

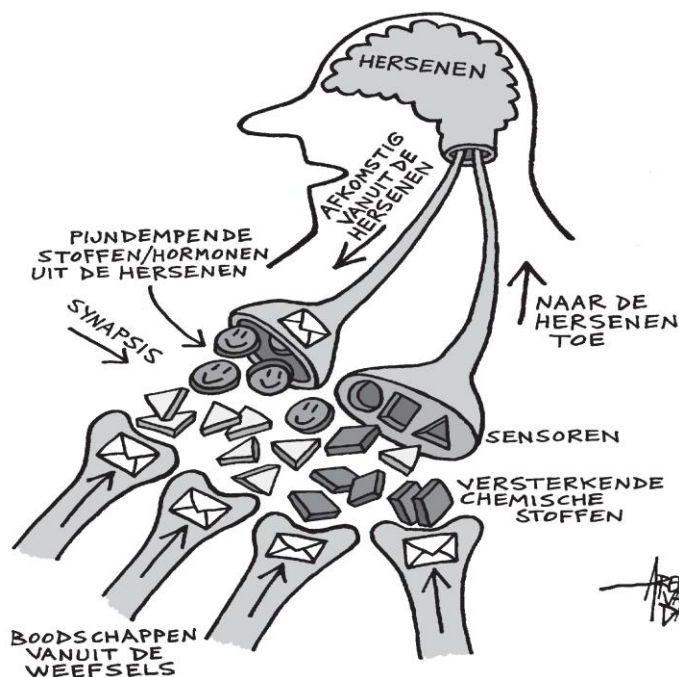
Slaap en aanhoudende pijn:

Een ver-van-mijn-bed-show of opportuniteit voor betere behandeling?

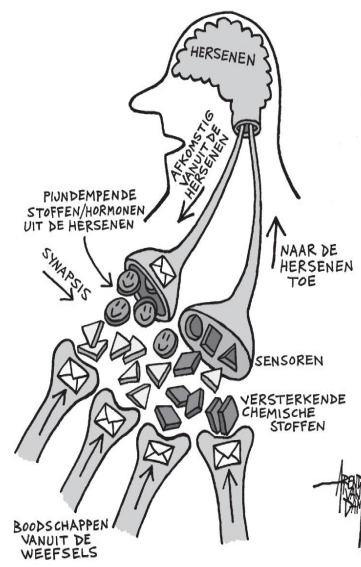


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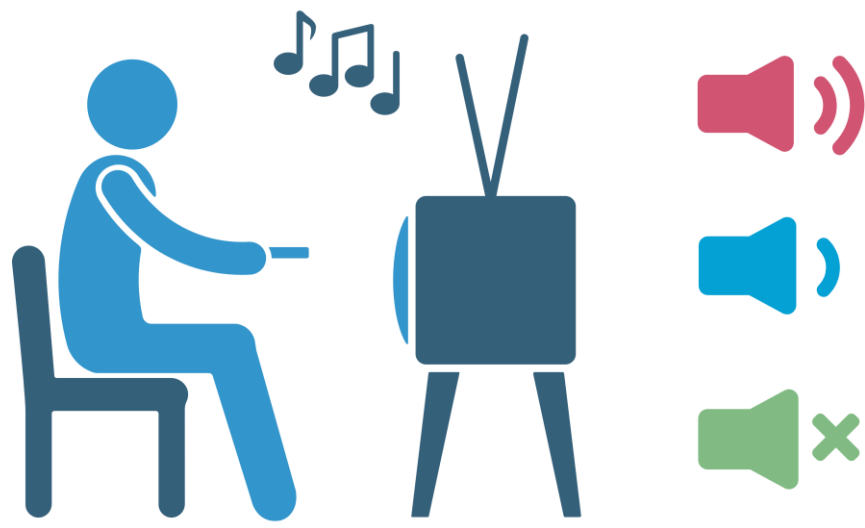
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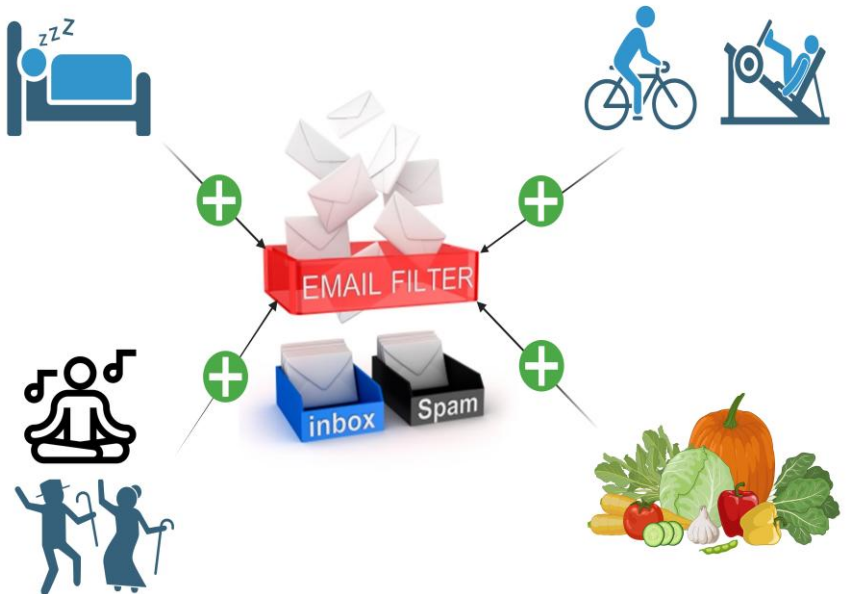
4

Waarom werkt de spamfilter niet meer?



5

Hoe we de spamfilter terug activeren

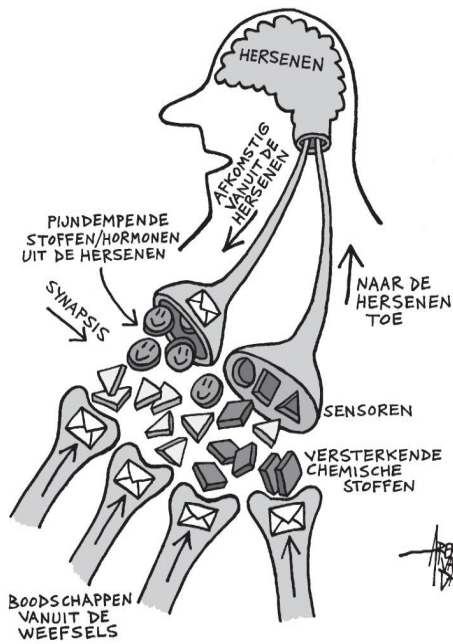


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8





9

Pain in Motion

HOME PUBLICATIONS PATIENTS BLOG EDUCATION ABOUT US EN

Brochure

DOWNLOAD BROCHURE

Videos

Het klinkt misschien vreemd, maar pijn is in de meeste gevallen goed voor ons

#1 Waarom voelen wij pijn

Laten we het over iets groots hebben

#2 De rol van de hersenen

Het zijn je hersenen die bepalen hoe liefdevol of bedreigend de aanraking voelt en wat het kan betekenen

#3 Een overgevoelig alarmsysteem

De rol van de nachten

Pijn

Hoeveel van je leven staat om te leven

10

Belgian Evidence-Based Treatment Guideline Chronic Primary Pain

part 3: non-pharmacological interventions

Van Cauwenbergh et al. 2024 - worel.be

1. Integrate pain education into all phases of multimodal management.



2. Apply motivational communication to promote adherence.



3. Apply physical activity & exercises as part of the multimodal approach.



4. Advise stress reduction techniques (e.g., mindfulness) if you observe that the patient's stress may be affecting pain or well-being.



