Occupational Therapy for pain management in primary care setting: An psychosocial aspect

HO CM, CHING CS, LEE KY, LEUNG KF, CHOY PS, KHK CHAN

Department of Occupational Therapy, Queen Elizabeth Hospital.
Department of Family Medicine and General Outpatient Clinic, Kowloon Central Cluster.
Acute pain is a normal sensation, chronic pain is different. Psychosocial problems: Low mood, sleep disturbance, limits one’s participation in enjoyable & meaningful activities. Early identification of potential psychological issue arises from chronic pain and facilitate earlier adaption is essential.

Clients suffered from Pain

Integrated Mental Health Program

Acceptance
Understanding nature of pain

Occupational Therapy
Individual & Group Intervention

Adaptation
Promote functioning
Goal Setting

Triage & Early intervention
**Aim**  To evaluate the effectiveness of IMHP pain care program in improving psychosocial state of people suffered from chronic pain in primary care.

**Methodology**

- Retrospective descriptive study, YMT GOPD from Sept 2015 to Sept 2016.
- Inclusion criteria: IMHP clients suffering from chronic pain. (Pain > 3 months).
- Outcomes:
  - Personal Health Questionnaire (PHQ-9)
  - General Anxiety Disorder Assessment (GAD-7)
  - Sleep efficiency

**Result**

- 37 clients were recruited.
- Attended 4 sessions on average in 14 weeks.

![Fig 1. Location of pain site (N=37)](image1)

![Fig 2. Nature of pain (N=37)](image2)
**Result**

<table>
<thead>
<tr>
<th></th>
<th>Pre test (N=37)</th>
<th>Post test (N=37)</th>
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</thead>
<tbody>
<tr>
<td>Age</td>
<td>55.5</td>
<td></td>
</tr>
<tr>
<td>Gender (Female)</td>
<td>67%</td>
<td></td>
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<tr>
<td>Onset of Pain</td>
<td>19 weeks</td>
<td></td>
</tr>
<tr>
<td>GAD (Depression)</td>
<td>5.5 (Mild)</td>
<td>4.8 (Mild)</td>
</tr>
<tr>
<td>PHQ (Anxiety)</td>
<td>6.7 (Mild)</td>
<td>3.9 (Normal)**</td>
</tr>
<tr>
<td>Sleep Efficiency</td>
<td>64.6%</td>
<td>76%**</td>
</tr>
</tbody>
</table>

**p < .001**

Table 1. Demographic data and changes of outcomes (N=37)

**Discussion**

- Early identification of pain related mood problem
- Promote Acceptance & Adaption of pain
- Timely education & empowerment reduce anxiety, improve sleep & living with pain.
- Early management of patient suffered from chronic pain in primary care prevent in further burden of disease in healthcare system and improves one’s quality of life in long run.

Fig 3. Change of PHQ9 and GAD7 (N=37)
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Ms. WL MA, QEH SOT(OCC)