

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

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- 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



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.

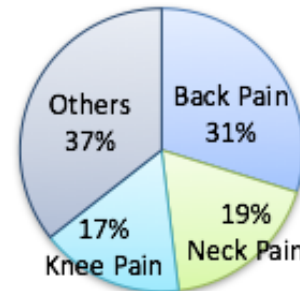


Fig 1. Location of pain site
(N=37)

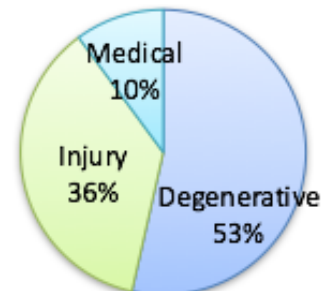


Fig 2. Nature of pain
(N=37)

Result

	Pre test (N=37)	Post test (N=37)
Age	55.5	
Gender (Female)	67%	
Onset of Pain	19 weeks	
GAD (Depression)	5.5 (Mild)	4.8 (Mild)
PHQ (Anxiety)	6.7 (Mild)	3.9 (Normal)**
Sleep Efficiency	64.6%	76%**

** $p < .001$

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

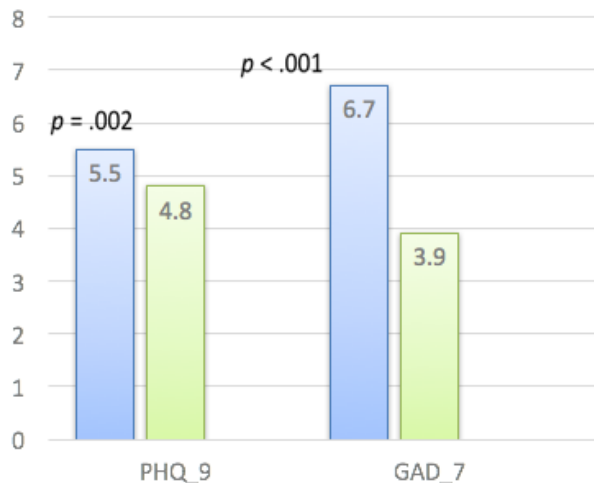


Fig 3. Change of PHQ9 and GAD7 (N=37)

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.



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Collaboration
Innovation