5. Recommend cognitive behavioural therapy.



6. Encourage a healthy lifestyle, incl. healthy diet, adequate sleep, staying active & maintaining social contacts.



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PAIN IN MOTION

Insomnia?

- 1) Exclusie specifieke oorzaken
- 2) 3-3-30 regel

12

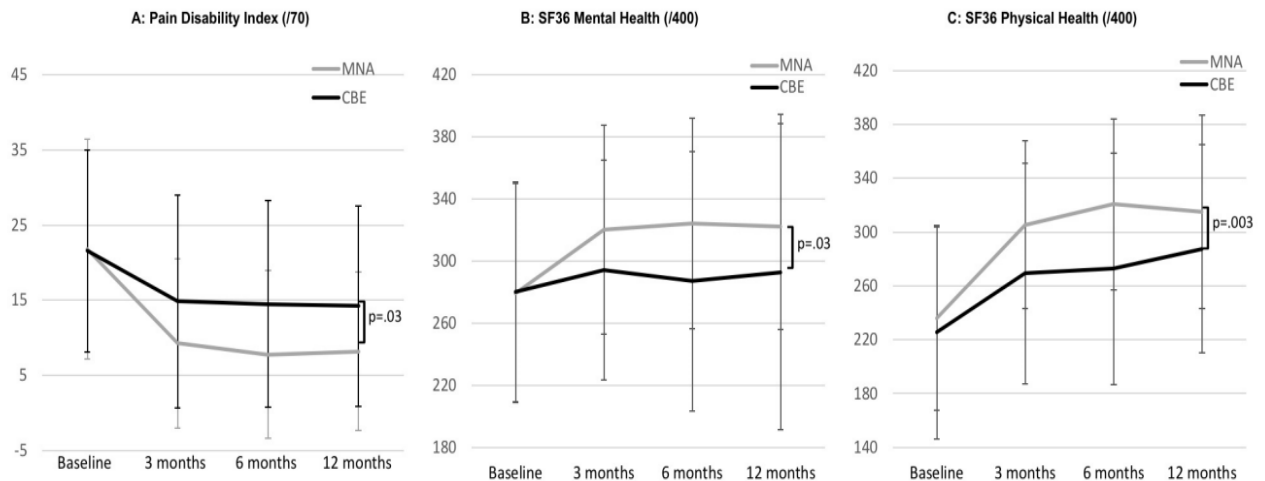
Hoe kan ik mijn slaap verbeteren?

Beter slapen voor meer energie & levenskwaliteit

PijnPraxis.be



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Malfliet et al. *JAMA Neurology* 2018;75(7):808–817.

14

Modern Neuroscience Approach: results of a randomized controlled clinical trial (n=120)

Malfliet, Kregel, et al. *JAMA Neurology* 2018;75(7): 808-817.

50% ↓ pain

46% ↓ pain catastrophizing

32% ↓ vigilance

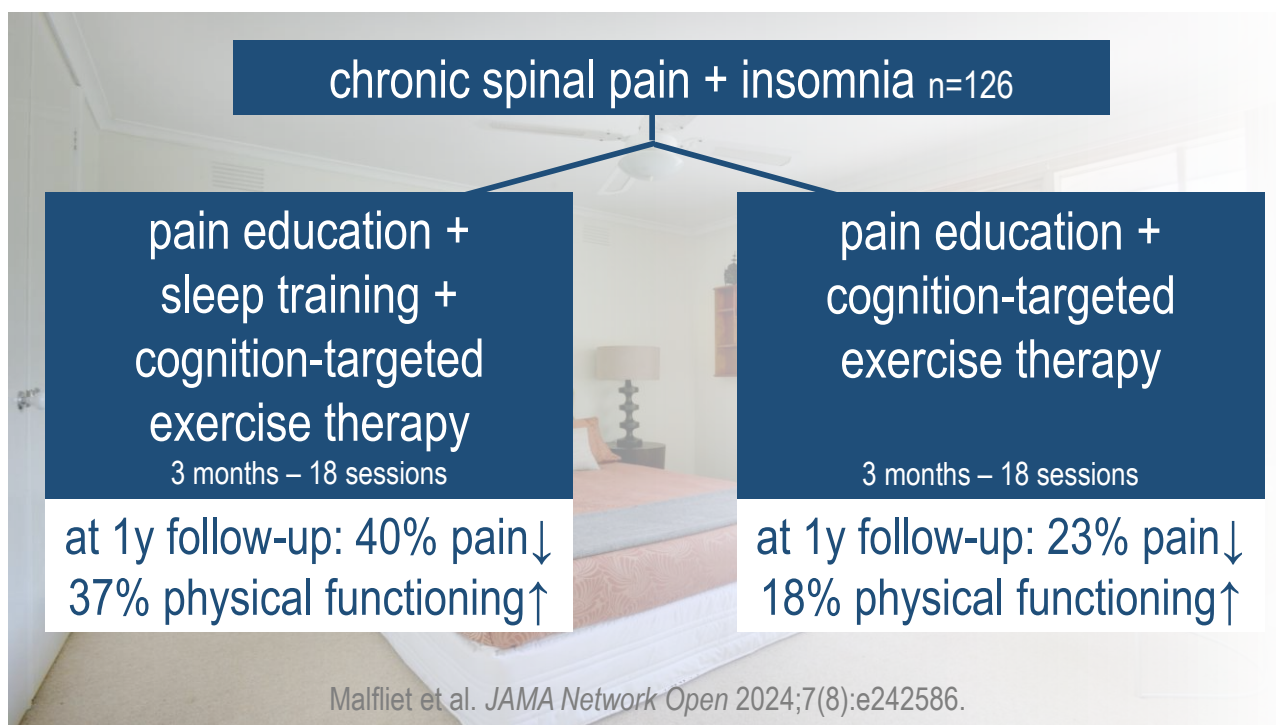
22% ↑ daily functioning

30% ↓ fear

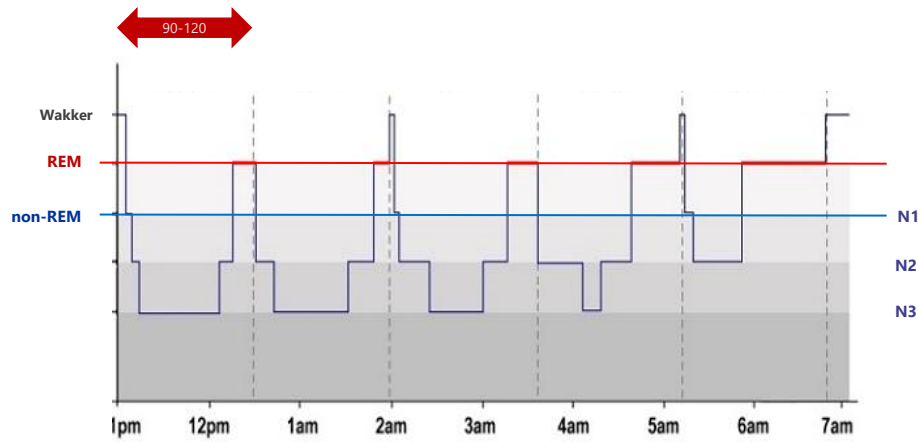
27% ↓ central sensitization

medium to large effect sizes – 38% painfree (0 or 1/10)

