

THRIVE: A Pilot Occupational Therapy-Led Self-Management Program for Individuals Living with Chronic Pain

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Background

- Chronic pain:** pain that persists for more than 3-6 months; it can emerge at any age and can take a negative toll on all aspects of one's health and well-being (Merskey et al., 1994; Dueñas et al., 2016).

DCE Site Description

Two Trees Physical Therapy & Wellness, Inc. (TTPT) Powered by Golden Bear Therapy Partners (GBTP)

- Outpatient orthopedic, neurological, and pediatric rehabilitation clinic located throughout Ventura county
- Mission: "We are an innovation rehabilitation and wellness services provider helping patients in our communities reach to their fullest potential while providing an unmatched employee experience" (GBPT, 2021).

Primary Needs

- Development and implementation of a new wellness service line that aims to better support the large chronic pain population TTPT serves.
- Development of accessible chronic pain management resources.

Literature Review

- Adverse effects of chronic pain can decrease QoL, self-efficacy, physical, psychosocial, and cognitive functioning (Burke et al., 2015; Kurklinsky et al., 2016).
- The COVID-19 pandemic added a new layer of unprecedented challenges for people living with chronic pain (Amja et al., 2021).
- Socially marginalized populations and members of racial minorities experience more challenges in accessing health care, psychosocial support, and appropriate treatment for pain relief (Turner et al., 2018; Dassieu et al., 2021; Mun et al., 2021).
- Interdisciplinary care and self-management programs can improve catastrophizing, psychological variables, pain disability, functional capacity, self-efficacy, and QoL (Anamkath et al., 2018; Ibrahim et al., 2019)

Learning Objectives

- Increased program development skills by developing and implementing a 6-week OT-led chronic pain self-management program.
- Created educational resources for the participants and rehabilitation team to promote generalization and transfer of skills.
- Evaluated the effectiveness of the 6-week program and its ability to meet the organization needs of the DCE site.

Program Description

A 6-week OT-led chronic pain self-management program. **THRIVE** stands for Therapeutic, Health-promoting, Redesigning, Inclusive, Volitional, and Empowered, six core tenets this chronic pain self-management program.

Primary Objective:

- Increase participants' QoL, competency, and self-efficacy with respect to chronic pain self-management.

Methodology

Inclusion Criteria

- Experiencing physical pain that has lasted longer than 3 months or pain that has been present for most days over the past 6 months
- Participants must be 18+ years old or older
- Reside in Ventura County and have transportation access to the clinic

Recruitment

- Reached out to TTPT staff
- Posted flyers
- Interviewed patients and distributed participation forms
- Site mentor announced and distributed flyers and participation forms to the clinic managers from surrounding TTPT locations as well as GBPT CEO and regional managers.



FREE WORKSHOP
AT TWO TREES PHYSICAL THERAPY
SOUTH OXNARD LOCATION

THRIVE: A FREE 6-WEEK CHRONIC PAIN SELF-MANAGEMENT WORKSHOP

Discover strategies and skills that will allow you to self-manage your pain and feel empowered to live a satisfying, fulfilling life!

Through this program, you will learn to:

- Redesign your habits and current lifestyle to improve your health and well-being.
- Better communicate with your doctor and loved ones.
- Understand the benefits of physical activity and healthy eating.
- Learn about chronic pain, the mind-body connection, and ways to increase your quality of life — and more!

What to expect:

- A lively, fun, interactive, and research-based workshop.
- Meet and gain support from others who live with chronic pain.

