



Service Priorities and Programmes
Electronic Presentations

Convention ID: 662

Submitting author: Mr H Y WONG

Post title: Occupational Therapist II, United Christian Hospital, KEC

Innovative Chronic Pain Management Group (CPMG) reduces pain catastrophizing and enhance self-efficacy in pain management

Wong HY(1), Wan SHM(1)

(1) Occupational Therapy Department, United Christian Hospital.

Keywords:

Chronic Musculoskeletal Pain

Health Qigong

Psycho-education

Introduction

Chronic LBP is associated with various physical, emotional, and psychosocial dysfunctions, causing difficulties in ADL, IADL and return-to-work that eventually cause deterioration in the quality of life. Started from late 2009 the Occupational Therapy Department of UCH had started conducting the Chronic Pain Management Program (CPMG) which adopts the psychoeducation approach as well as health qigong (HQG) Baduanjin practice as primarily treatment approaches.

Objectives

To review the treatment effectiveness of the CPMG for patients suffered from chronic musculoskeletal pain

Methodology

A pre-test and post-test design was employed. 113 patients suffering from chronic musculoskeletal pain were recruited into the Chronic Pain Management Group. Measurements were taken at baseline (first session of the group), upon discharge (7th session of the group) and 4 weeks' after discharge (8th session of the group). The Visual Analogue Scale (VAS), Hospital Anxiety and Depression Scale (HADS), Pain Catastrophizing Scale (PCS) and Pain Self-efficacy Questionnaire (PSEQ) were used to measure patients' pain level, anxiety and depressive mood, pain-catastrophization and also the self-efficacy in managing their pain conditions.

Result

After 8 sessions of health qi-gong practice, one-way repeated measure ANOVA was used to compare the perceived pain intensity, pain catastrophizing idea before, immediately after and 4 weeks after participating health qi-gong. An overall significant difference was found: perceived pain intensity ($F(2, 70) = 8.632, p < 0.001$); pain catastrophizing idea ($F(2, 74) = 9.598, p < 0.001$). Post-hoc paired t-test with Bonferroni correction indicated that perceived pain intensity and pain catastrophizing idea immediately after and 4 weeks after the HQG practice have both significantly improved from that measured before the HQG practice ($p < 0.05$). In addition, Pearson's 2 test revealed that there was a significant improvement in categories of

pain self-efficacy, measured by Pain Self-efficacy Questionnaire, immediately after and 4 weeks after the health qi-gong practice when compared to its baseline measure ($p < 0.001$).