15

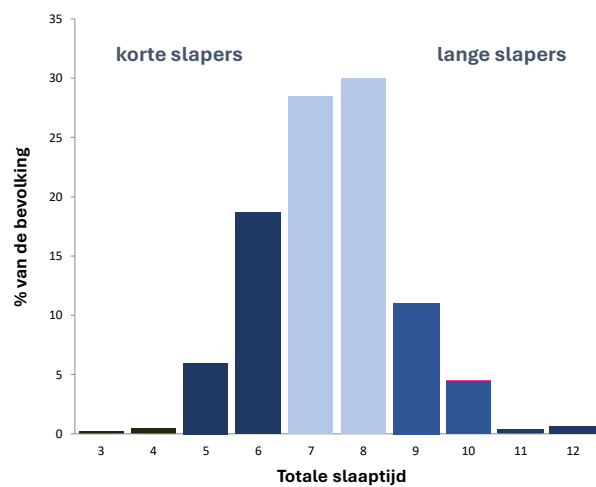


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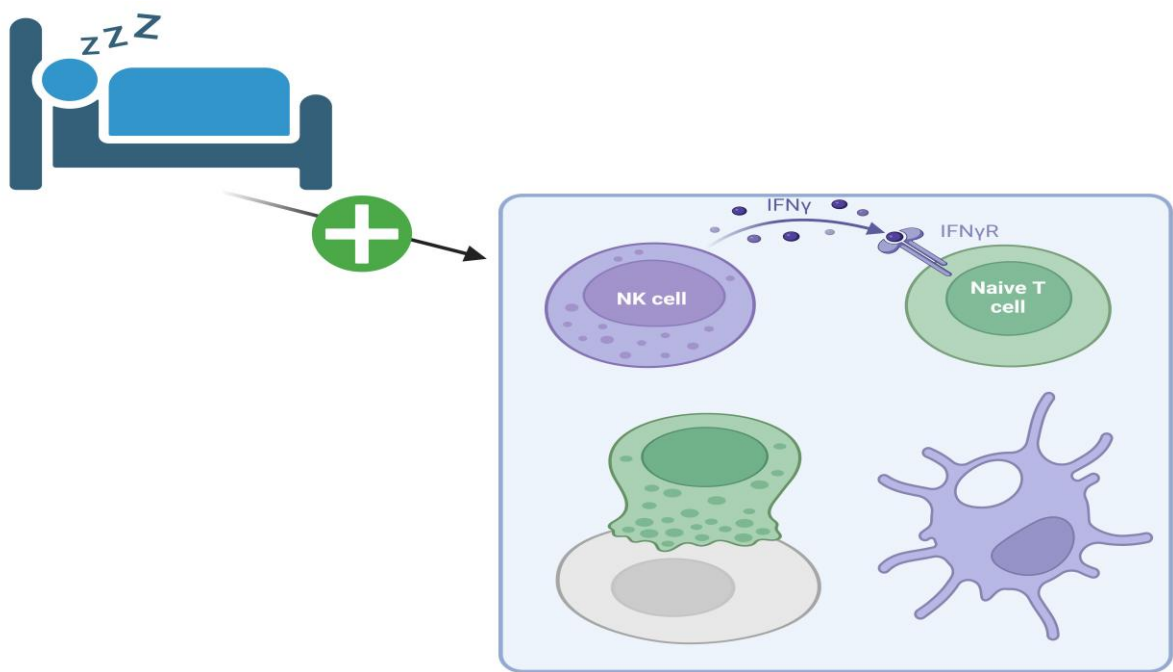
17

VERSCHILLEN TUSSEN MENSEN



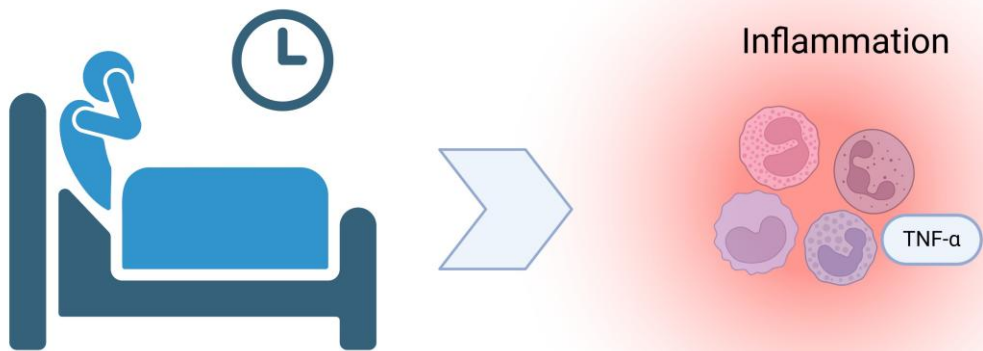
Borbély et al. 2016; Goel et al. 2013; Dierickx et al. 2016; Fisher et al. 2013

