

# Does practice, practice, practice on an intensive PMP lead to doing what matters most?



Jennifer Taggart, Clinical Specialist Occupational Therapist, and Gillian Ward, Specialist Occupational Therapist  
Scottish National Pain Management Programme, Allander House, Gartnavel Campus, Glasgow, G12 OXH

[www.snrpmp.scot.nhs.uk](http://www.snrpmp.scot.nhs.uk)

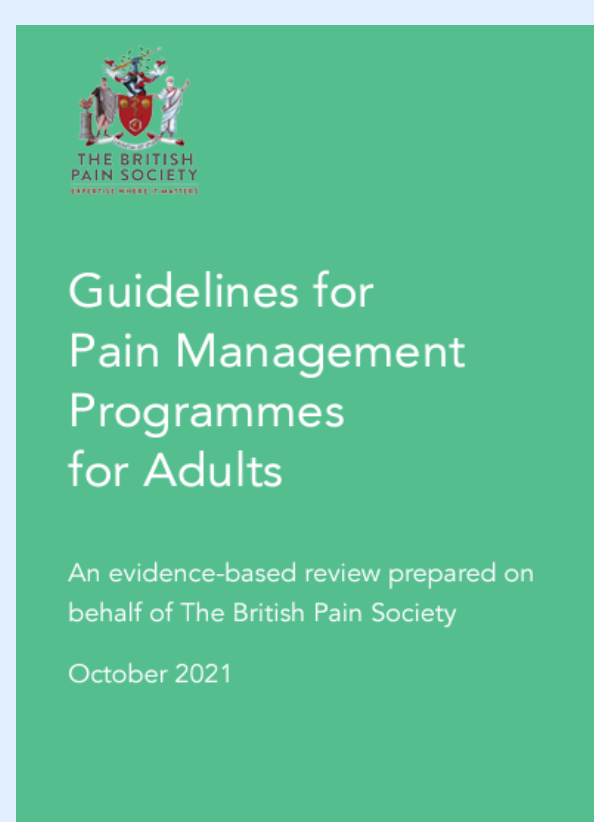
[scottish.pmp@ggc.scot.nhs.uk](mailto:scottish.pmp@ggc.scot.nhs.uk)

## Background

Living with persistent pain can interfere with daily activities and life roles; bringing rise to a disconnect with what matters most in life. An intensive pain management programme (PMP) aims to support participants to identify what matters to them and to promote behaviour change in line with value based occupational engagement.

Occupational engagement refers to the participation in meaningful self-care, productivity and or leisure activities. Engaging in meaningful and purposeful activities is linked with improved wellbeing (1,2).

Guidelines for PMPs encourage data collection in several areas including capturing changes in satisfaction with social roles and activities (3). Patient specific measures in these areas can add further context for demonstrating the value of PMP treatment intervention.



