

Patients Supporting Patients: Self-management in chronic pain

Bruyère Family Health Team and Living Healthy Champlain

Kate Nash, Julie Ménard, Rachel Davidson, Debbie McGregor



*Bruyère pour des soins continus.
Bruyère Is Continuing Care.*

Presenter disclosure

- **Presenters:** Kate Nash and Julie Ménard
- **Relationships with commercial interests:**
 - Grants/Research Support:** None
 - Speakers Bureau/Honoraria:** None
 - Consulting Fees:** None
 - Other:**
 - Kate Nash** is an Employee of Living Healthy Champlain, CDSMP
 - Julie Ménard** is a volunteer

Disclosure of Commercial Support

- This program is funded by The MOHLTC
- This program has not received in-kind support

Potential for conflict(s) of interest:

None

Mitigating Potential Bias

- None arising from commercial interests.
- Reference is made to alternative perspectives on the program.

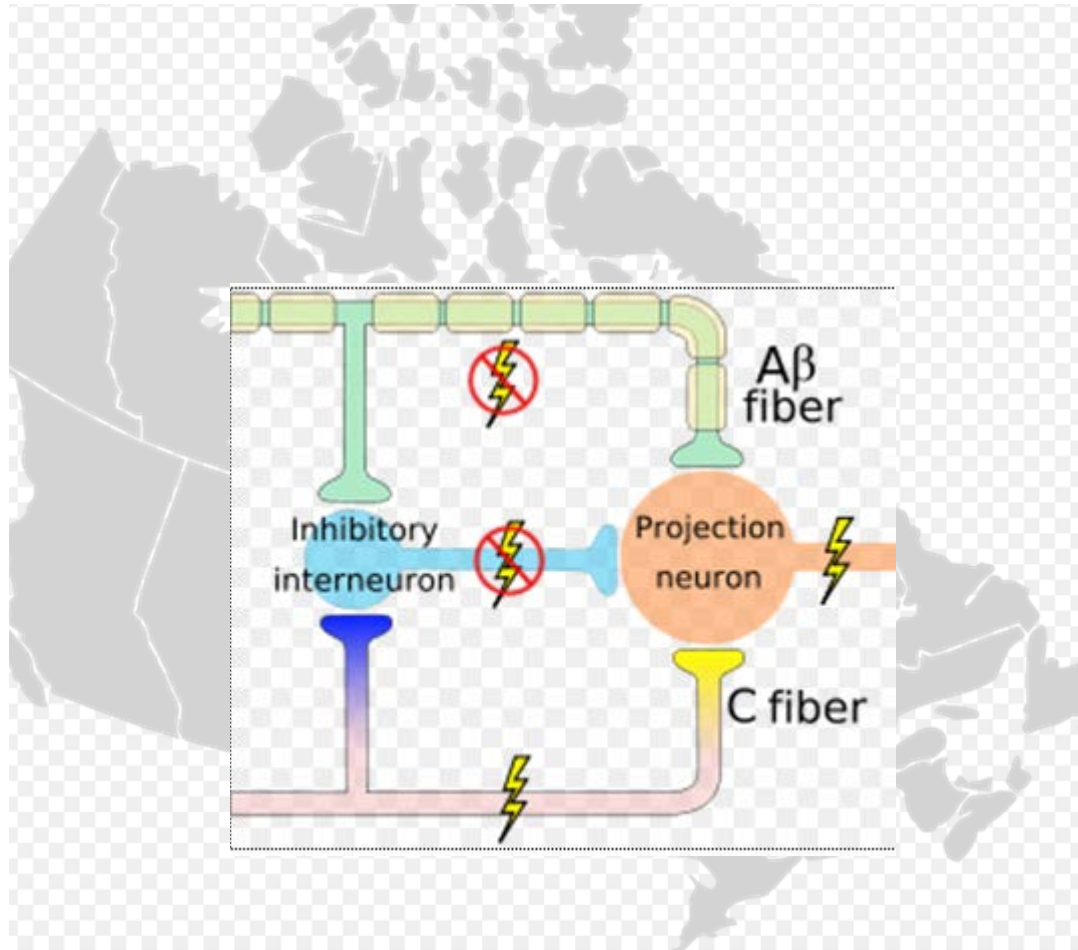
A Show of Hands



Presentation Overview

- Chronic pain in Canada
- The Chronic Pain Self-Management Program
- Evidence for self-management programs
- Patients supporting patients
- Growth of the CPSMP in Ontario
- Moving Easy Program
- Questions and discussion

Chronic Pain in Canada



Chronic Pain

- Pain lasting for longer than the normal soft tissue healing time of around 12 weeks¹
- A patient's definition:

Chronic Pain in Canada

1 in 5 Canadians live with chronic pain

Waiting Time Alliance Bench Marks

Sub-acute chronic pain in an adult of working age where intervention may improve function	3 months
