



Nomination

Mental health and addictions

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**Making Real Functional Gains While Living with Chronic Pain: McMaster FHT (MFHT)
Allied Health: Occupational Therapy (OT) and Physiotherapy (PT) programs.**



MFHT offers a multidisciplinary pain management program which is designed to facilitate change in function for those living with chronic pain. In addition to the evidence-based CBT approach to improve health literacy and participation in their leisure, home and work activities and quality of life. A graded exercise program tailored to create self-efficacy for physical activity while continuing to improve self-management was included. The results to date have suggested that these two programs when combined (CBT and exercise) mirror evidence practice in the speciality clinics and is an effective option for chronic pain management in a Primary Care setting.

Past participants are invited back to volunteer in the Lifestyle Management group once they have completed both programs to highlight their success. These champions create a voice of the lived experience and how literacy about pain and physical activity Program Evaluation is completed at the end of each group and feedback is integrated into making changes on an as needed basis.