18

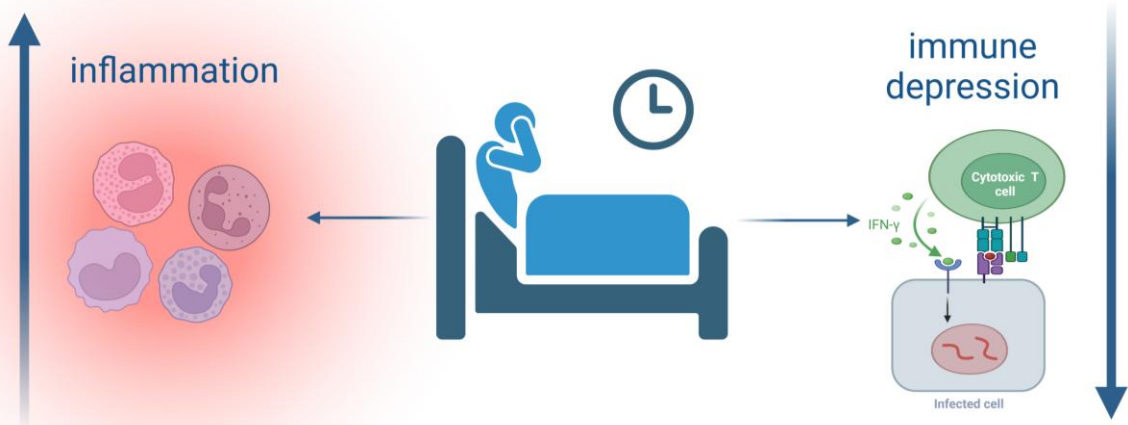


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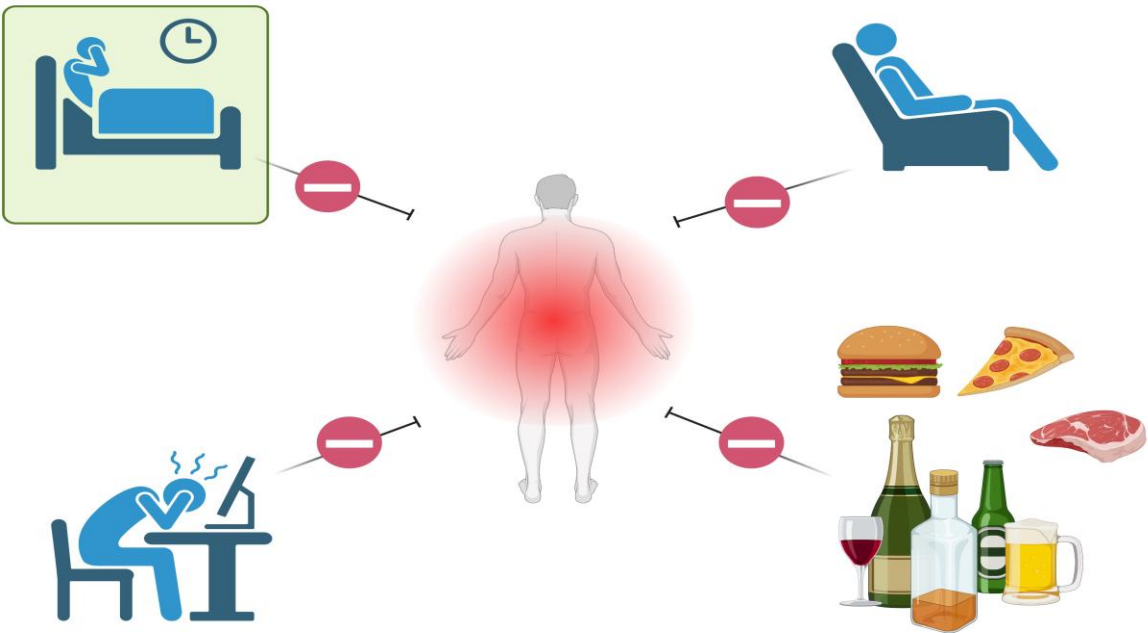
Ramos-Lopez et al. *Inflammation Research* 2021;70:29-49.



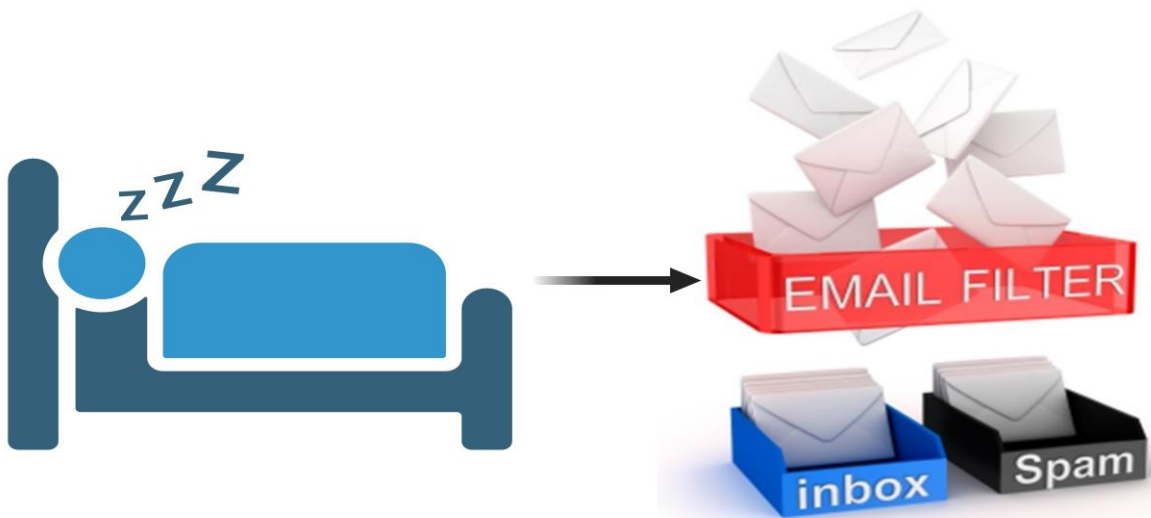
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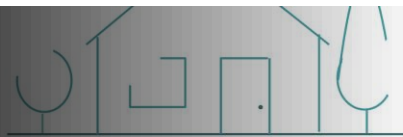
22



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Hoe kan ik mijn slaap verbeteren?

Beter slapen voor meer
energie & levenskwaliteit



PijnPraxis.be



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Slaapmedicatie

Korte termijneffecten ~ placebo

Nevenwerkingen

Afbouw in overleg met voorschrijver

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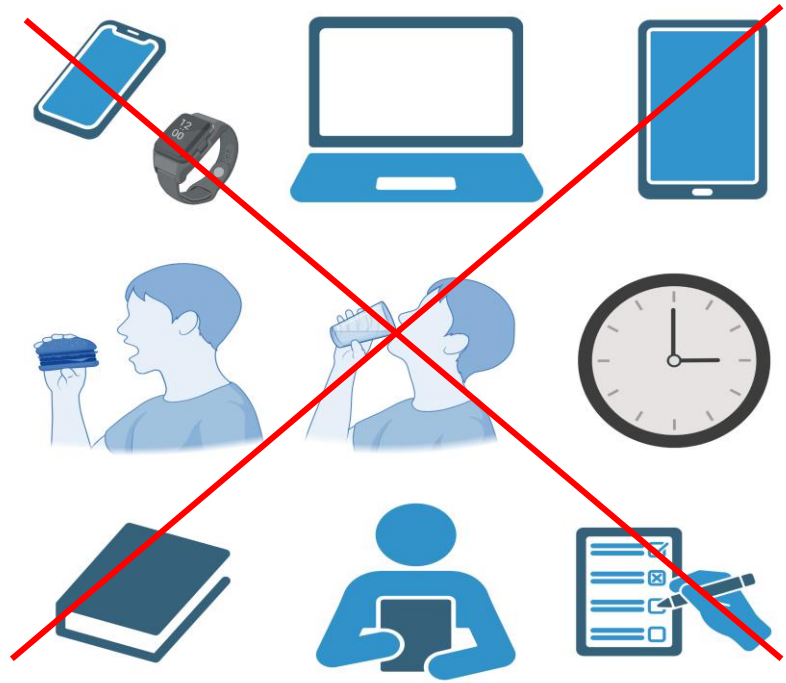
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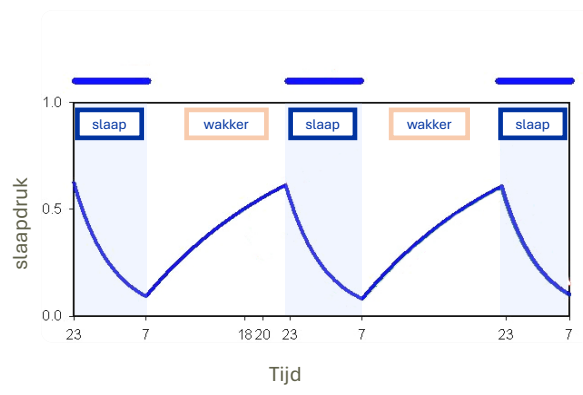
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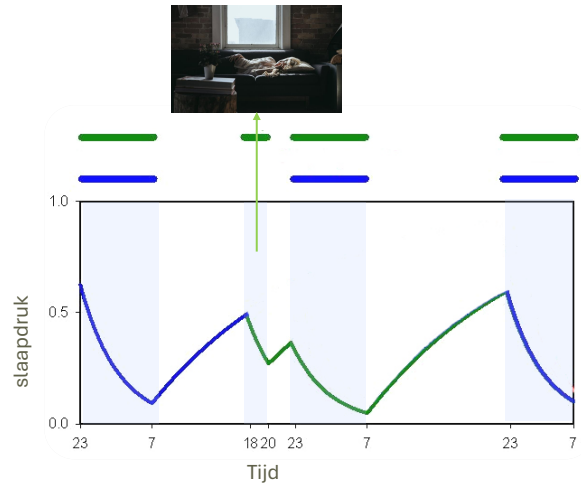
29



