

Introduction and background:

Pain is a major public health issue throughout the world. Although our understanding about the complexity of pain and its treatment continues to expand, there remains a wide gap between this knowledge and its application in clinical settings. Chronic pain is a multidimensional phenomenon, which requires a comprehensive, integrated, and multifaceted model of care.

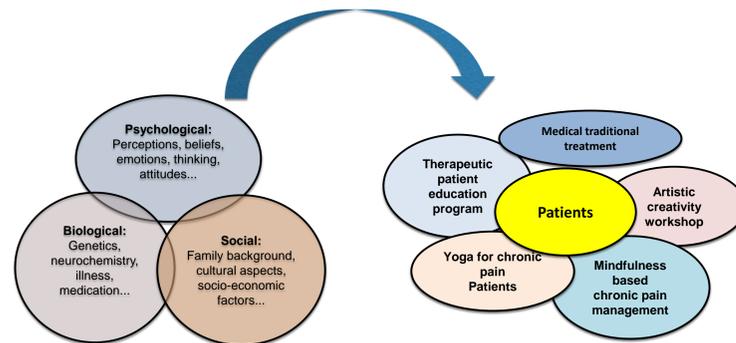
Since 2010, in addition to more “traditional” hospital pain center treatments (pharmacological, physiotherapy, psychotherapy, trigger points injections, nerve blocks, epidurals, radio frequency, intrathecal pumps, neuromodulation: central and peripheral) our team has been incorporating several approaches at our pain center to complement these pain management strategies.

Objectives

To establish a multifaceted treatment model (MTM) based on the multifactorial etiology of pain.

To provide patients with effective pain management tools that promote self-care while fostering the development of skills that optimize functioning and reduce isolation.

Establish a multifaceted treatment model based on the multifactorial etiology of pain



Methods

Over the last 6 years we have incorporated 4 additional approaches to our multimodal treatment program:

- 1) Therapeutic Patient Education Program.
- 2) Artistic Creativity Workshops.
- 3) Yoga Program for Chronic Pain Patients.
- 4) Mindfulness Based Chronic Pain Management.

These four programs have been added to the integrated treatments currently offered at our clinic.

Therapeutic patient education program

The TPEP is given by a multidisciplinary team and offers 5 groups per year with 60-70 participants.

We assessed the impact of TPEP one year after the patients finished the program.

There is a significant impact on participants' lives.

Following one year of the TPEP:

- 55% of patients are more physically active,
- 78% practice relaxation activities,
- 74% recognize a link between pain and mood.



Yoga for chronic pain Patients

Yoga Program for Chronic Pain Patients is conducted by a yoga teacher.

Has 3 levels with 80 patients/month.

Yoga is a form of mind-body fitness that involves a combination of muscular activity and an internally directed mindful focus on awareness of the self, the breath, and energy.



Results

The Artistic Creativity Workshops are offered to 38-42 patients per year.

The person who gives the workshops is herself a professional painter.

A blog was created to show the works of patients and is updated each month.

The idea behind the blog is not only to expose the patient's art work to the public but also to demonstrate that they are still able to contribute to society in a creative beneficial way.

Artistic creativity workshop



Mindfulness Based Chronic Pain Management (MBCPM™) classes are taught by a physician.

A total of 3 courses (12-13 weeks) offered 3 times a year.

Participants learn the principles of mindfulness meditation which can allow a reframing of the pain experience to be less intrusive and disabling.

Mindfulness based chronic pain management



Conclusions

Chronic pain is multifactorial and the treatment should therefore also be multifaceted. The MTM helps patients self-manage their pain conditions as well as end their isolation and suffering.

Our model is patient-centered with a multidisciplinary, complementary integrative medical approach, where the patient is an active participant at the center of the pain management strategy.

Our Pain Clinic has been applying the MTM over the past five years and the results show that by increasing knowledge we can modify the patient's attitudes, improve their skills and raise their aspirations / enabling them to make positive changes in their lifestyles.

The level of satisfaction for the Multifaceted Treatment Model

