



**Corporate  
Scholarship  
Sharing on  
Rehabilitation  
2016**

**Inspirations from a Chronic Pain  
Management Program in Sydney**

LAM Chi-wing Flori, APN  
Queen Elizabeth Hospital  
4 May 2016



醫院管理局  
HOSPITAL  
AUTHORITY

**Pain Management & Research Centre  
Royal North Shore Hospital  
ST. LEONARDS NSW 2065 Australia  
13 May to 7 June 2013**



PhotoMapo.com



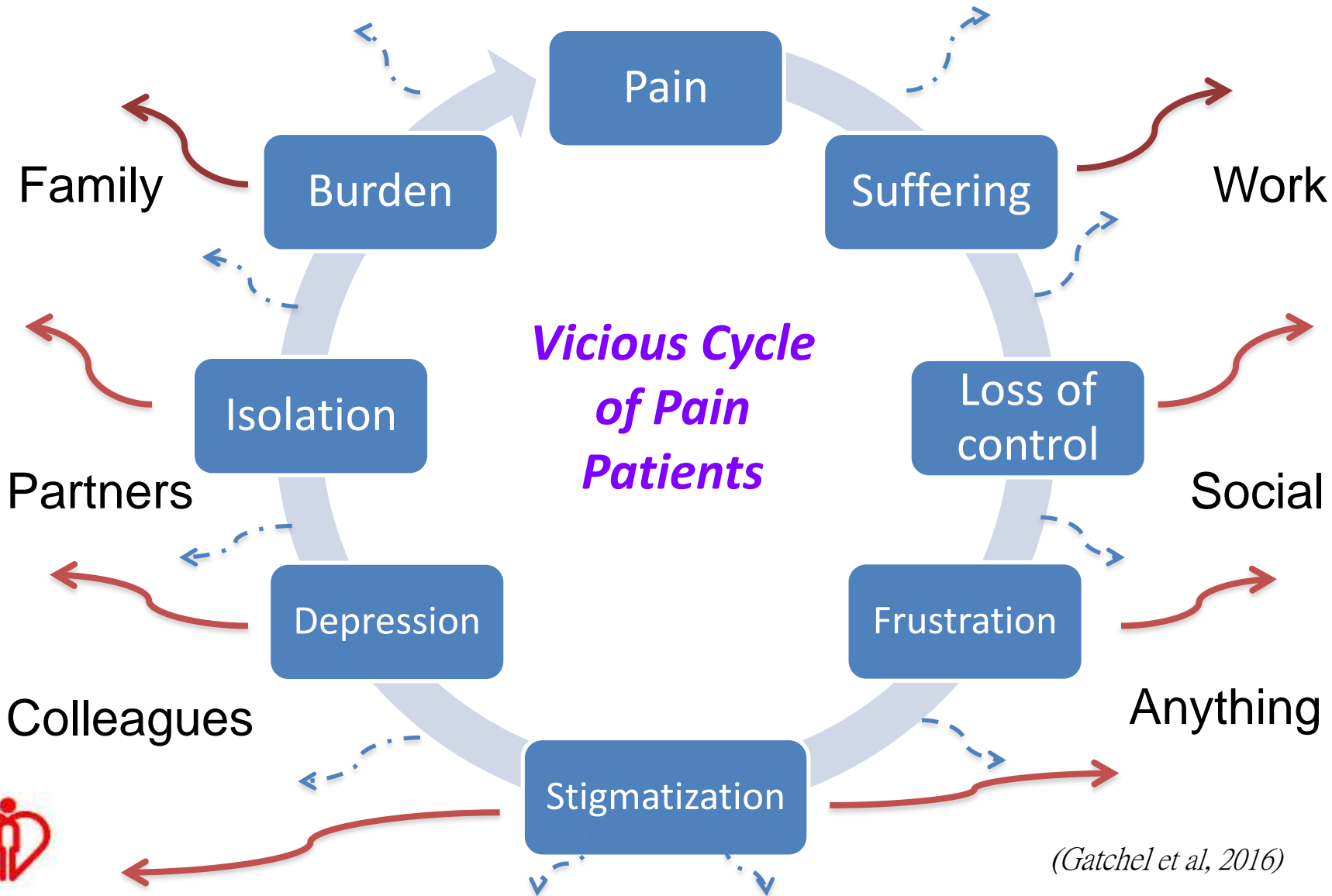
- **Ms. CHAN Po Chun,  
APN, UCH**
- **Ms. LAM Chi Wing Flori,  
APN, QEH**
- **Mr. LAW Kwok Keung,  
APN, QEH**
- **Ms. LO Ah Chun, APN,  
QMH**

