

# 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

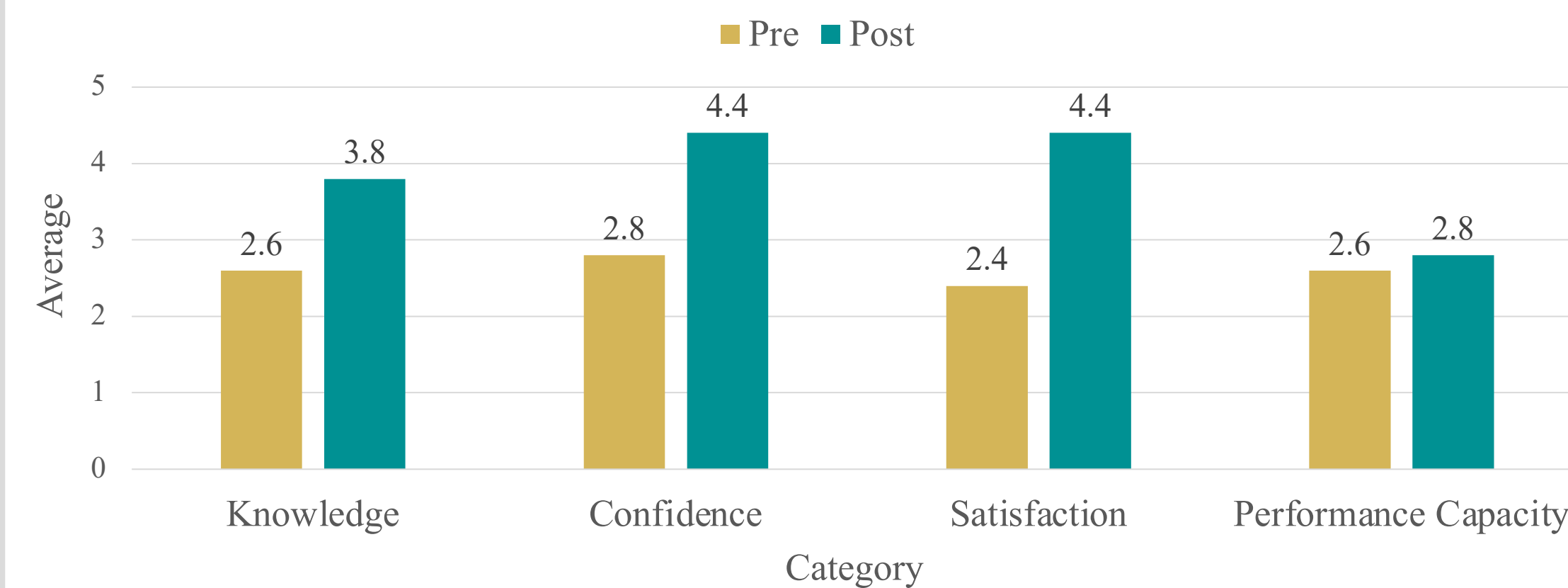
### Recruitment

- 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.

