

# THE SOCIETAL BURDEN OF PAIN-RELATED DISABILITY.

## ESPRM POSITION

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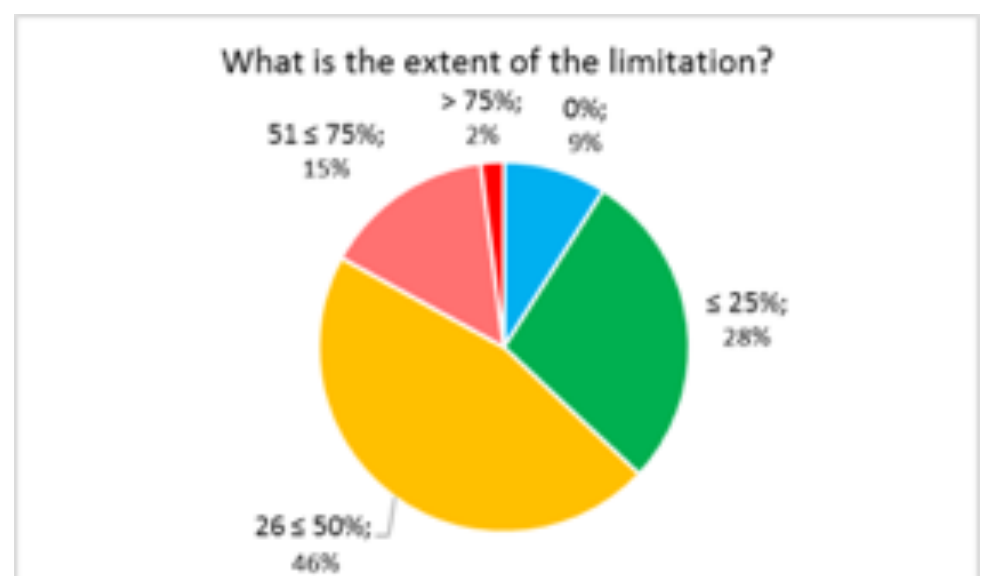
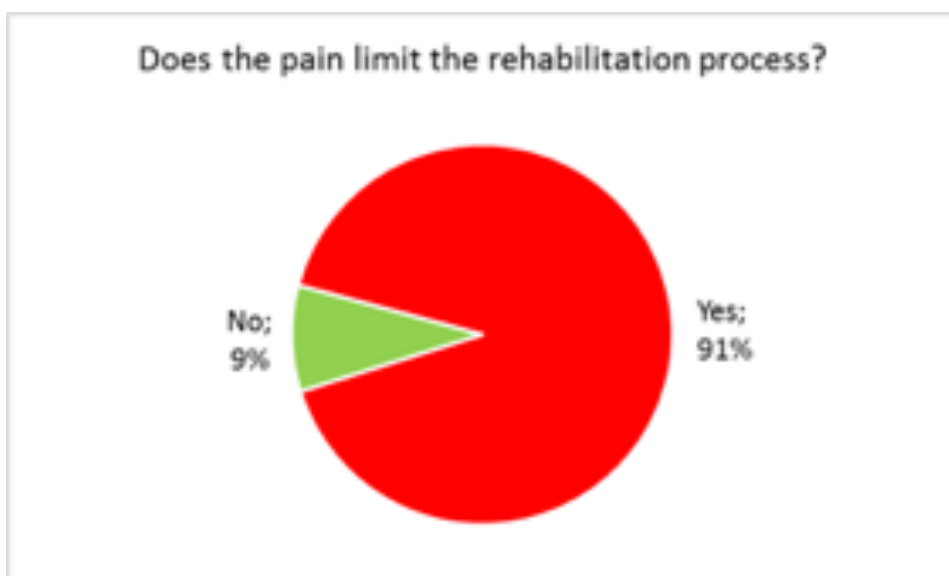
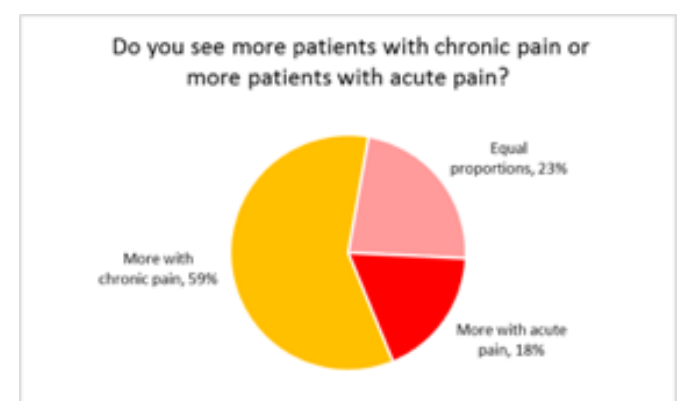


The European Commission highlighted in the European Disability Strategy 2010-2020 the eight areas for joint action between the EU and EU member States:

i) *accessibility*; ii) *participation*; iii) *equality*; iv) *employment*; v) *education and training*; vi) *social protection*; vii) *health*; viii) *external action*.

**Rehabilitation in principle has a pivotal role in reducing the cost of disability and pain-related disability not only reducing the level of pain with all the procedures and activities of its own speciality but also more importantly via promoting functional recovery and increasing the function.**

Ref.: White Book on Physical and Rehabilitation Medicine in Europe. Introductions, Executive Summary, and Methodology. Eur J Phys Rehabil Med. 2018 Apr;54(2):125-155. doi: 10.23736/S1973-9087.18.05143-2.



1. Acknowledge that **pain is limiting the quality of life** and thus rehabilitation should be a top priority of the national health care system;
2. **Persons with disability.** Activate patients, their family, relatives and care-givers through the availability of information and access to pain related disability rehabilitation programs;
3. **Strengthen cooperative research programs on pain and disability** as a priority in EU framework programme and in equivalent research road maps at national and EU level;
4. EU platform to monitor trends in pain-related disability management and **outcomes**;
5. Provide **guidelines for pain disability rehabilitation to harmonise effective levels of management to improve the quality of life of European Citizens.**