



Improved work rate & reduced medical utilization with integrated pain management program

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The typical chronic pain patient

- No cause, no cure
- Distressed
- Disabled
- **Cannot work**
- **Stuck within the medical system**

AHNH pain clinic ~ 400 cases p.a.



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COPE program

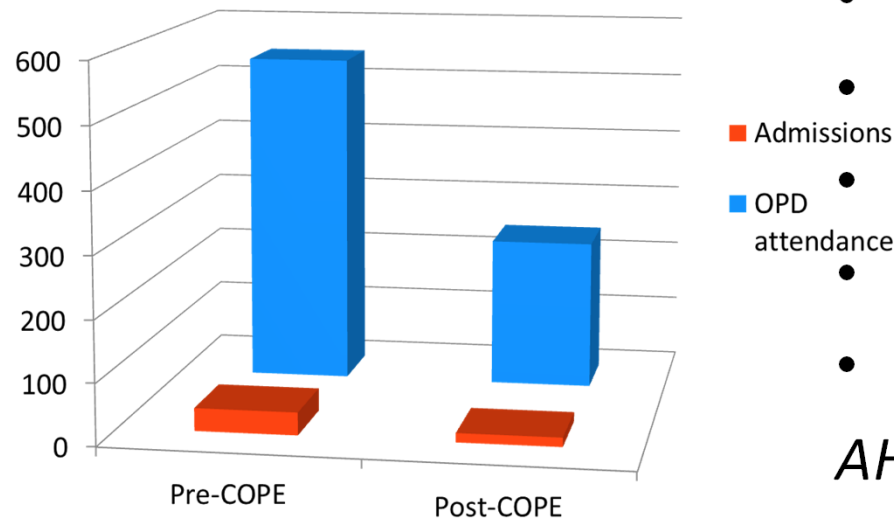
- Improve understanding
- Active coping
- Resume function
- No change in pain

AHNH pain clinic ~ 400 cases p.a.

COPE candidate: 142 in 10 years



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COPE program outcome 2002-2012

- Physically fitter
- Psychologically more robust
- More comfortable with function
- **Less OPD / admissions**
- **Some return to work!**

AHNNH pain clinic ~ 400 cases p.a.

COPE candidate: 142 in 10 years

Post-COPE working: 49 (35%)



Who managed to return to work?

- Young
- Relatively short duration of pain
- *Not related* to pain intensity
- *Not related* to distress

Lesson to learn

- Chronic pain patients can be rehabilitated, regardless of pain or distress intensity
- Choose the right patient



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Thank you, to and from the COPE team