

OCCUPATIONAL THERAPY IN PAIN MANAGEMENT - A FIVE MINUTE FLY-~~cast~~.

Johns D. O. N. O.

What role does Occupational Therapy play in the management of chronic pain?

INCONVENIENT TRUTHS

1. Very Common
2. Unpleasant
3. Complex & Poorly Understood
4. Resistant to Treatment



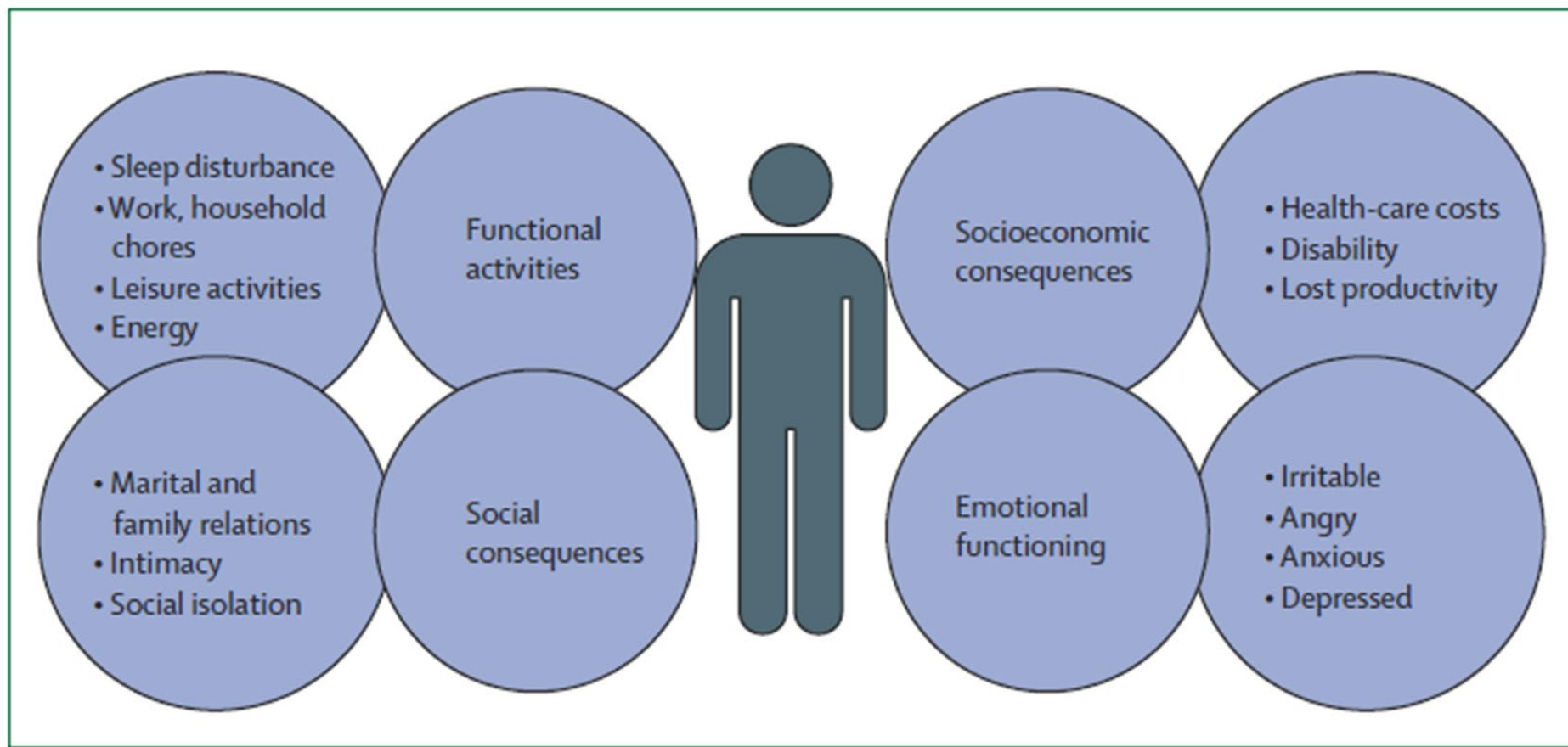


Figure 1: The effect and burden of chronic pain

Chronic pain affects every aspect of a patient's life, contributing to a loss of both physical and emotional function, affecting a patient's levels of activity (ability to work at home and job and engage in social and recreational pursuits); additionally, there are often serious economic consequences as a result of health-care bills and potential loss or decrease in financial income.