Borbély et al. 2016; Goel et al. 2013; Dierickx et al. 2016; Fisher et al. 2013

30

OVERDAG SLAPEN VERMINDERT SLAAPDRUK

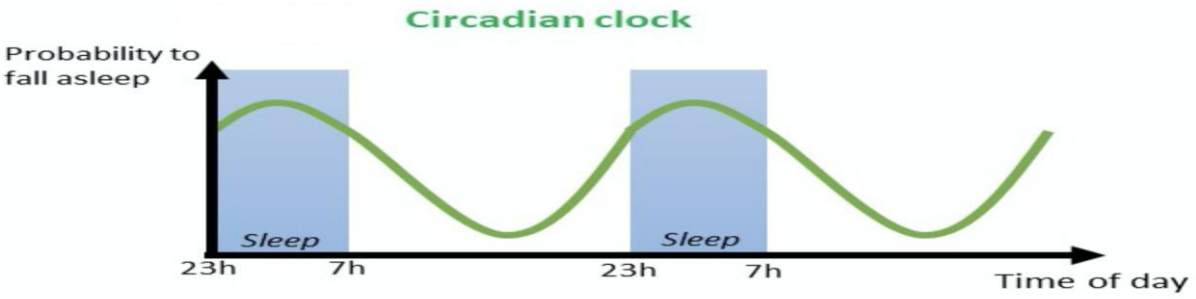
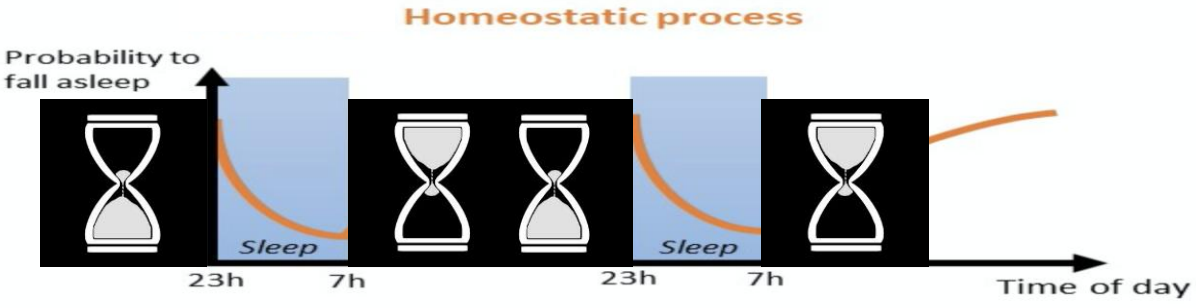


Borbély et al. 2016; Goel et al. 2013; Dierickx et al. 2016; Fisher et al. 2013

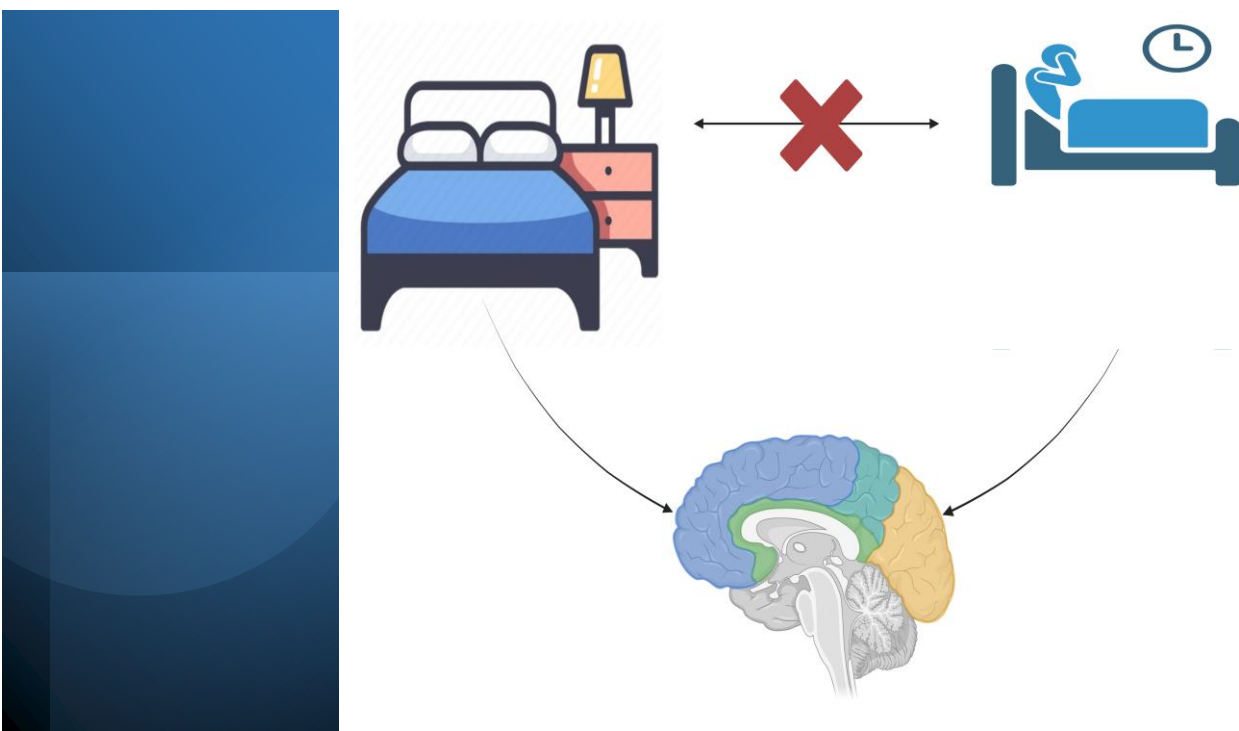
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32