Other types of chronic pain	6 months
Patient experience?	Up to 2 years?

Insufficient evidence to grade the provinces 2014

While Patients Wait



While patients wait

Patients experience a significant deterioration in QOL and psychological well-being during that wait. ²

Patients would benefit from learning self-management strategies while they are waiting.³

Chronic pain self-management program



STANFORD
SCHOOL of MEDICINE

Patient Education
IN THE DEPARTMENT OF MEDICINE

Stanford Medicine » School of Medicine » Department of Medicine » Patient Education » Our Self-Management Program



STANFORD
PATIENT EDUCATION
RESEARCH CENTER

PATIENT EDUCATION

[Home](#)

[Meet Our Staff](#)

[Training](#)

[Licensing](#)

[Materials](#)

[Organizations Offering](#)

Chronic Pain Self-Management Program

The Chronic Pain Self-Management Program is a workshop given for two and a half hours, once a week, for six weeks, in community settings such as senior centers, churches, libraries and hospitals. Workshops are facilitated by two trained leaders, one or both of whom are peers with chronic pain themselves.

Subjects covered include: 1) techniques to deal with problems such as poor sleep 2) appropriate exercise for maintaining and improving function 3) appropriate use of medications, 4) communicating effectively with health professionals, 5) nutrition, 6) pacing activity and rest, and 7) how to

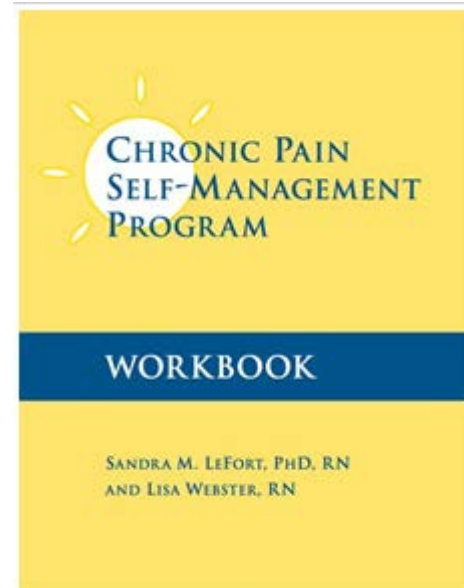
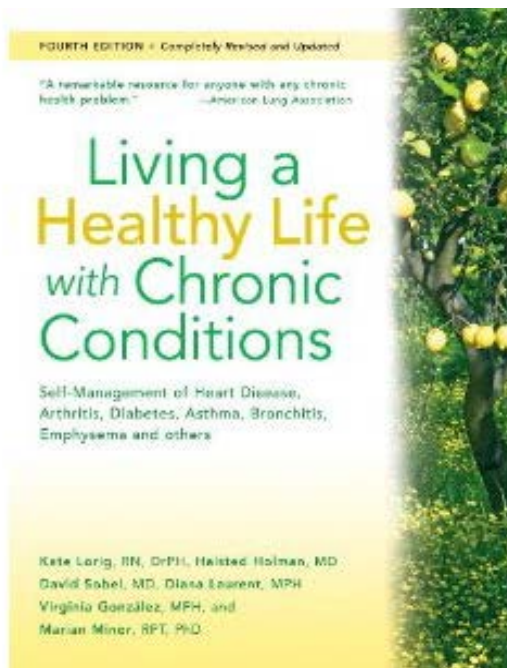
Chronic Pain Self-Management Program

