



Presenter: Jia Zhou

Session & Time: Poster_II / 1:00 to 1:50pm

Room: Guzman Lecture Hall

Discipline: Nursing

Faculty Mentor: Deborah Meshel

Digital Portfolio URL:

Title: The Effectiveness of Botulinum Toxin Injections in the Management of Chronic Neck and Shoulder Myofascial Pain: A Nursing Perspective

Abstract:

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Background

Chronic neck and shoulder myofascial pain has continued to challenge clinical management due to its high recurrence and limited response to traditional therapies. Physical therapy, oral analgesics, and trigger point injections have often provided only partial or short-term relief. As a result, botulinum toxin type A injections have been explored as an alternative treatment.

Previous studies have shown promising short-term outcomes, but concerns regarding long-term safety, cost-effectiveness, and potential adverse effects, particularly in older adults, have remained unresolved. These gaps have highlighted the need for comprehensive evaluation from both clinical and nursing perspectives.

Objective

The purpose of this proposal is to assess the clinical effectiveness of botulinum toxin type A injections in reducing chronic neck and shoulder myofascial pain compared with conventional treatments. Participants will include older adults, aged 70 and above. Findings from this study will be used to inform evidence-based nursing practices, including intervention planning, patient education, and safe implementation strategies for long-term care.

Methods

This research proposal will involve a true experimental design with a quantitative approach. Participants will include adults aged 18 and above diagnosed with chronic neck and shoulder myofascial pain (CNSMP) for more than 3 months, including a subgroup of older adults aged 70 and above who have received either botulinum toxin injections or standard treatments. Pain levels will be measured using the Wong-Baker Pain Scale. The results of this study will help inform nursing practice by evaluating the effectiveness of botulinum toxin type A in pain reduction, functional improvement, treatment duration, and patient satisfaction. It will also provide insights into potential side effects in the elderly population and support nursing responsibilities in medication administration, patient education, and post-treatment monitoring.