



**Service Priorities and Programmes**  
**Electronic Presentations**

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**The Power of SMILE**

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SMILE

Chronic pain program

Multidisciplinary(CP/Pain Specialist/Pain Nurse/OT/PT)

Biopsychosocial

Cognitive Behavioural Therapy (CBT)

Acceptance Commitment Therapy (ACT)

**Introduction**

Multidisciplinary chronic pain management program is an international standard for chronic pain management. 'SMILE' program (Self Management In Life Enhance) is organized by the Pain Team in Queen Mary Hospital, involving Clinical Psychologist, Occupational Therapist, Pain Nurse, Pain Specialist and Physiotherapist. Our program was based on Biopsychosocial model, utilizing Cognitive-Behavioural Therapy (CBT) and Acceptance & Commitment Therapy (ACT) principles. 'SMILE' composed of cognitive and mindfulness training, physical and relaxation training, coping skills and functional enhancement, medication adjustment, patient empowerment through sharing and mutual support.

**Objectives**

To improve chronic pain patients' physical, psychological, social and functional outcomes.

**Methodology**

'SMILE' was a nine-week with a total of 78 hours structured weekly program. Twenty-five patients, 13 males and 12 females, with a mean age of 53.6 were recruited in the program from 2015 to 2017. Physical, psychological, social and functional outcomes were assessed by sets of self-reported questionnaires and physical assessments before, immediately after the program and at one month follow-up. The results were analyzed across these three time points by One-way ANOVA & Friedman's Test.

**Result**

In the physical domain, there was a statistically significant improvement in 6-Minute-

Walk Test,  $p < 0.001$ . In the psychological domain, there was a statistically significant reduction in depression score in the Depression Anxiety Stress Scales (DASS-21),  $p < 0.05$  and Fear subscale score in the Chinese Version of Pain Anxiety Symptoms Scale (ChPASS),  $p < 0.05$ . Regarding the General Happiness Scales, patients showed significant improvement in post group and were able to sustain the happiness till follow up,  $p < 0.001$ . Self-Perceived Happiness in performing self-care, work, leisure and sleep demonstrated significant improvement,  $p < 0.005$ . In the social domain, Chronic Pain Acceptance Questionnaire (CPAQ)-Activity Engagement component demonstrated with significant improvement,  $p < 0.05$ . In the functional domain, Life Functioning Assessment Inventory (L-FAI), its leisure, social and home-maker showed significant improvement,  $p < 0.001$ . In the Overall Satisfaction Survey, all of the patients were satisfied with the program. In conclusion, SMILE program was shown to be a high quality and well-structured program that improved chronic pain patients physical, psychological, social and functional outcomes.