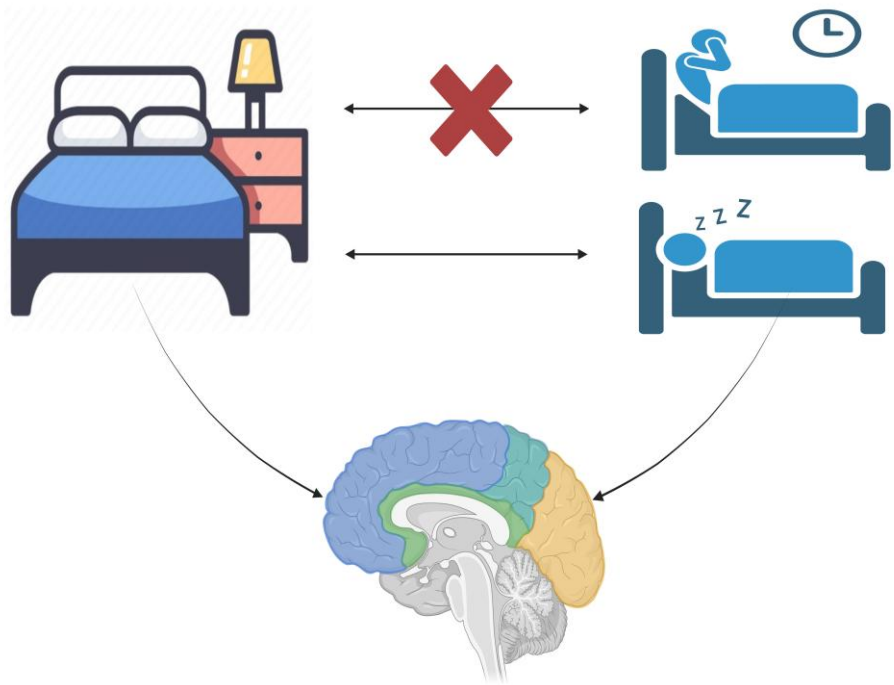


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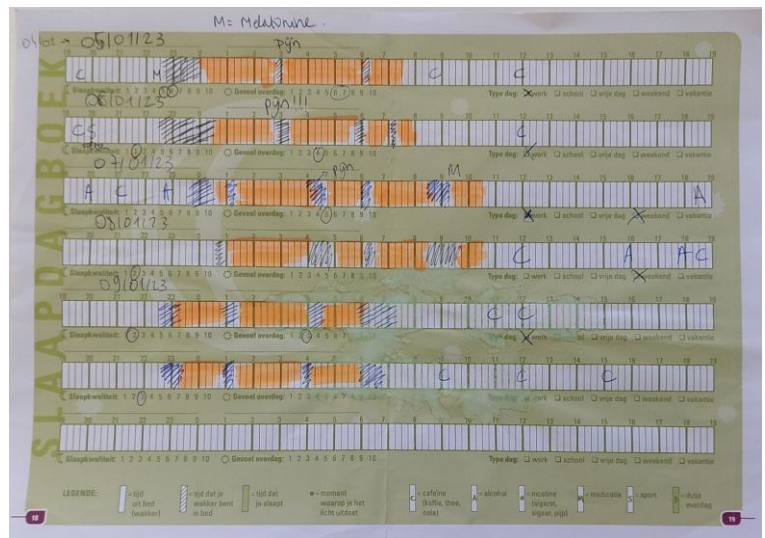


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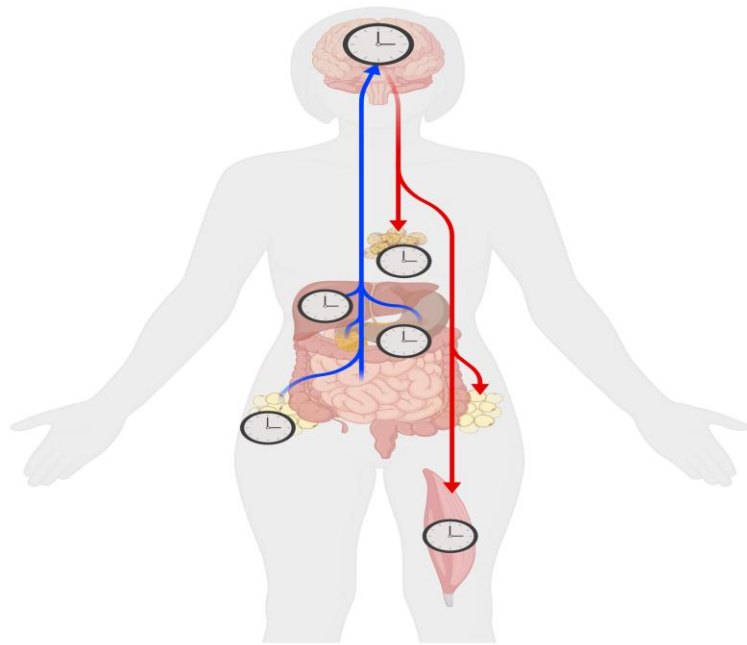
Het brein
kan de
slaapkamer
terug linken
aan slapen



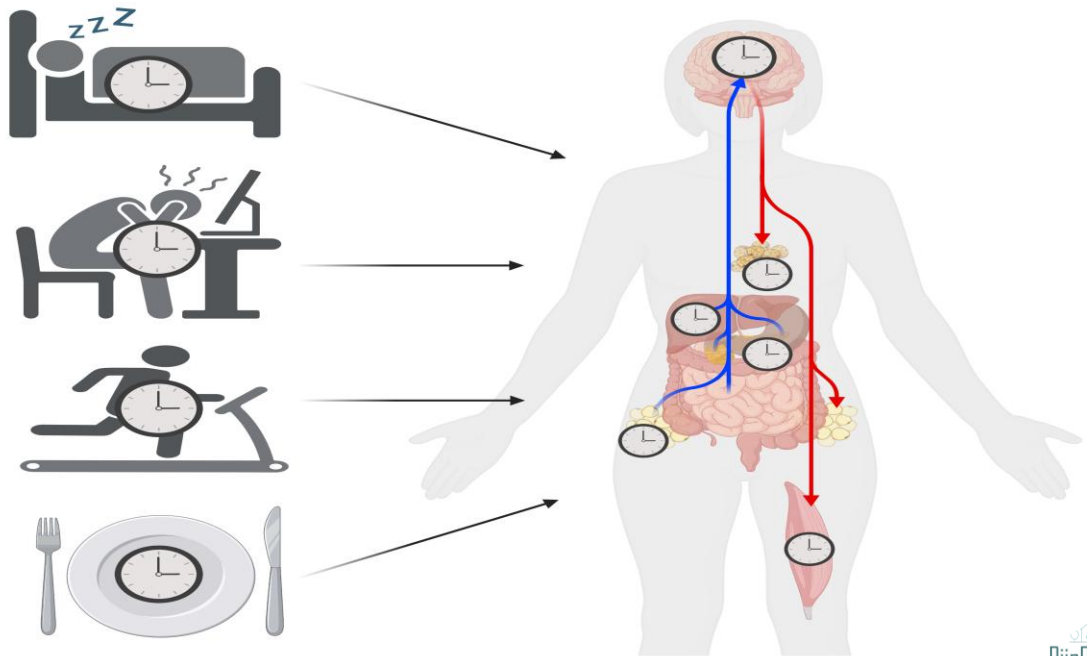
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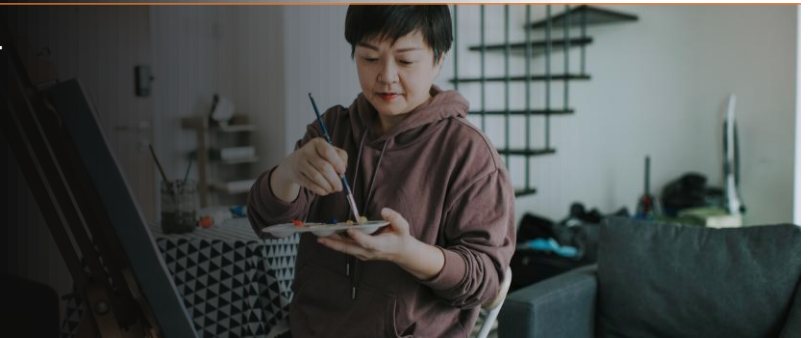