- 2 and a half hours weekly for 6 weeks.
- Held in community settings.
- Led by 2 trained leaders, one or both of whom is a peer living with chronic pain.

Subjects Covered Include:

- Techniques to deal with poor sleep
- Appropriate exercise
- Appropriate use of medications
- Communicating
- How to evaluate new treatments effectively
- Nutrition
- Pacing, activity and rest

Program Includes



Evidence for Effectiveness



Self-management programs

Brady et al 2013, Meta-analysis of the CDSMP

- Included 23 studies

Conclusion:

- Small to moderate improvements in psychological health and selected health behaviours
- These changes remain at 12 months

Peer-led self-management programs

Foster et al 2009, Cochrane Systematic Review

- 17 trials

Conclusions:

- small, short-term improvements in participants' self-efficacy, self-rated health, cognitive symptom management, and frequency of aerobic exercise

Self-management programs for chronic pain

Du 2011, Self-management programs for chronic musculo-skeletal conditions: A systematic review and meta-analysis

- 19 trials met criteria

Conclusions

- For arthritis: small to moderate effects in improving pain and disability at 1 year
- Insufficient evidence for low back pain

Chronic pain self-management program

Lefort 1998, RCT of a community-based psycho-education program for the self-management of chronic pain

- 110 individuals randomised to CPSMP or waiting list control.

Conclusions

- CPSMP group made significant short term improvements in pain, dependency, vitality, aspects of role satisfaction, self-efficacy and resourcefulness.



To note

- Peer-led programs do not necessarily achieve better outcomes than professional led programs.(Carnes et al 2012)
- Good self-managers, may self-select and choose to attend and/or lead the programs.(Wilson 2007)
- Social comparison not effective for all.(Campbell 2007)
- Self-management programs are one approach.

Patients supporting patients



Patients supporting patients

“you get me”

Patients supporting patients

“I am useless”

“I am a burden”

Patients supporting patients

*“ My doctor doesn't
have the time.”*

Patients supporting patients

ACTION PLAN FORM



1-877-240-3941
Living Healthy Ohampain

In writing your action plan, be sure it includes

1. what you are going to do,
2. how much you are going to do,
3. when you are going to do it, and
4. how many days a week you are going to do it.

For example: This week, I will walk (*what*) around the block (*how much*) before lunch (*when*) three times (*how many*).

This week I will _____ (what)
_____ (how much)
_____ (when)
_____ (how many)

How confident are you? (0 = not at all confident; 10 = totally confident) _____
[Just a note: You may want to make copies of this form.]

	Check off	Comments
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Patients supporting patients

*“I know the pain
won't go away but I
can manage it better.”*

Patients supporting patients

*“My old book is closed.
Now I am opening a
new book.”*

Patients supporting patients

“By helping others I help myself stay healthy”.

Growth of the Program in Ontario



What is happening in Champlain?

- Workshops are offered by the chronic disease self-management program in any location that requests it.
- Can be CHCs, FHTs, other clinics, churches, community centres etc.
- Patients waiting to see a pain specialist are informed about the CPSMP.