BASIC PRINCIPLES

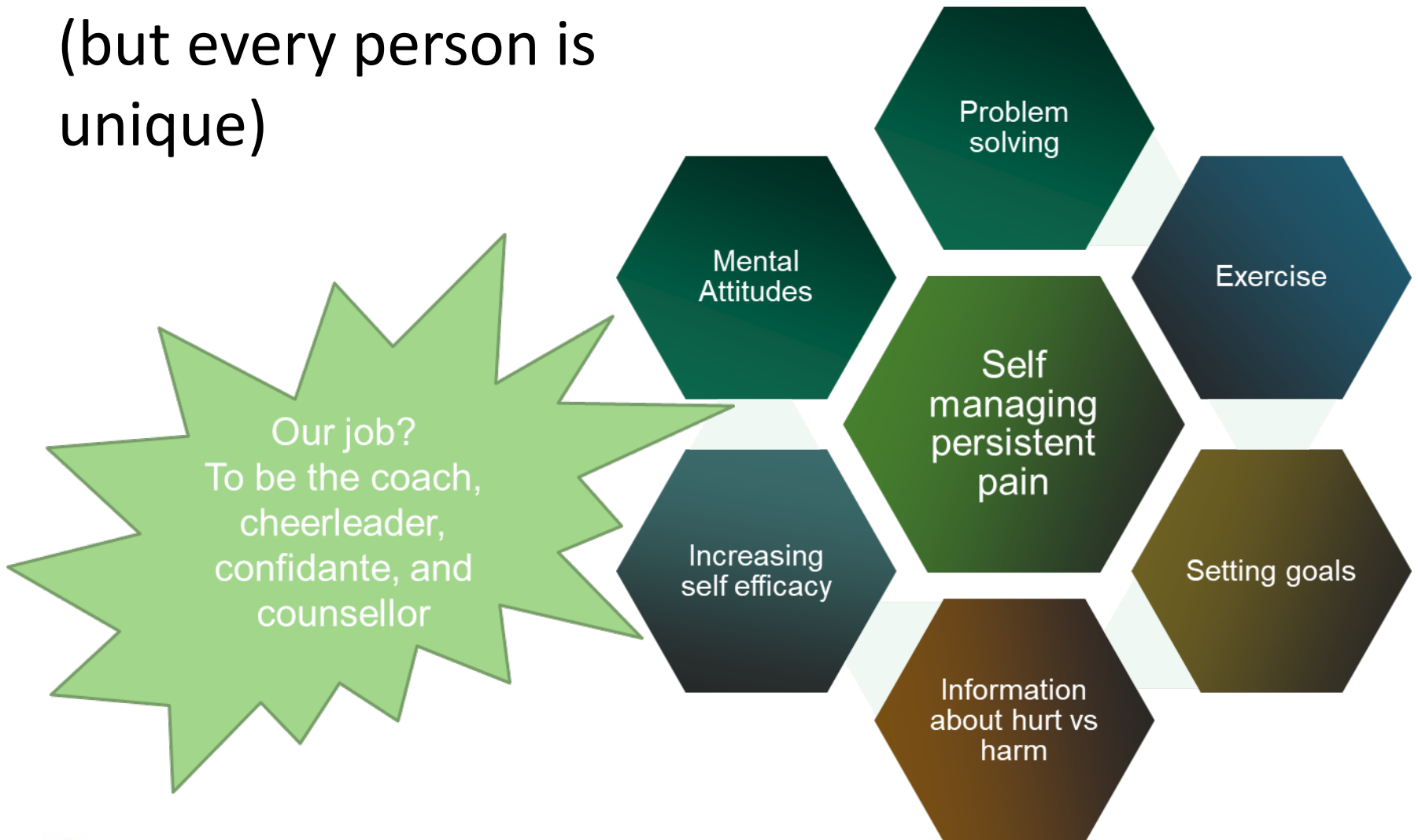
- Reduce fear of pain
 - Explanation/guided discovery
 - Graded experiences
 - Reduce arousal levels
- Optimise activity levels
 - Sustainable activity
 - Flexibility and choice (valued activities)
 - Establish good sleep patterns



Do not use pain as a guide
Don't monitor pain
Monitor what you want to
see more of
Look for sustainability
Identify values and ways to
return to meaningful
activities

WHAT THIS MIGHT LOOK LIKE...

(but every person is unique)



THANK YOU

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