Chapter 6:
The Experience of Disability, Chronic Pain, and Chronic Illness

What would you guess is the medical model for "disabilities"? (e.g., how is it defined)

- Medical model: a disability exists when there is something physically or mentally wrong that needs to be fixed if possible—a deficit
  - Who determines what is "wrong", i.e., what is considered a deficit?
    - Physicians

What about the social model? (e.g., how is disability defined)

- Social model: a disability exists when an individual experiences an inability or restriction to perform "normal" tasks due to a physical or mental condition.
  - Social forces, attitudes and costs influence a person's ability to overcome restrictions (and consequently create a disability)
  - Example: the inability to walk is a disability to the extent that it restricts a person's movement. Wheelchairs, ramps, etc. can reduce the disability or make it a non-disability

Who is most likely to be disabled (that is, what are their demographic characteristics)?

- Female
- Low-income
- Minority groups
- Older

How are "disabled" people viewed by society?

- Physically and morally inferior

What is a stigma and how might it be related to a disability?

- Typically thought of as the social disgrace of having a deeply discrediting attribute (e.g., HIV/AIDS has a negative social stigma)
- A disabled person may be viewed as inferior
How are those with a disability similar to a "minority group"?

- the disabled experience prejudice (i.e., negative attitudes toward or dislike of a group)
- the disabled are stereotyped (i.e., generalizing about a group)
- the disabled are discriminated against (i.e., unequal treatment of a group)

What’s the difference between prejudice and discrimination?

What is the purpose of the Americans with Disabilities Act (ADA) and how is it carried out?

- outlaws discrimination
- requires accessibility in employment, public services, and public accommodations (including restaurants, hotels, and stores).
- somewhat unsuccessful because it all depends on who is defined as disabled (e.g., is a person with carpal tunnel disabled?)

What would you guess is the most common underlying reason for a disability?

chronic pain, i.e., pain that does not heal but persists and worsens over time

How would you define pain that persists over a long period of time (hint: "c____ pain")?

chronic pain

What physical and social problems does chronic pain cause in a person? That is, how does chronic pain affect someone?

- sleep deprivation and exhaustion
- damages social relationships
- increases depression, anxiety, and the risk of suicide
- high health care costs

What are some of the treatments for chronic pain?

- drugs
- physical therapy, strength training
- meditation
- psychological treatments that focus on how to think differently about the pain
- marijuana
What conditions encourage a person to seek help for pain that s/he has been having (referred to as illness behavior)?

- frequent, persistent, visible, and severe to interfere with daily activities
- lack of alternative explanations for their symptoms
- family and friends encouragement
- no barriers to seeking help, e.g., economic

Self-diagnosis is becoming more common. How might someone go about obtaining a self-diagnosis?

- internet sites
- support groups that provide details on an illness
- paying health care companies directly for diagnostic tests rather than via a doctor

Some people do NOT comply with conventional recommendations. Why might this be?

- don't believe they really have a problem
- don't believe compliance will help
- have one or more barriers such as lack of funds, transportation, can't leave work, inconvenient, etc.
- Too much trouble—Example would be someone with diabetes
- don't understand what s/he is supposed to do in order to comply

What are the advantages and disadvantages to using "alternative" therapies/medications (e.g., high doses of Vitamin C; acupuncture)?

Advantage: the alternative may provide cure for the illness with fewer side effects—there appear to be some therapies that are not condoned because pharmaceutical firms/physical therapists cannot obtain patents for their use (e.g., high doses of Vit. C) and so cannot make $ from them.

Disadvantage: alternative therapies have not typically received vigorous testing and, at worst, could be dangerous

Have you been given a "placebo" and if so what effect did it have?

What is a "placebo"?

How many people have used the internet to get health care information?

- 59% of Americans used the internet to get health information
- 35% used the internet to diagnosis themselves or others
How do chronic illness and disabilities affect social relationships? (Strengthen them? Weaken them?)