Growth of the CPSMP in Ontario

- Central East and South West had been running program since 2008 and 2010 (funded by their LHINs).
- In Champlain, coordinator noted that up to 56% of survey respondents reported they lived with chronic pain.
- Chronic pain also reported as a barrier to behaviour change.
- Application made to MOHLTC for funding to train master trainers.
- Program began 2012 in Champlain.
- Other LHINs began to offer the program

The Growth of the CPSMP in Ontario

LHIN	#workshops	#participants
Central East	90	850 (est)
Central West	12	100+
Champlain	24	200
Hamilton, Niagara, Haldimand, Brant	21	177
North East	34	176
North West	11	104
South East	37	266
South West	66	501
Toronto Central (English and Mandarin)	8	82
Waterloo-Wellington	6	47
	309	2503

How to Refer your Patients

[http://www.health.gov.on.ca/en/pro/programs/diabetes/
self_manage.aspx](http://www.health.gov.on.ca/en/pro/programs/diabetes/self_manage.aspx)

Thank you

- Trish Topping/Alysha Mongrow
 - Lyn Kuchard
 - Katherine Farrell
 - Katherine Macdonald/Sundee Hans
 - Alison Young/Danielle Deptuck
 - Sally Boyle
 - Surkhab Peerzada
 - Tracey Dodds/Debbie Hollahan
 - Charlene Snow
- Central East
Hamilton
North East
Central West
South East
South West
Toronto Central
Waterloo Wellington
North West

Moving Easy Program



Raise it Up

- Inhale, lift your arms, raising them as high as you can, very gently and slowly.
- Bring your hands together and guide them down towards the centre of your body.
- Repeat...lifting up...hands together...and finish by guiding your arms back down to the side of your body...

Ear to Shoulder

- Focusing on your head, bring your ear a little closer to your shoulder.
- Hold...return to centre.
- Now bring your ear a little closer to your other shoulder.
- Hold...return to centre.

Side Look

- Gently look to the side, you may feel a stretch or tension release.....
- Return to the centre.
- Repeat looking to the other side.....
- Return to the centre.

Head Bow

- Drop your head gently to your chest and hold, feeling tension leave that area...
- Return to the centre.
- Repeat...gently dropping forward.
- Return to the centre....

Shoulder Rolls

- Bring your attention to your shoulders and think about making small gentle circles forward.
- Start with small circles and increase them.
- Even the smallest of movements can be beneficial to you.
- Do 5-6 rotations forward.
- Now reverse this circular movement backwards.

Side Turn

- Using your body's mid-section, gently look to the side.
- Turn your head, shoulders and chest and feel a lengthening of the spine.
- Hold...come back to centre.
- Now place your hands on your other leg, and turn your head, shoulders and chest to the other side
- Come back to centre.

Scoop and Splash

- With larger movements, reach back to the best of your ability, and then down, with comfort and no pain.
- Picture scooping water from beneath you.
- Slowly sit back up, splashing the water over your shoulders.
- Repeat 2 more times.

Squat Up

- If you are able to stand, lift yourself forward off your chair focusing on the large muscle groups in the tops of your legs and stand up.
- (When moving from sitting to standing, avoid tipping your trunk backwards since this may strain your lower back).

Leg Kicks

- Now move to one side of the chair.
- Holding gently onto the chair for balance (or sitting in your chair),
- Extend one leg forward as moving your foot through a pool of shallow water.....
- Back and forth...back and forth...4-6 times

Leg Swing

- Using the same leg, move your leg through water from side to side in front of you....
- Repeat with gentle, slow, easy movements 4-6 times.

Flex and Point

- Using the same leg, keep this leg extended in front of you...
- Flex and point your toes...up and down...
- Repeat 3-5 times.

Hamstring Bow

- Placing that foot on the floor slightly in front of you, gently lean forward as if making a little bow.
- Stretch your hamstring...slowly, gently, and comfortably.
- Hold this for up to 15 seconds.....and stand up.

Leg Kicks (2)

- Now move to the other side of the chair.
- Holding gently onto the chair for balance (or sitting on your chair), extend one leg forward as if moving your foot through a shallow pool of water...back and forth...back and forth.
- Repeat 4-6 times.

Leg Swing (2)

- Using the same leg, move your leg through water from side to side in front of you.
- Repeat 4-6 times.

