the management of such disorders.

PSYCHOSOMATIC DISORDERS

PSYCHOSOMATIC DISORDERS

DEFINITION :

The task of defining a psychosomatic disorders is difficult because psychosomatics is a relatively young and immature science characterised by a lack of agreement on etiological issues and methods of inquiry (Gannon, 1981). When the word "psychosomatic" is used, there is usually an implicit or explicit understanding that the disease under discussion is, at least in part; a response to social stress (Graham, 1963) .

The term psychosomatic medicine applied not only to a discrete set of diseases but rather to an approach to illness which studies the interrelationships between the organic, the psychological and social factors, (Kimball, 1970) .

"Psychosomatic medicine" (Psychosomatics) refers to a discipline concerned with :

- (A) The study of the correlations of psychologic functions, normal or, pathological, and of the interplay of biologic and psychosocial factors in the development, course, and outcome of diseases; and
- (B) Advocacy of a holistic (or biopsychosocial) approach to patient care and application of methods derived from behavioral sciences to the prevention

and treatment of human morbidity. (Lipowski,1984).

THEORETICAL CONCEPTS
IN PSYCHOSOMATIC MEDICINE

The modern meaning of that term incorporates two old conceptions, namely the holistic and the psychogenic which are not usually clearly distinguished and thus contribute to its ambiguity. (Lipowski, 1984).

The Holistic conception :

The word "holistic" is derived from the Greek holos, or whole. The core postulate of the holistic viewpoint is that the notions of mind and body refers to inseparable and mutually dependent aspects of man. The holistic conception affirms the need for physician to take into account both the mental or psychologic and physical or physiologic aspects in the study of disease and treatment of patients.

It is what many writers have referred to as the "Psychosomatic approach" to issues of health and disease and to the treatment of patients. (Lipowski, 1984) .

On the basis of psychosomatic approach, the following formulations may presently be made:

- All illness have psychosocial aspects that influence their cause, precipitation, manifestation, courses and

outcome.

- There is no fundamental difference between mental and physical illness, but all illnesses have psychological and somatic components.
- There is no special treatment for psychosomatic diseases as opposed to other diseases, but in the treatment of all illness there are therapeutic procedures that are required for the psyche as well as for the body.
- Anxiety, grieving, and depression are a part of the illness experience of all patients .

Attention to these factors on the part of physician by permitting and encouraging the patient to express his feeling will facilitate adjustment. (Kimball, 1970).
The wise Socrates Said, "The reason why the cure of many diseases is unknown to the physicians, because they are ignorant of the whole." (Sterecker; 1942).

Psychogenic conception :

It is equivalent to "Psychogenic" in the sense that it implies an etiologic hypothesis about the role of psychological factors in human diseases. It asserts that certain attributes or functions of the organism, those that be called "psychologic" or "mental", constitute a class of causative agents in morbidity, (Lipowski, 1984).

The psychogenic conception has given rise to pointless and misleading polemics as to whether a given disease or disorder was or was not eligible for inclusion in the " psychosomatic" class. (lipowski,1968).

***PSYCHOSOMATIC ASPECT
OF
MUSCULOSKELETAL DISORDERS***

PSYCHOSMATIC ASPECT OF MUSCULO - SKELETAL DISORDERS

Introduction :

Orthopaedic disorders can be classified into :

- 1) Conditions which are primarily organic, recognising that psychological factors may play a part in the presentation and management of the condition.
- 2) Those conditions which, while presenting with somatic symptoms, are in fact expression of an underlying psychological illness e.g. low back pain .
- 3) Those conditions in which psychological factors play an important etiological part e.g. Rheumatoid arthritis. (Meenan, 1972) .

Four types of relationships, not mutually exclusive between, mental state and musculo-skeletal symptoms may be seen :

1. Psychosomatic production of symptoms or disease.
2. Exaggeration (or denial) : subconscious use of existing disease for secondary gain.
3. Conversion reactions .