PATIENT CHARACTERISTICS AND OUTCOMES AT CHANGEPAIN CLINIC: DELIVERING COMMUNITY-BASED, MYOFASCIAL, NEUROPATHIC AND BIO-PSYCHO-SOCIAL TREATMENTS FOR CHRONIC PAIN

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INTRODUCTION / AIM

CHANGEpain Clinic (CpC) is a community-based chronic pain clinic that delivers layered multidimensional pain care including: 1) procedures (intramuscular stimulation, trigger point injections, ultrasound guided procedures, and infusion therapy), and 2) behavioural group medical programs co-led by physicians and allied healthcare providers.

This practice-based research (PBR) study aims:
1) To describe the characteristics of the CpC patient population in 2013-2015;
2) To describe changes in outcomes during this time period.

This study will also add knowledge about the feasibility of PBR from a clinical dataset.

METHODS

This is a descriptive, cross-sectional analysis of clinic data that uses an electronic medical record to describe CpC’s practice population from inception, May 1, 2013, to December 31, 2015.

Outcome variables (recommended by IMMPACT) were measured using validated questionnaires: BPI, NRS, PHQ9, PSEQ, PRSS, and TSK.

RESULTS

3367 new patients visited CpC in the study period; 88% were between 20 and 69 years old; 69% were female. The top three pain areas were back pain, complex/multi-area pain, and shoulder pain.

82% of patients completed one set of outcome questionnaires; 40% of patients completed two. Outcome changes are reported as a difference between first and second questionnaire score; mean time between scores was 127 days.

Mean BPI score at intake was 45/70. 69% of patients reported statistically significant BPI reductions and patients with a higher initial score reported the largest reductions. Further analysis in process.

DISCUSSION / CONCLUSIONS
This study indicates positive outcomes using layered myofascial, neuropathic and bio-psycho-social treatments for chronic pain that may be effective and lower-cost alternatives to hospital-based care.

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