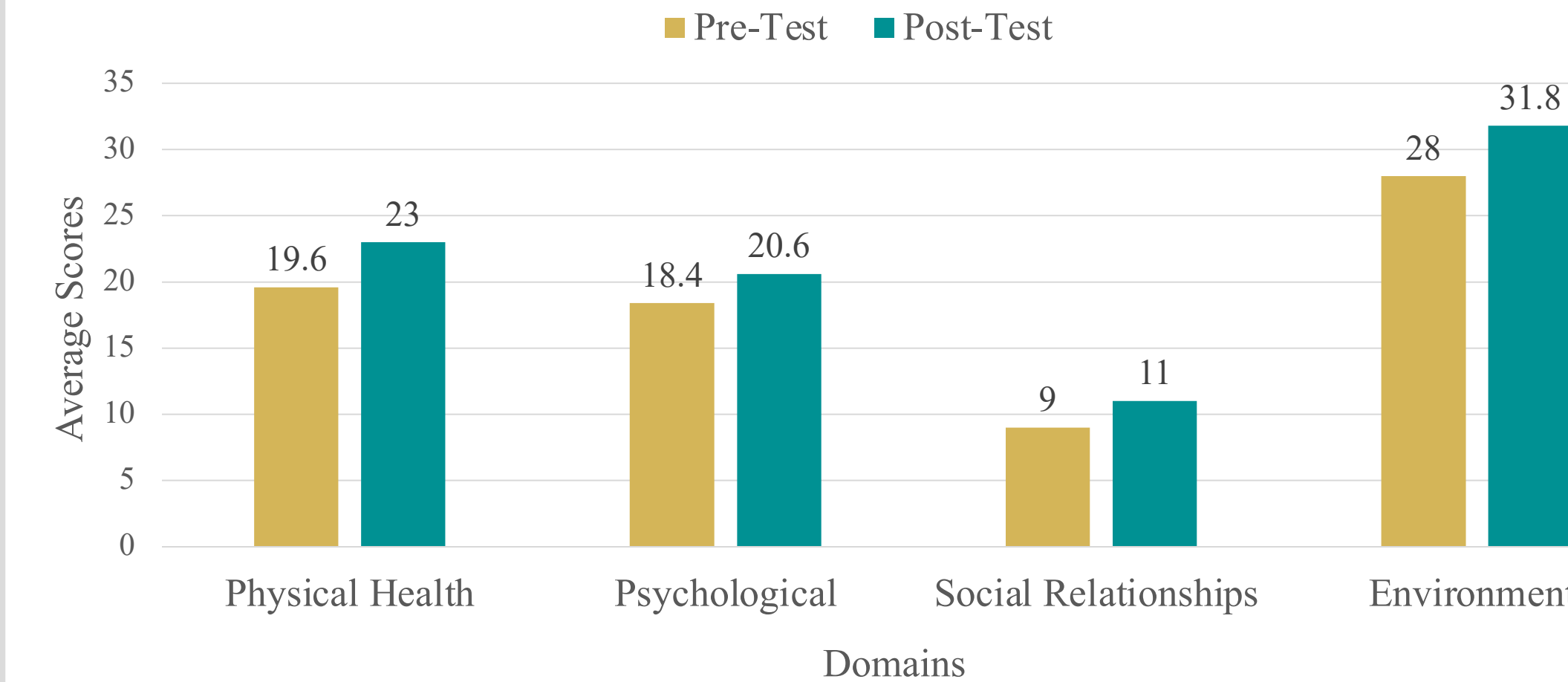


## Program Evaluation & Outcomes

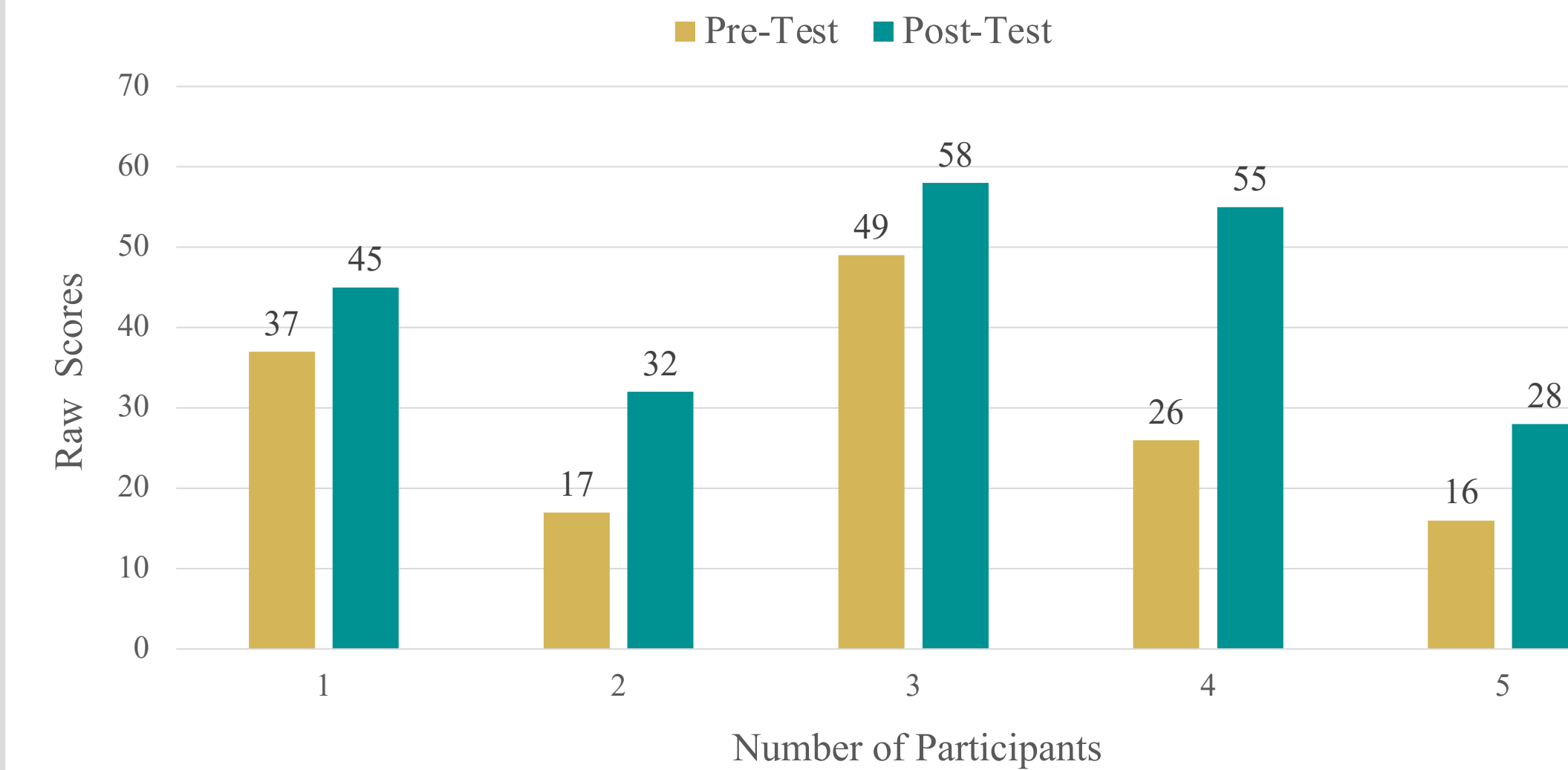
Chronic Pain Self-Management Competency Results