- Strengthen relationships as family and friends pull together to help
- Can strain relationships over long periods
- Growing feeling of burden of gratitude
- No longer participating in social activities hurt relationships
- Financial stresses can strain relationships

What are some chronic illnesses that often create a stigma? What do these people experience?

- HIV/AIDS, Hepatitis
- For some such illnesses, uncontrollable bowels, urine or other body functions
- Cognitive problems
- Person might be socially viewed as immoral or bad

How is stigma avoided or overcome?

- Hiding or otherwise deflecting attention from the problem
- Fighting back by demonstrating what one can do in spite of the disability such as becoming a part of the Olympics for the disabled
- Fighting for civil rights
- Social movements—equal rights

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How do men feel differently than women about their disability?

- More have lower self-esteem since the American culture expects men to be emotionally, physically, and financially independent strong which is more difficult when disabled
- Women are generally not expected to be as independent so their self-esteem may not be hit as hard
- These value differences are changing

Social Movements are collective efforts to change society (e.g., civil rights, women's rights, LGBT rights).

What might a social movement in health focus on?

- Equal access to health

(25 minutes for both)

- Lorimer Moseley 'Body in mind - the role of the brain in chronic pain' at Mind & Its Potential (start at 1 min show first 11 mins: gene pool)  
  https://www.youtube.com/watch?v=RYoG5x2G3k

- Dr John Sarno Healing Lower Mid Back Pain Sciatica Psoas Pain Causes Relief 20/20 episode (start at 2:40; 14:47 minutes)
  https://www.youtube.com/watch?v=c2B2IEx7dIU
What's wrong with me? Absolutely nothing | Gabi Ury | TEDxSanDiego (12:30 mins)
https://www.youtube.com/watch?v=bDbN8R6Gb6Q

DISABILITY | How You See Me (3 mins)
https://www.youtube.com/watch?v=bwW6mYdJ7Xc

FIXED: The Science/Fiction of Human Enhancement - New Day Films - Disabilities - Sociology (7 mins)
https://www.youtube.com/watch?v=uc5P3URLiiA

How I Deal with Chronic Pain (11:13 mins)
https://www.youtube.com/watch?v=f3uF3EpSZMw

Same Woman in a happier state (first 3 mins)
https://www.youtube.com/watch?v=DnT3FqV7pzU

Lorimer Moseley ‘Body in mind - the role of the brain in chronic pain’ at Mind & Its Potential (start at 1 min show first 11 mins; gene pool mentioned)
https://www.youtube.com/watch?v=RYoGXv2263k

Dr John Sarno Healing Lower Mid Back Pain Sciatica Psoas Pain Causes Relief 20/20 episode (start at 3:00; 14:47 minutes)
https://www.youtube.com/watch?v=2BZIE0a7diU

Youtube, “We Are The World” (7 minutes)
https://www.youtube.com/watch?v=Zi0RpNSELas

YouTube on health care, ranked 37 (3 minutes)
http://www.youtube.com/watch?v=yVgOl3cETb4

Youtube, “We Are The World” (7 minutes)
https://www.youtube.com/watch?v=Zi0RpNSELas

On-line: Big Bucks Big Pharma (46 minutes)
(cop into browser, will take you to UNT media lib where can request it on line)
http://iii.library.unt.edu/search~S6?/Xbig+bucks+big+pharma&SORT=D/Xbig+bucks+big+pharma&SORT=D&SUBKEY=big+bucks+big+pharma&SORT=D&FF=Xbig+bucks+big+pharma&SORT=D&1,1,1,Sourceset&FF=Xbig+bucks+big+pharma&SORT=D&1,1,1,Sourceset

Sick around the World
(Night Line, 25 mins GB and Japan, 35 includes Germany)
https://www.youtube.com/watch?v=ebqzq_-usNE

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Are You Fat In China? (12:00)
https://www.youtube.com/watch?v=TR_65FbAdj8
Kahoot

http://www.create.kahoot.it/#login?next=