MENTAL HEALTH: CHRONIC PAIN AND EFFECTIVE INTERVENTIONS

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DISCLOSURE

This group has no financial or personal disclosures for this presentation

OBJECTIVES

- Participants will gain an understanding of the primary psychosocial factors frequently associated with chronic pain as supported by current research.
- Participants will learn about the components of successful intervention strategies for adults living with chronic pain from our literature review.
- Participants will receive a resource list of current articles and intervention strategies regarding the topic of chronic pain management for adults.

EVIDENCE-BASED PRACTICE (EBP) CASE/SCENARIO

In response to an increased need for programming to treat adults with chronic pain syndrome, we decided to investigate current intervention methods or approaches that could be used in establishing an outpatient intervention program for patients diagnosed with chronic pain syndrome.

EBP QUESTION AND PICO

What interventions are effective in managing the physiological and psychological effects of pain in adults with a diagnosis of chronic pain?

- P (population): adults, chronic pain diagnosis, mental health clinic, outpatient
- I (intervention): pain management
- C (comparison): none
- O (outcome): pain reduction, managing pain, nonpharmacological interventions

BACKGROUND INFO OF CASE

- Different definitions
- Serves no adaptive purpose
- Many contributing factors
- 37% in developed countries, 41% in developing countries
- Common causes
PURPOSE OF RESEARCH

**What works?**

EXAMPLES OF EVIDENCE RESOURCES

- Occupational Therapy in Mental Health: A Vision for Participation (Brown, C., & Stoffel, V.C.)
- American Journal of Occupational Therapy
- Access to databases

SEARCH PROCESS

**Databases:**
- AJOT
- CINAHL
- Cochrane Library
- PubMed
- RehabDATA
- PsychINFO
- PEDro
- OTSearch
- Medline
- AOTA

CRITICALLY APPRAISED PAPER

**CAP ONE**

- **Research Question:** What is the efficacy of a psychosocial pain management intervention, Improving pain during addiction treatment (ImPAT) that combines pain management with content related to managing pain without substance use?
- **Clinical Bottom Line:** The outcomes of this study show how treatment interventions such as ImPAT are effective in pain management and coping mechanism for clients with substance use disorder. The study was over 10 weeks using CBT, group therapy, and coping strategies. ImPAT was able to demonstrate a decrease in substance use for pain and longer effects after 12 months.


**CAP TWO**

- **Research Question:** What interventions are effective in managing pain in adults with a diagnosis of chronic pain?
- **Clinical Bottom Line:** The outcomes of this study suggest that CBT techniques focused on reducing pain self-efficacy beliefs, decreasing catastrophic thinking, and minimizing fear of movement and re-injury has a greater positive effect on function than exercise programs or typical care strategies used alone.

Research Question: What Cognitive Behavioral Therapy (CBT) techniques are effective in managing pain in adults with a diagnosis of chronic pain?

Clinical Bottom Line: This study supports previous research with outcomes that suggest combined group discussion CBT and group exercise done twice per week for 10 weeks reduces symptoms of pain, pain disability, depression, and anxiety in adults with chronic pain diagnosis.


LITERATURE MATRIX

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<tr>
<th>Ref. #:</th>
<th>Type of Article</th>
<th>Type of Publication</th>
<th>Purpose</th>
<th>Methods</th>
<th>Results</th>
<th>Conclusion and Recommendations for EBP</th>
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LITERATURE MATRIX HIGHLIGHTS

- Burke, Mathias, and Denson, (2015)
- Burns, Delparte, Ballantyne, and Boschen (2013)
- Hara et al. (2017)
- Kong et al. (2016)
- Nicholas et al. (2013)
- Shaygan, Bliger, and Birgir (2017)

THEME ONE: THERE IS A HIGH LEVEL OF COMORBIDITIES OF ANXIETY AND DEPRESSION WITH CHRONIC PAIN

- Increased pain
- Depression
- Anxiety
- Sleep disturbance

THEME TWO: GROUP INTERVENTIONS PROVE TO BE BENEFICIAL FOR IMPROVING PSYCHOSOCIAL HEALTH AND INTERPERSONAL RELATIONSHIPS

- Allows a feeling of acceptance
- Decreases isolation and anxiety
- Support from peers
- Learn coping strategies from each other

THEME THREE: INDIVIDUAL INTERVENTIONS HAVE A POSITIVE EFFECT ON PATIENTS WITH CHRONIC PAIN

- Therapeutic Exercise
- Ayurvedic Massage
- Pilates
- Yoga
- Education
- Pictures
THEME FOUR: COGNITIVE BEHAVIORAL THERAPY INTERVENTION TO TREAT CHRONIC PAIN NEEDS TO FOCUS ON IMPROVING SELF-EFFICACY BELIEFS, REDUCING CATASTROPHIC THINKING, AND MINIMIZING FEAR OF MOVEMENT AND RE-INJURY

THEME FIVE: INTERVENTIONS ARE EFFECTIVE USING A MULTIMODAL APPROACH THAT TARGETS PHYSICAL AND PSYCHOLOGICAL SYMPTOMS, NOT DIAGNOSIS SPECIFIC

USE IN PRACTICE
Though chronic pain cannot be eliminated, a multimodal approach that includes a group program of both CBT and exercise along with individual sensory interventions, can reduce symptoms.

LIMITATIONS
- Limited research on long-term interventions
- Underreporting of reliability and validity of measurement tools
- Weak studies on sensory interventions and pain management

FUTURE RESEARCH
- Higher level studies exploring long-term implications
- More research focused on mental health populations in all settings
- Improved tracking for long-term treatment plans
- More rigorous research on sensory interventions

CLINICAL APPLICATION OF EBP

KMR Safety First. (n.d.). Five person group [Image]
QUESTION FOR THE GROUP

REFERENCES (CONTINUED)

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