

## **Implementation of a Community Pain Clinic for the Integrated Home Care Services Team (IHCST) Clients in the Southern District**

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### **Introduction:**

The Integrated Home Care Services Team (IHCST) aimed to provide holistic care and support to the elders, disabled and needy family living in the community through a multi-disciplinary approach. One of the major clinical issues is the chronic pain of the elderly. A community pain clinic was set up in the Aberdeen Kai-fong Welfare Association Social Service Centre to explore the feasibility of tackling the problem.

### **Purpose of the Project:**

1. To improve the quality of current IHCST physiotherapy care by providing a regular centre based pain treatment services
2. To manage the musculoskeletal pain and thus achieve an improvement of quality of life (QOL) of IHCST clients
3. To promote mutual support of IHCST clients in chronic pain management through interactions in a group environment

### **Material & Methods:**

The period of implementation was from 2 March 2005 to 11 May 2005. A total number of 8 sessions were held on weekly basis. There were 6 participants selected together by the physiotherapist and the case manager. The modalities offered included acupuncture, exercise therapy, heat therapy, interferential therapy, laser therapy, manual therapy, transcutaneous electrical nerve stimulation and ultrasound therapy. At the end of each session, there was a 15 minutes group education on the self-management of chronic pain.

### **Results:**

For the chronic musculoskeletal pain, there was some improvement as shown in the Numerical Pain Rating Scale, the Roland Morris Disability Questionnaire and the Western Ontario and McMaster Universities Arthritis Index. Consistent improvement was found in the social functioning, mental health and vitality score of the SF36 (Chinese Version) questionnaire.

### **Conclusions:**

The present project demonstrated that the community clinic offered an alternative to the management of chronic pain apart from individual treatment during home visits. It also found that education on the self-management of chronic pain in a group environment maybe beneficial to the QOL of the IHCST clients.