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Beter omgaan met stress

Minder stress + meer stressbestendigheid

PijnPraxis.be



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Stanhope et al. *Environmental Research* 2020;187:109641.

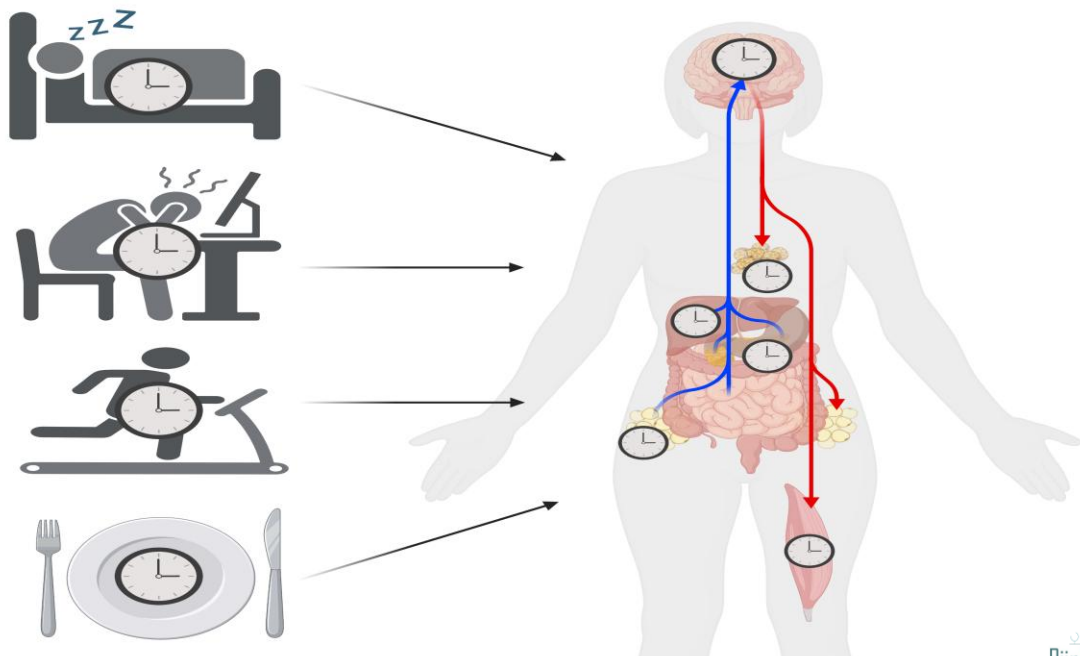
40

Wat je eet = hoe je slaapt

Gezonde voeding doet veel meer dan pijn verminderen



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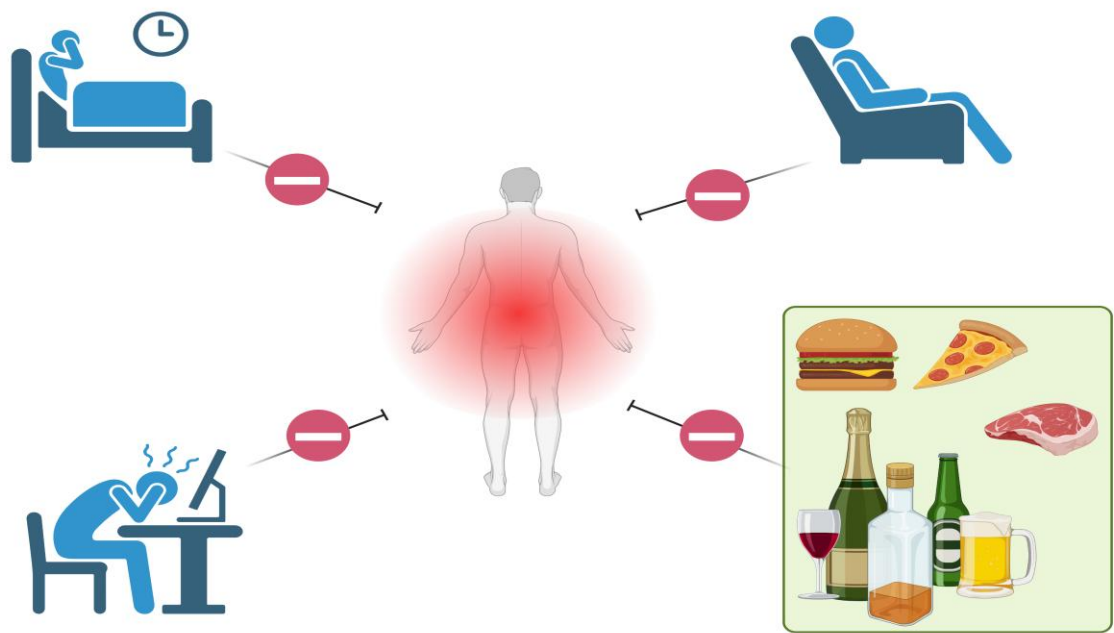
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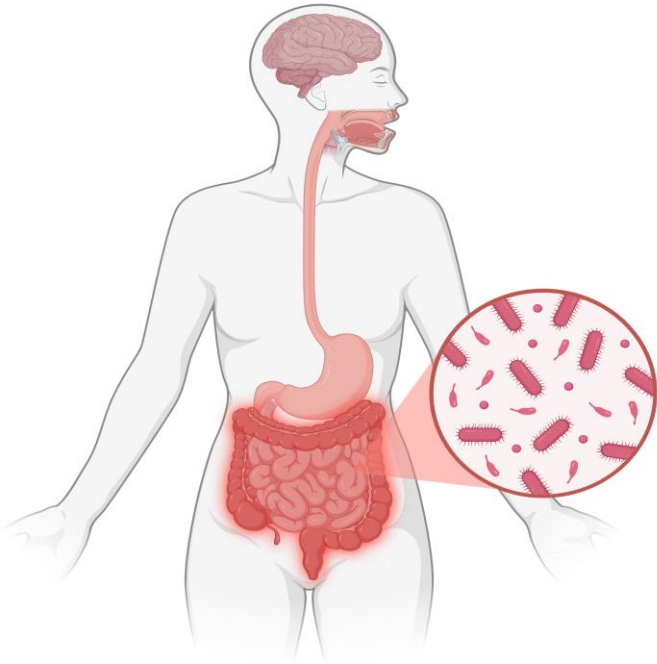
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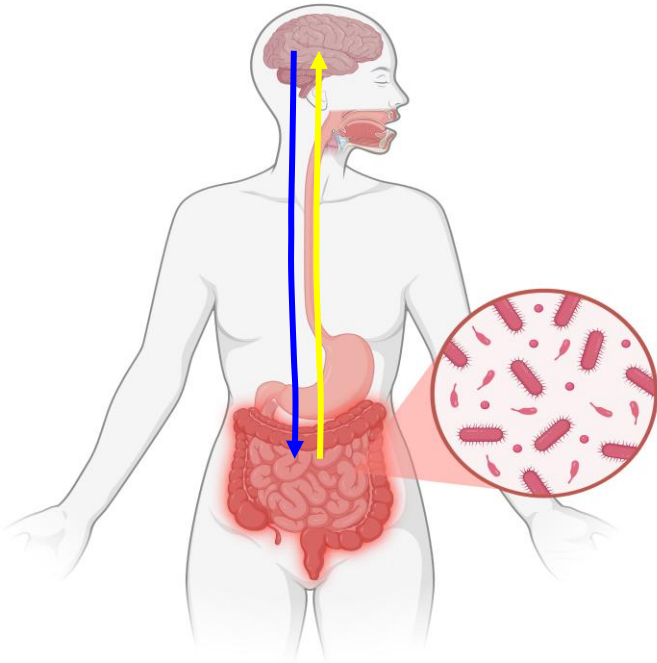
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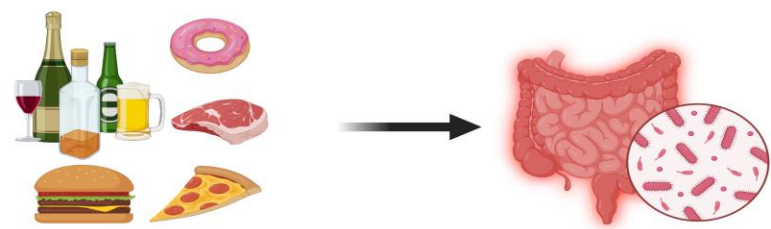
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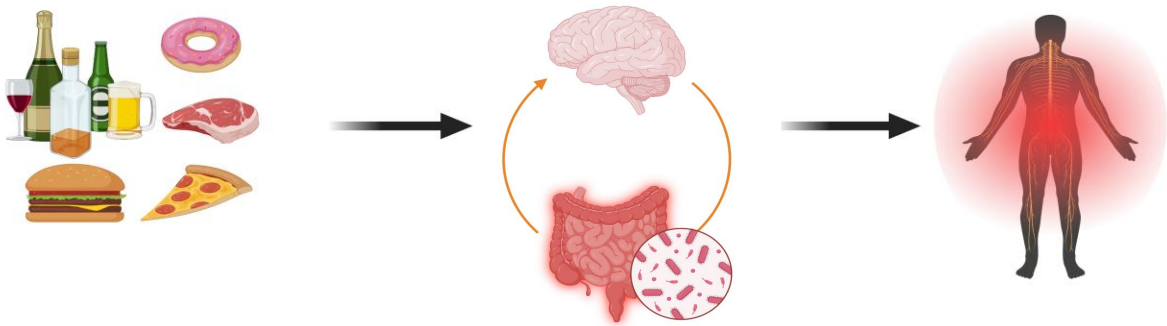
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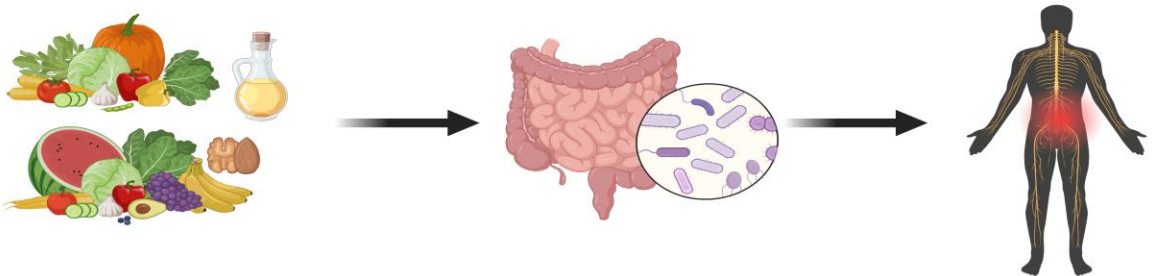
