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Improvement of Occupational Performance in Patients with Chronic Pain who Participating in Multi-disciplinary Pain Management Program

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Outcomes

Introduction

Multi-disciplinary pain management program has been proven to be effective for the treatment of chronic pain. Two intensive multi-disciplinary pain management programs are well established in Alice Ho Miu Ling Nethersole Hospital (AHNH) i.e. a 6-week full-day Comprehensive Out-Patient Engagement (COPE) program and a 5-week half-day Integrated Back Pain (IBP) program. However the occupational performance outcomes of these patients are not documented and evaluated.

Objectives

-To evaluate the occupational performance outcomes of patients with chronic pain who participating in multi-disciplinary pain management program. -To determine whether patients with chronic pain had benefits from the programs in terms of increased self-efficacy and enhanced occupational performance.

Methodology

This is part of the multi-disciplinary pain management program which occupational therapists facilitate patient engagement in four basic life domains (leisure, social, home and work) despite of pain. A cohort study of 56 patients aged 27-65 years old (mean: 48 years old) were recruited in the program between October 2016 and December 2017. The majority of the subjects reported low back pain as the primary pain site. Two outcome measures – Pain Self-Efficacy Questionnaire (PSEQ) and Life Functioning Assessment Inventory (L-FAI) were conducted before and after the multi-disciplinary pain management program. PSEQ is a 10-item self-rating questionnaire rating from 0 to 6 point score where 0 correlates with not confident and 6 correlates with completely confident in coping with activities of daily life despite of pain. Four items related to leisure, social, home and work domains of PSEQ are selected for the statistical analysis. L-FAI is a therapist rating assessment rating from 1 to 10 point score where 1 indicates very low functional level and 10 indicates very high functional levels in 4 occupational life domains (leisure, social, home-maker and work life functioning).

Result

Patients reported increase self-efficacy in coping with activities of daily living in leisure (1.96 vs 2.98, $p=0.000$), social (2.54 vs 3.44, $p=0.000$), home (2.46 vs 3.28, $p=0.000$) and work (2.14 vs 2.86, $p=0.000$) regardless of pain. Results also indicated significant improvement on occupational performance in leisure (3.55 vs 4.57, $p=0.000$), social (4.58 vs 5.44, $p=0.000$), home (4.15 vs 4.96, $p=0.000$) and work (3.13 vs 3.56, $p=0.000$) after the programs. To conclude, this study demonstrates significant improvement in occupational performance and increased self-efficacy in coping with activities of daily living in patients with chronic pain who participating in multidisciplinary pain management program. These findings are consistent with the rehabilitation plan of occupational therapy in facilitating patient engagement and sense of well-being in leisure, social, home and work life functioning.