WHOQoL-BREF Results

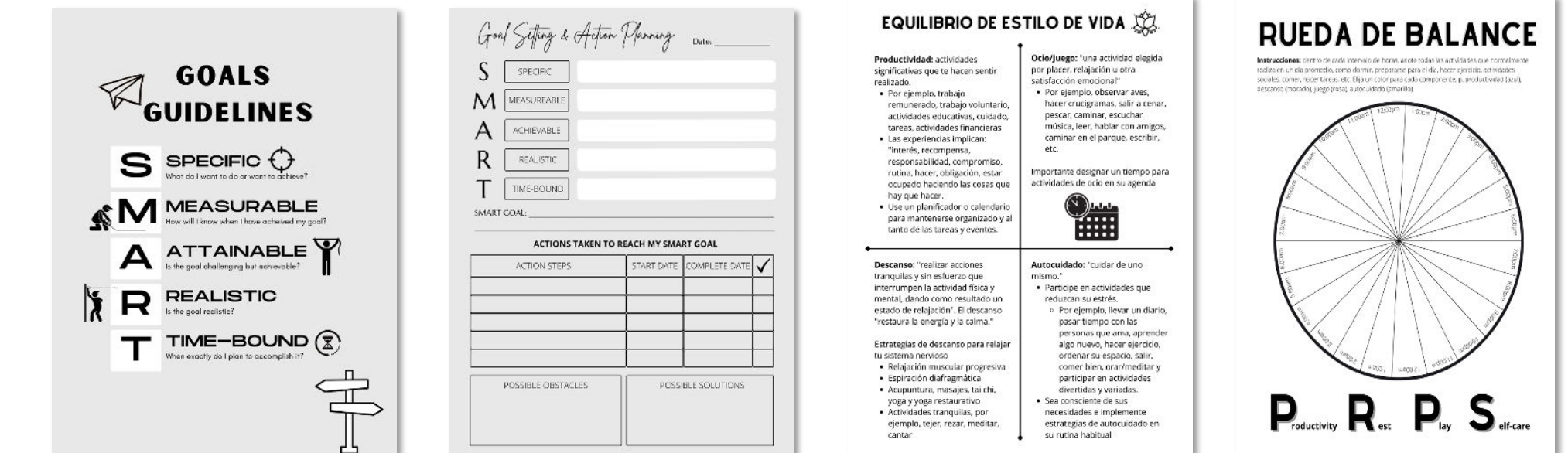


Pain Self-Efficacy Questionnaire (PSEQ) Results



## 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