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A mind-body musculoskeletal (MSK) pain management program for chronic neck and back pain patients in occupational therapy

Abstract:

Musculoskeletal chronic pain is costly and associated with poor physical and emotional functioning. While conventional treatments of using physical agents alone may lack long term benefits, congruent with the International Association for the Study of Pain, occupational therapists adopt a biopsychological approach to optimize patient's occupational performance, develop self-efficacy and pain self-management skills. This study aims at reviewing the effect of a Mind-Body Musculoskeletal Pain Management Program for neck and back pain patients, which was launched in the Outpatient Department at Occupational therapy Department of Pamela Youde Nethersole Eastern Hospital in Hong Kong between 2020 and 2021. Patients with chronic pain who joined the Mind-Body Musculoskeletal Pain Management Program showed significant functional improvement physically despite the presence of chronic neck and back pain. The pain programme based on physical and psychological modalities is an effective treatment, and shall play an important role in chronic pain rehabilitative services in Hong Kong.

Biography

Ng is an Advanced Practiced Occupational Therapist, working in an acute public hospital setting. She obtained her Bachelor of Science in Occupational Therapy from The Hong Kong Polytechnic University in Hong Kong in 2019. She obtained her Master of Science degree in Stroke and Clinical Neurosciences from the Chinese University of Hong Kong in 2023. She has various experiences in presenting in different congresses such as Annual Congress at Hong Kong Society for the Surgery of the Hand.