



Service Priorities and Programmes
Electronic Presentations

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Submitting author: Dr K H NJO

Post title: Associate Consultant, United Christian Hospital

STEPS Combined Physical and Psychological Pain Program Helps Patients with Severe Pain, Physical Disability and Psychological Comorbidities to be Discharged to Community or from Pain Clinic with Cessation of Analgesics and Significant Improvement of Function

Dr. Njo KHA(1), Ms. Josephine Chu(2), Ms Lau YH(2), Ms. Chan PC(3), Ms. Law KL(3), Ms. Lee W(4), Mr. Po TF(5), Dr. Lim HS (1), Mr. Rosanna Lam (4), Mr. Wong SWE (4), Mr. Wan SHM (5)

(1) Department of Anaesthesiology and Pain Medicine, (2) Clinical Psychology Department UCH, (3) Operating Room, UCH (4) Physiotherapy Department, UCH (5) Occupational Therapy Department, UCH

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Psychological intervention

Introduction

Chronic pain complicated with severe disability and psychological comorbidities incur substantial burden on the medical system and community. Intensive multidisciplinary pain management program is a cost-effective intervention for this group of patients.

Objectives

Targets: Chronic pain patient with severe pain, significant physical disability or significant psychological comorbidities

1. Discharge them to community without further medical utilization or discharge from pain clinic without any further pain clinic appointment
2. Take off all analgesics
3. Improve functional capacity
4. Reduce pain related psychological comorbidities
5. Improve sleep efficiency

Methodology

Methodology

Exclusion Criteria

Languages:

1. Illiteracy
2. Unable to understand and speak Cantonese

Medical:

3. Whose pain is under investigation of its origin (esp the red flags)
 4. Planned for pain intervention and surgery
- Psychological:
5. Presence of severe mood disorders that Affect cognitive functioning required for attending the course e.g. Moderate to severe depression
 6. Presence of active features of mental diseases including schizophrenia
 7. Presence of indicative suggestion of physical and verbal violence or suicidal risk
 8. Not Motivated
 9. Who have primary focus of complete pain relief

Physical:

10. Non ambulatory (at least can walk with stick or unaided)

Inclusion Criteria

Disability:

Pain intensity: >8 on BPI intensity

Depression: >20 on depression scale of DASS

Pain self-efficacy: <20 on PSEQ (pain self efficacy scale)

Catastrophising: >30 on PCS (Pain catastrophising scale)

After multidisciplinary structured assessment, all patients will undergo 100 hours combined physical and psychological pain management program (14 days) throughout 5-6 weeks conducted by Pain specialist, Clinical Psychologist, Pain nurses, physiotherapist and occupational therapist.

2 classes were conducted in year 2016.

Result

4 out of 11 patients could be discharged to community without any medical utilization.

All other patients could be discharged from pain clinic.

10/11 patients took no analgesics after the program.

In 2nd class of 6 participants, the walking, sitting and standing tolerance was increased by 110% (10-200%), 127% (61-200%) and 110 (10-200%) respectively after the program. The PCS score was reduced by mean of 13.5 and PSEQ was increased by mean of 17.2. On psychological aspect, the depression, anxiety, stress and total score of DASS were reduced by 13.6 ($p<0.05$), 11 ($p<0.05$), 13 ($p<0.05$) and 38 ($p<0.05$).