



## Service Priorities and Programmes Electronic Presentations

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### **How Kawa Model Affects Pain and Functional Performance in Clients with Chronic Pain?**

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#### **Keywords:**

Chronic Pain

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#### **Introduction**

Clients with chronic pain usually suffered from idling and avoiding functional performance in daily life. Occupational therapist emphasized the impact of chronic pain and its functional impact in leisure, social, home and work aspects. In this program, Kawa model (Iwama M, 2010) was applied. It uses a familiar metaphor of nature (river) as an effective medium to translate subjective views of self, life, well-being and the meanings of occupations.

#### **Objectives**

To investigate the influence of Kawa model on impact of pain and functional performance in clients with chronic pain.

#### **Methodology**

This was part of the multidisciplinary chronic pain program in Alice Ho Miu Ling Nethersole Hospital (AHNH). A prospective qualitative study was carried out in 14 clients recruited in Pain Management Centre in AHNH between October 2016 and November 2016. Part of the occupational therapy program was the application of Kawa model in leisure, social and work aspects in group session. Clients were engaged to produce three therapeutic artworks i.e. (1) drawing own life river of past, present and future; (2) making stone art; and (3) drawing 3-months expectations of own life river. All clients were facilitated to express the meaning of own art works and shared their feelings in group, with their family members and friends as well. Kawa model was also applied on work aspect i.e. quoting one client's work experience as example to facilitate their reflection and problem solving on work issues.

Life Functioning Assessment Inventory (L-FAI) (Hui CLM et al, 2013) was used for measuring the functional performance on 4 life domains: leisure, social, home and work aspects at pre and post program. It was an 11-point rating scale from 1 (very low functioning) to 10 (very high functioning).

## **Result**

The mean age of the clients was 44.9 years old (38 - 59). Most of them were injured during work and diagnosed on neck and back pain problems. Statistical analysis showed great improvement in functional performance i.e. 91.7% and 83.3% of them increased level of functioning in social and leisure life domains respectively. As most clients required work resettlement during the program, 33.3% of them increased level of functioning in work life domain. No deterioration on level of functioning was reported after the program.

In the program, clients were engaged to participate in leisure and social activities. They could easily understand the familiar metaphor of nature and initiated to produce artworks. Through the artworks, they were facilitated to ventilate and express their perspectives towards pain. In group dynamics, self-efficacy in performing tasks, accumulating these positive feelings and developing peer support were built up despite of pain.

To conclude, Kawa model was a good conceptual framework that was applied in clients with chronic pain. The positive impact on pain and functional performance in clients with chronic pain were well illustrated in the study.