LONG-TERM OUTCOMES OF SELF-MANAGEMENT PROGRAMMING FOR YOUTH WITH CHRONIC PAIN

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INTRODUCTION / AIM
Chronic pain is a common problem in young people, afflicting as many as one in five children or teens at some point in their youth. A minority of these teens develop difficulties with chronic pain that lead to the evolution of a pain syndrome that manifests with pervasive and profound effects on function, mood, sleep, and quality of life. Functionally, this includes pain-related disability in the domains of physical activity, school attendance, peer relationships, family interactions, and cognitive function. The proposed poster will outline the long term data collected from teens who have taken part in the Pain 101 program at the Stollery Children's Hospital in Edmonton AB over a period of several years.

METHODS
Young people who attend the Stollery Pain 101 program complete a questionnaire package based on the PedIMMPACT recommendations for measures of pain, pain-related disability, mood, sleep, and quality of life. We also measure other factors such as acceptance of pain, perceived stigma and fear of movement. These measures are completed at the beginning of the program (baseline), post-program (3 months), 6-months, 12 months and then annually to the five year mark. Pain 101 is a 10-week chronic pain self-management program that employs third wave cognitive-behavioural therapy with a focus on increasing function, the reduction of physiological arousal, mood management, and behavioural maintenance. the program is provided jointly by the pain psychologist and the nurse practitioner.

RESULTS
Up to date outcome data will be presented in the domains measured. To date, significant improvements have been noted in pain levels, decreased functional disability, improved sleep, and improved levels of anxiety. Trends toward improved levels of depression and quality of life were noted but were not yet statistically significant. These effects remain significant to the 2-year mark. Trends appear where the strongest effects occur in the first 6 months post-treatment and a slight but non-significant trend back toward baseline for the subsequent 18 months.

DISCUSSION / CONCLUSIONS
This is the first data to the best of our knowledge that tracks youth in a chronic pain self-management program for several years. The pattern and trends in our data are encouraging and suggest that the program may be promising in affecting long-term patient outcomes.

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