Flex and Point (2)

- Using the same leg, keep this leg extended in front of you.
- Flex and point your toes....up and down.
- Repeat 3-5 times.

Hamstring Bow (2)

- Placing that foot on the floor slightly in front of you, gently lean forward as if making a little bow.
- Stretch your hamstring...slowly, gently, and comfortably.
- Hold this for up to 15 seconds.....and stand up.
- (Keep your weight on your back foot)

Squat Up and Down

- Now return to the front of your chair.
- Move back to your chair as if to sit down but remain standing.
- Slowly lower yourself in your chair being mindful to let your weight sit on your heels.....pause
- Lift yourself out of your chair (using your hands if you need them.)
- Slowly lift up to a standing position...pause.
- Sit back down. Repeat.....

Knee to Chest

- While sitting place both hands around one knee.
- Gently bring your knee up towards your chest, while keeping an erect posture.
- If you have a hip or back problem, just lift your knee without using your hands.
- Feel a gentle stretch in your hip and buttock area
- Hold for 2-3 seconds...change legs repeat..

Abdominal Lean

- Crossing your arms in front of your chest, or holding onto the sides of the chair, lean back very slowly using your abdominal muscles.
- Move 45 degrees...hold 5-7 seconds...return to centre.
- Repeat...you should feel the abdominals tighten.
- Do this movement only to the point of comfort.

Ankle Rotation

- Extending one foot in front of you, rotate your ankle in one direction (5-6 rotations).
- Now rotate in the other direction.
- Change legs and repeat on the other side.
- One direction and then the other.

Side Stretch

- Take a deep breath lifting your arms up over your head.
- Drop one arm to your side, taking the lifted arm and move it toward the centre of your body, giving you an added stretch.
- Hold for 10 seconds.
- Now lift the dropped arm up again and repeat this to the other side...hold up to 10 seconds.
- Repeat again on both sides.

Bicep Curls/Wrist Flexion

- Let's finish by taking a few slow, deep breaths.
- Lift your arms in front of you, and bend your arms at the elbows, moving arms in, and out.
- Flex your wrists and fists up towards your shoulders.
- Repeat 4 times.

Wrist Rotations

- Keep your arms extended or drop them to rest on your legs.
- Rotate both wrists in a circular direction one way...for 10 seconds and then the other way for 10 seconds

Wing Span Stretch

- Lift your arms out to the sides of your body as if they were wings.
- Move them back, opening your chest and holding this stretch, remembering to keep your shoulders soft and relaxed.
- Bring your arms to the front of your body, and repeat.
- Hold the stretch for 3-5 seconds.
- Lower your arms to your side.

Raise It Up

- Inhale, lift your arms, raising them as high as you can, very gently and slowly.
- Bring your hands together and guide them down towards the centre of your body.
- Finish by bringing your arms through the centre, exhaling as you do.

Questions and Discussion



Selected References

1. IASP. Pain 1986;24 (Suppl 1) S215-21
2. Lynch ME et al: A systematic review of the effect of waiting for treatment of chronic pain. Pain 136 (2008) 97-116
3. Vargas-Scaffer et al, Anatomy of the Pain Centre Waiting List at the Centre Hospitalier de l' Université de Montréal. Journal of Pain Research 2013;6 531-537
4. Brady TJ, Murphy L, O'Colmain BJ, Beauchesne D, Daniels B, Greenberg M, et al. A Meta-Analysis of Health Status, Health Behaviors, and Health Care Utilization Outcomes of the Chronic Disease Self-Management Program. Prev Chronic Dis 2013;10:120112. DOI: <http://dx.doi.org/10.5888/pcd10.120112> .
5. Du et al, Self-management programs for chronic musculoskeletal pain conditions: A systematic review and meta-analysis. Patient Education and Counseling 85 (2011) e299-e310
6. Lefort et al. Randomized controlled trial of community-based psychoeducation program for the self-management of chronic pain. Pain 74 (1998) 297-306