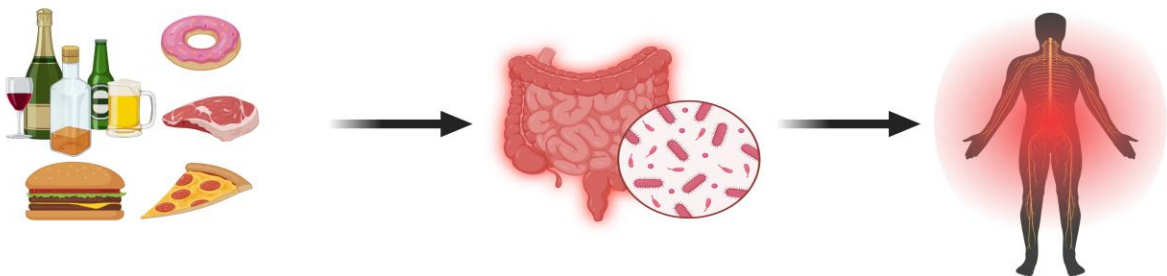
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Slaap en aanhoudende pijn:

Geen ver-van-mijn-bed-show, wel een opportuniteit voor betere behandeling



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Wij zoeken deelnemers voor onze studie



Personen met ME/CVS

- 18-70 jaar
- BMI <30
- Geen andere chronische aandoeningen zoals diabetes



Wat moet je doen?

- Online vragenlijsten invullen
- 2 studie dagen in het UZ Brussel (Jette)
 - Bloedafnames
 - Fietstest
 - Staan test



Wat onderzoeken we?

- Personen met ME/CVS indelen in groepen op basis van de werking van het autonome zenuwstelsel
- Hoe beïnvloed het autonome zenuwstelsel de functie van de mitochondria

Meer informatie of vragen?

Mail uw naam en telefoonnummer naar
mitap@vub.be

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