Starting on Monday, January 10, 2022 10:30 am - 1:30 pm

Sessions are offered on Mondays and Wednesdays 60-75 minute session

Cost: FREE

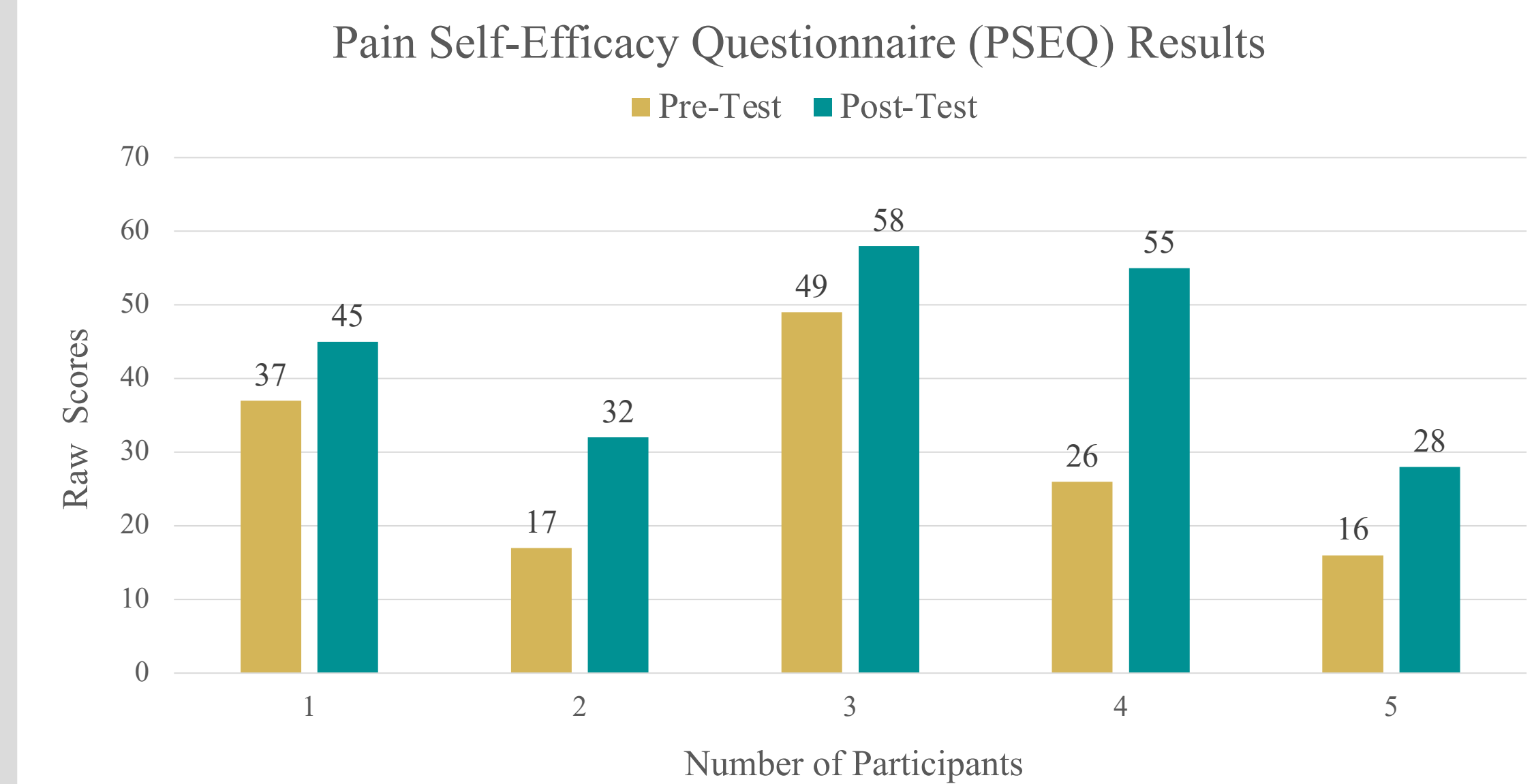
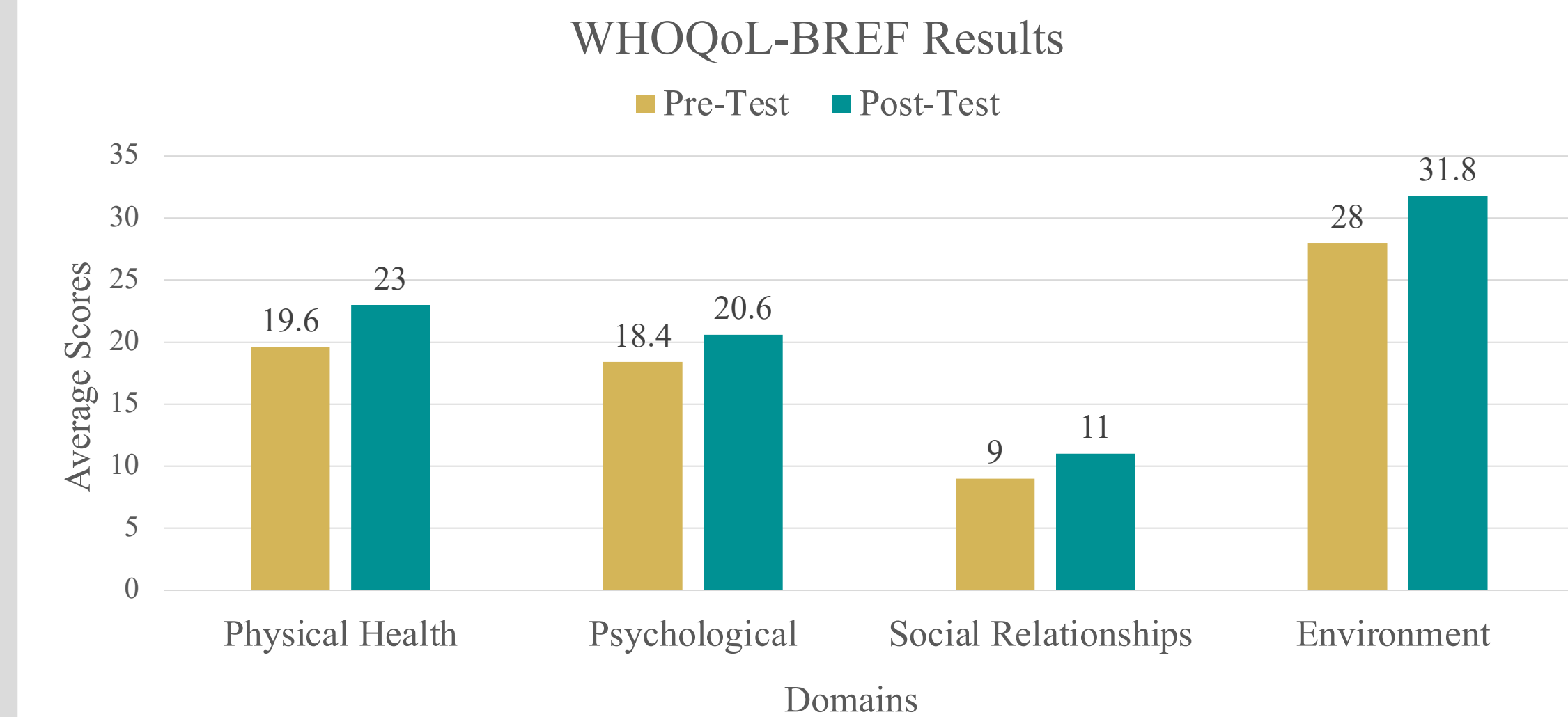
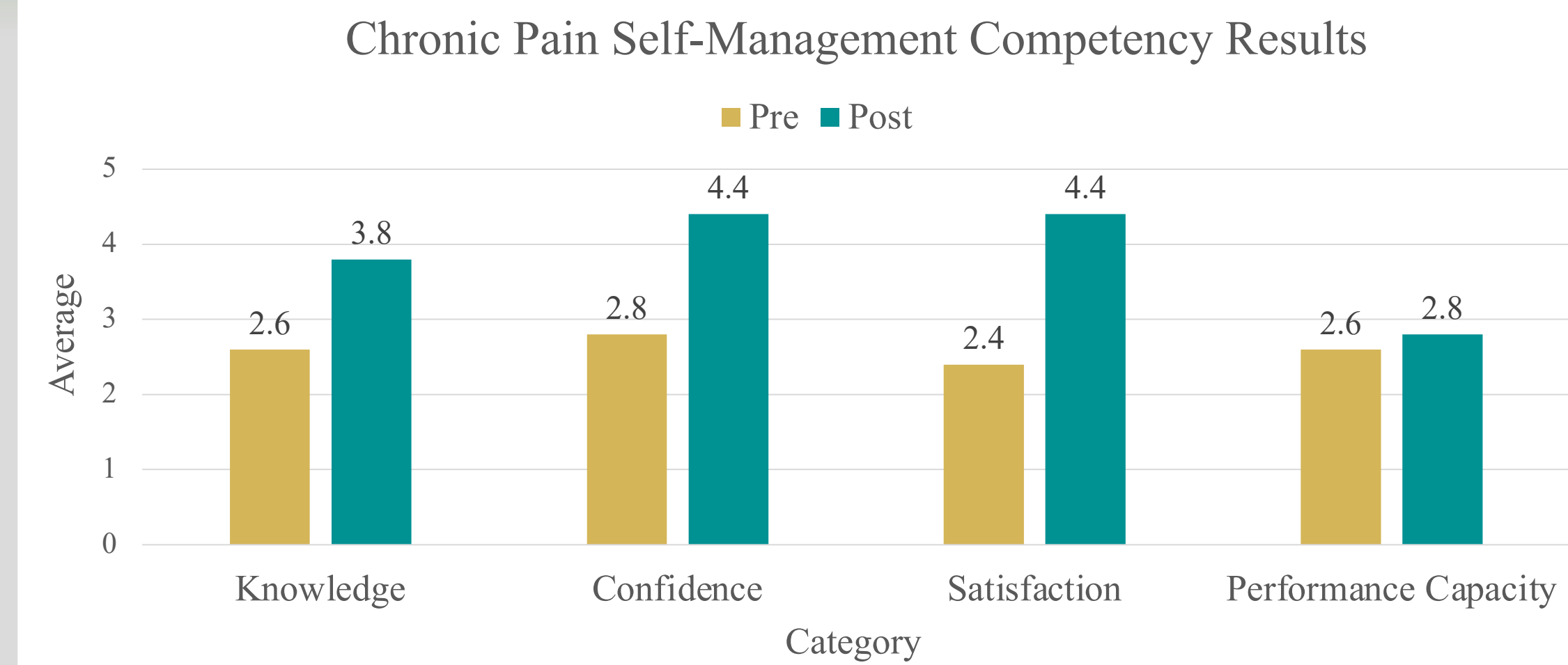
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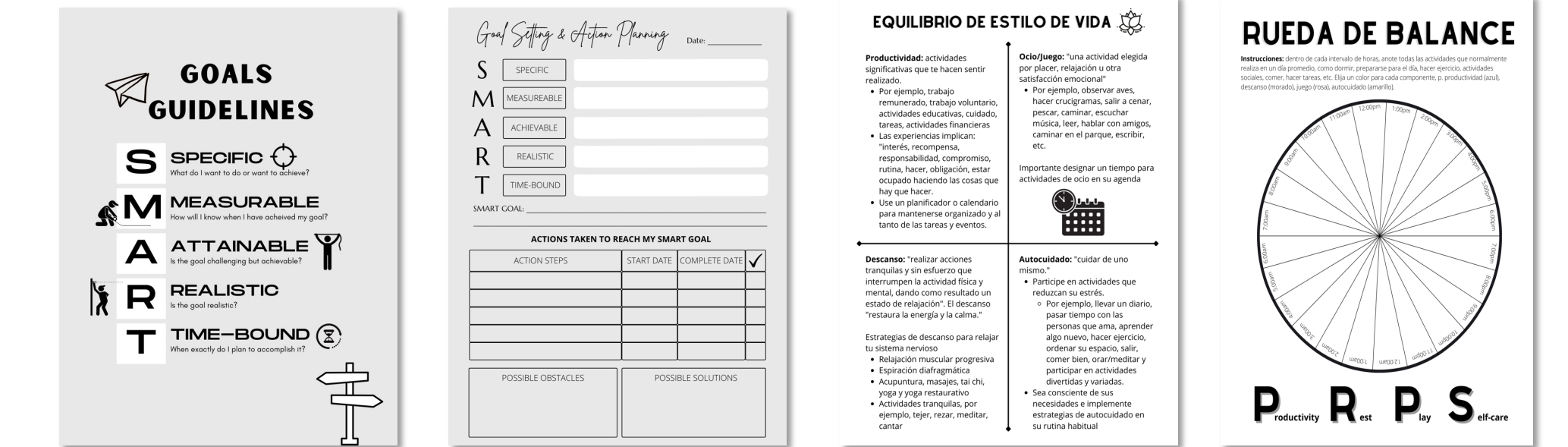
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Program Evaluation & Outcomes



Scholarly Deliverables

- THRIVE Chronic Pain Self-Management Program Manual (digital and hard copy)
- Educational handouts and resources (see examples below)



OT Implications

- OTs play a significant role in identifying and addressing habits, routines, and lifestyle factors that may either be health-promoting or detrimental to one's health and well-being.
- OTs can assist individuals living with chronic pain identify their pain triggers and provide education on self-management strategies to increase QoL, self-efficacy, and occupational engagement.
- Collaboration between the client, OT practitioner, and interdisciplinary team is essential in chronic pain management.

Future Directions

- Adapt and implement the program in the Summer of 2022.
- Expand the program by offering virtual group sessions and sessions that are tailored specifically for Spanish speakers.
- Incorporate more holistic approaches and wellness strategies in the self-management program.

Acknowledgements

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References Available Upon Request