# Background of Participants

- Working experience related to pain: from 5-17 years full time, average more than 9 years
- Accredited pain medicine training centres
- In-patient and Out-patient services:
  - Acute pain
  - Chronic pain
  - Cancer pain
  - Pain intervention



# PAIN...



(Gatchel et al, 2016)

# Biopsychosocial Model

## MULTI DISCIPLINARY INPUT

### Biological

- Improve stamina
- Reduce unhelpful drug
- Improve flexibility

### Psychological

- Mood
- Behaviour
- Thoughts Management
- Flares-ups
- Setbacks

### Social

- Communication
- Assertiveness
- Social confidence
- Opportunities to practise



# Identified Challenges

- Meeting the increasing demand of pain patients
- Waiting times for multidisciplinary chronic pain services ~ 20 – 120 weeks
- Managing the complexity of pain problems
- Ensuring services quality and safety



# Education Challenges

- Patients, public and health professionals are not adequately prepared
- Information efforts should be directed to public to increase the awareness
- Comprehensive education in medical and nursing schools
- Evidence based practices



# Training Objectives

- International study enriched our academic and training experience
- Enhance educational pain programme and best-evidence-based care
- Enhance the nursing knowledge in pain management
- Enhance multidisciplinary pain management services across the continuum of hospital to community
- Enhance the knowledge of collaboration





# Training Schedule

## 4-week program covers

- Overview of the pain management in Australia
- Observation on acute and chronic pain in clinical setting
- Psychological interventional skills of nurse in pain management



# ADAPT (Active Day Patient) Program

- Multidisciplinary team
- After a 3-week intensive daily hospital phase of ADAPT, patients are required to implement a 4 weeks home programme
- Helping people to manage their own pain
- Helping injured workers with chronic pain to return to work in sustainable way
- Review at 1 month and 6 months post programme



# ADAPT Program

- Patients with chronic pain for more than 3 months:
  - not responded to medical or surgical treatment
  - not improved in rehabilitation due to pain
  - become dependent on medication to cope with their pain
  - become distressed due to pain
- Education about:
  - Pain
  - Active role
  - SMART goals for functional, personal and physical



