

# *Life Despite Pain*

Bruce D. Dick, PhD  
Saifudin Rashid, MB, MSc. (Epid), FRCPC  
Peggie MacKenzie, RN  
Department of Anesthesiology and Pain Medicine /  
Multidisciplinary Pain Centre  
University of Alberta



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# Disclosure

- Nothing to disclose.
- Cannot identify any potential conflict of interest.
- No financial or collaborative relationship with sponsor / industry.



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# Overview

- History and foundation of program
- Program details
- Results
- Case examples
- Potential implications



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# The Structure...

- Tercel...
- Cognitive-behavioural framework
- Focus on acceptance (vs. coping)
- Involving family and friends
- Clear focus on reducing disability
- Confidence building
- Broad applicability



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# The team...

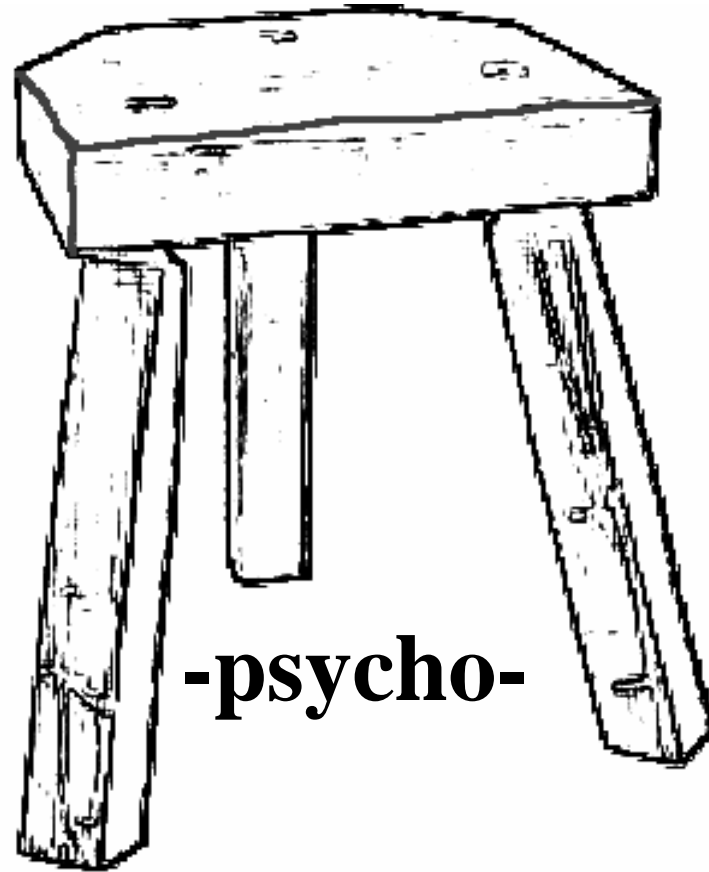
- Saifee Rashiq, MB, MSc (Epid), FRCPC
  - Pain specialist physician, MPC Director
- Peggianne MacKenzie, RN
  - Clinic nurse (aka ‘The Glue’)
- Bruce Dick, PhD, R. Psych. (AB)
  - Clinical psychologist



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# LDP model



**-psycho-**

**Bio-**

**-social**

# Referral process

- Physician referral
- Standardized form
- Depression screening (Beck Depression Inventory – II)



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# Education Sessions

- Three 1-hour sessions
- Bronze
- Silver
- Gold



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# Bronze Session – ‘Bio’

- Who are you?
- Who are we?
- Chronic vs. acute pain
- Biopsychsocial model introduction
- Hurt vs. Harm
- What LDP offers



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# Bronze Session – ‘Social’

- Life with chronic pain
- Importance of social implications of pain
- A focus on self-management
- Increasing function – not pain reduction
- Activity, sleep, nutrition
- Balancing your life



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# Bronze Session – ‘Psycho’

- We aren't here to blow sunshine
- Focus on psychological *effects* of pain
- Stress, tension, and chronic pain
- Vicious cycles
- The science and art of relaxation
- Practical applications



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# Silver Session – ‘Bio’

- Revisit Biopsychosocial model
- The man on the moon...
- X-rays and other fallible diagnostic tests
- The greater doctor theory
- Tolerance, dependence, and addiction



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# Silver Session – ‘Social’

- Self-help
- Pacing and balancing life
- Prioritizing goals
  
- Choice exercise



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# Silver Session – ‘Psycho’

- Acute vs. chronic pain
- Activity cycling
- Goal setting (‘errorless learning’)



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# Silver Session – ‘Psycho’

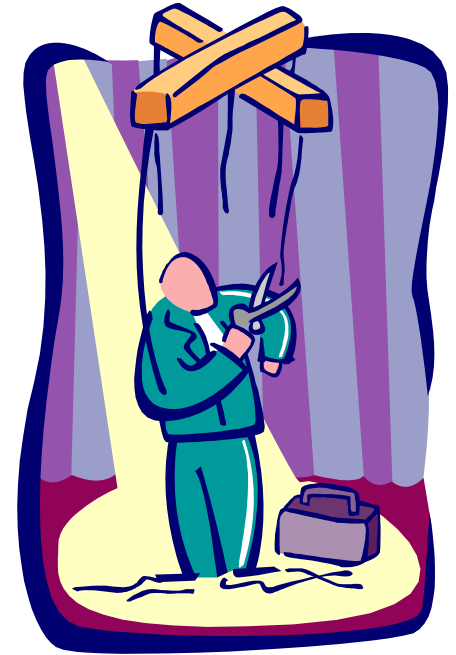
- Prioritizing, Planning, and Pacing
- Tolerance calculations
- Practical applications



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# Gold Session – ‘Psycho’

- Stress and anxiety
- Recognizing negative thoughts
- Challenging thoughts
- Practical applications
- Regaining control



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# Gold Session – ‘Social’

- Family and friends
- Importance of good communication
- Pain coloured glasses
- Hope
  
- Role play



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# Gold Session – ‘Bio’

- We are trying to understand
- We aren't going anywhere
- We only focus on people with chronic pain
- We do not endorse disability
- Taking control of life
- Making a plan
- How LDP works
- What to do until individual sessions



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# Individual Follow-Up Sessions

- All team members present
- Patient's pain history reviewed
- What's missing?
- Identification of personal goals



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# Outcomes

- *Baseline*
- M Pain-related disability (PDI) = 6.36
- M Depression (HADS): 9.77
- M Anxiety: (HADS): 10.08
- M Quality of life (15D): 0.64



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# Outcomes

- Following the 3 education sessions:
- Pain-related disability scores significantly lower ( $F=6.39$ ,  $p=.035$ , Effect size = .41)
- Return rates of questionnaires after that point reduced statistical power markedly



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# Benefits

- User friendly
- Transportable package
- Cost effective
- Aimed at individual goals
- High patient satisfaction



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# Staff



## Multidisciplinary Pain Centre Staff

1E2 Walter Mackenzie Health Sciences Centre - Edmonton, AB Canada - T6G 2B7  
**Phone:** 780.407.8638 (appointments), 780.407.8362 (inquiries / follow-up) **Fax:** 780.407.2736