# Our Inspirations

Enhance service coverage

Link Nurse  
Continue to strengthen multidisciplinary care

Enhance services accessibility and quality of care

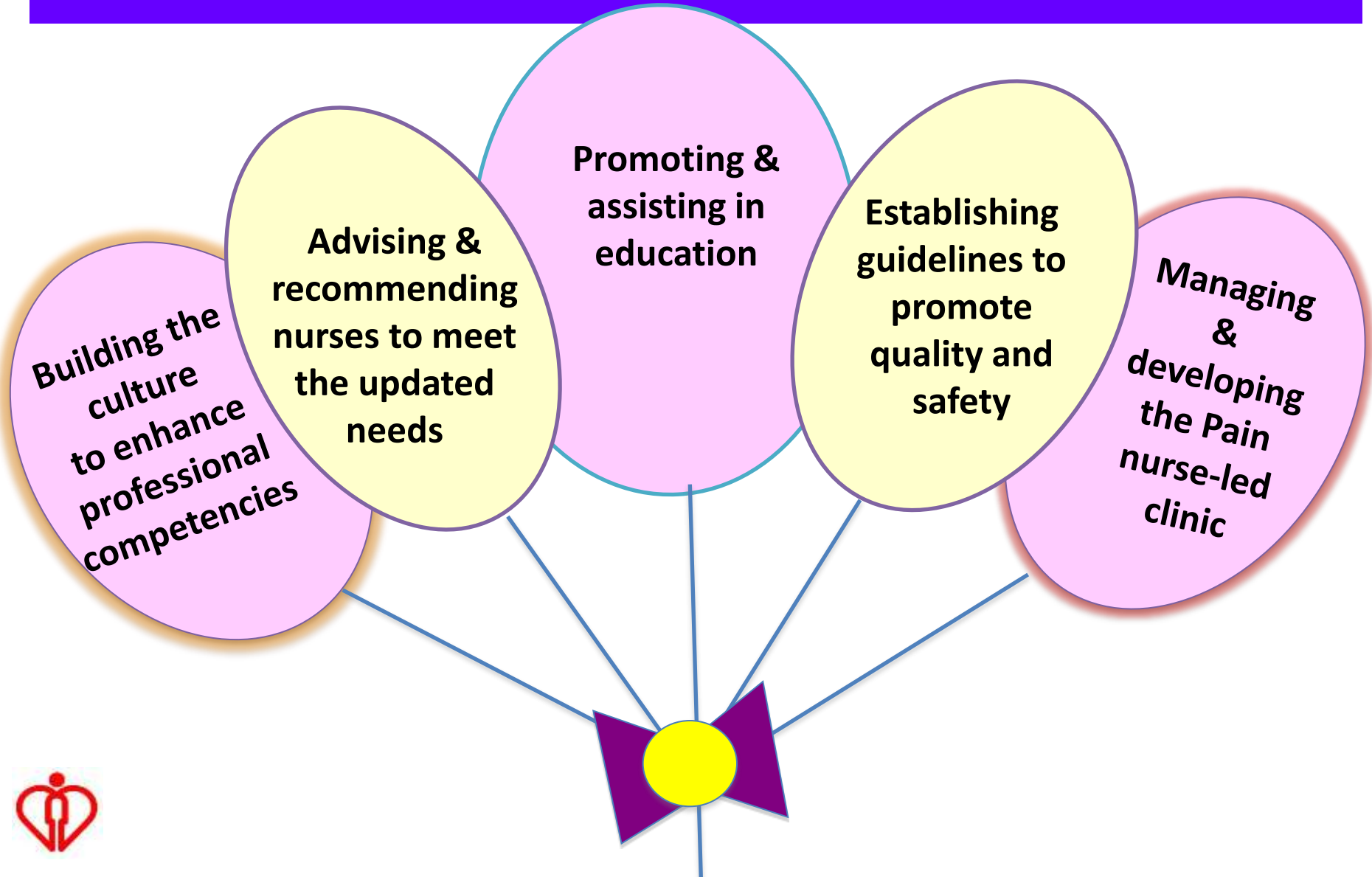
Protocol driven  
Establish Clinical Pathway

Enhance quality of psychological services

Cognitive behaviour Approach  
Coaching techniques



# Roles of Pain Nurse in HK



# Way Forward

- To provide educational pain programs
- To engage nursing professionals
- To enhance multidisciplinary pain management services across the continuum of hospital to community setting
- To increase public awareness
- To continue collaborations with partners outside hospital settings



# Re-design Care Delivery Model

- Programme driven in pain management e.g. low back pain, osteoarthritis knee, perioperative pain, return to work
- Resource reallocation
- Cross departments
- Cross clusters pain programme
- Staff employed in the programme



# Acknowledgments

Ms Jane LIU

Ms Susanna LEE

Ms CK CHUNG

Nursing Services Department , HAHO

All SAGs committee members

All colleagues who make this project possible





# References

Fedoroff, I. C., Blackwell, E., & Speed, B. (2014). Evaluation of group and individual change in a multidisciplinary pain management program. *The Clinical journal of pain, 30*(5), 399-408.

Gatchel, R. J., Neblett, R., Kishino, N., & Ray, C. T. (2016). Fear-avoidance beliefs and chronic pain. *Journal of Orthopaedic & Sports Physical Therapy, 46*(2), 38-43.

Nicholas, M. K., Asghari, A., Corbett, M., Smeets, R. J., Wood, B. M., Overton, S., ... & Beeston, L. (2012). Is adherence to pain self-management strategies associated with improved pain, depression and disability in those with disabling chronic pain?. *European Journal of Pain, 16*(1), 93-104.



**Thank You**