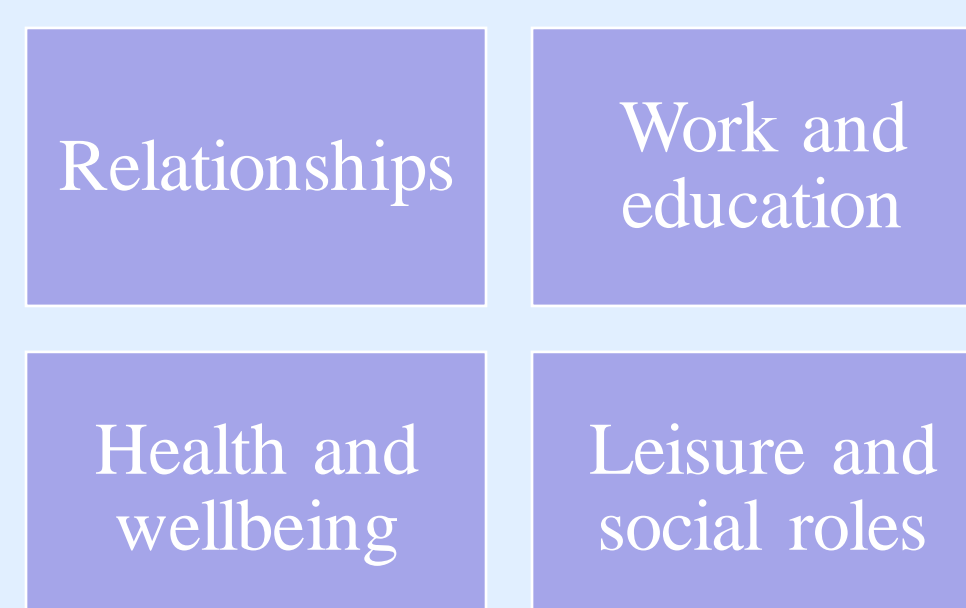
## Aim

To measure the extent that participants are doing more of what matters to them after attending an intensive virtual PMP.

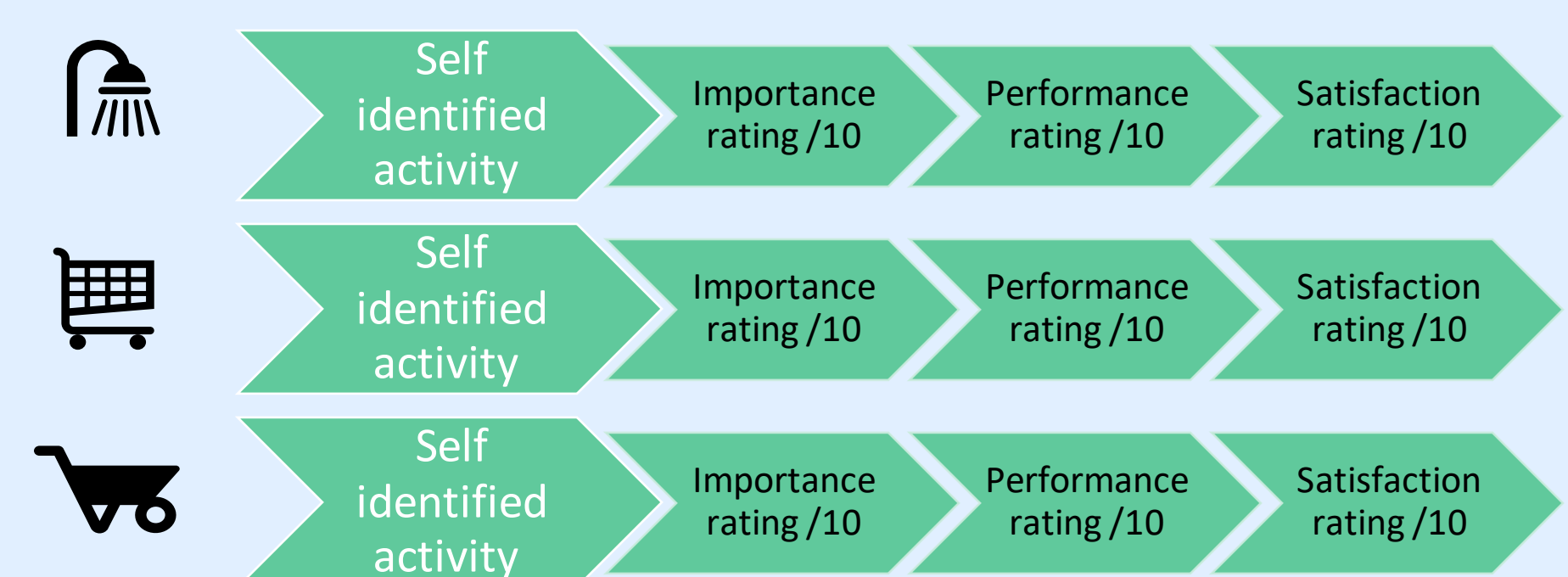
## Methods

Participants in an intensive virtual PMP completed a Values Compass and a Measure of Important Activities.

**Values Compass** - participants identify what is important to them in the domains of relationships; leisure and social roles; work and education; and health and wellbeing. Ratings gathered at the start and end of programme measure the extent participants are living life in accordance with their values.

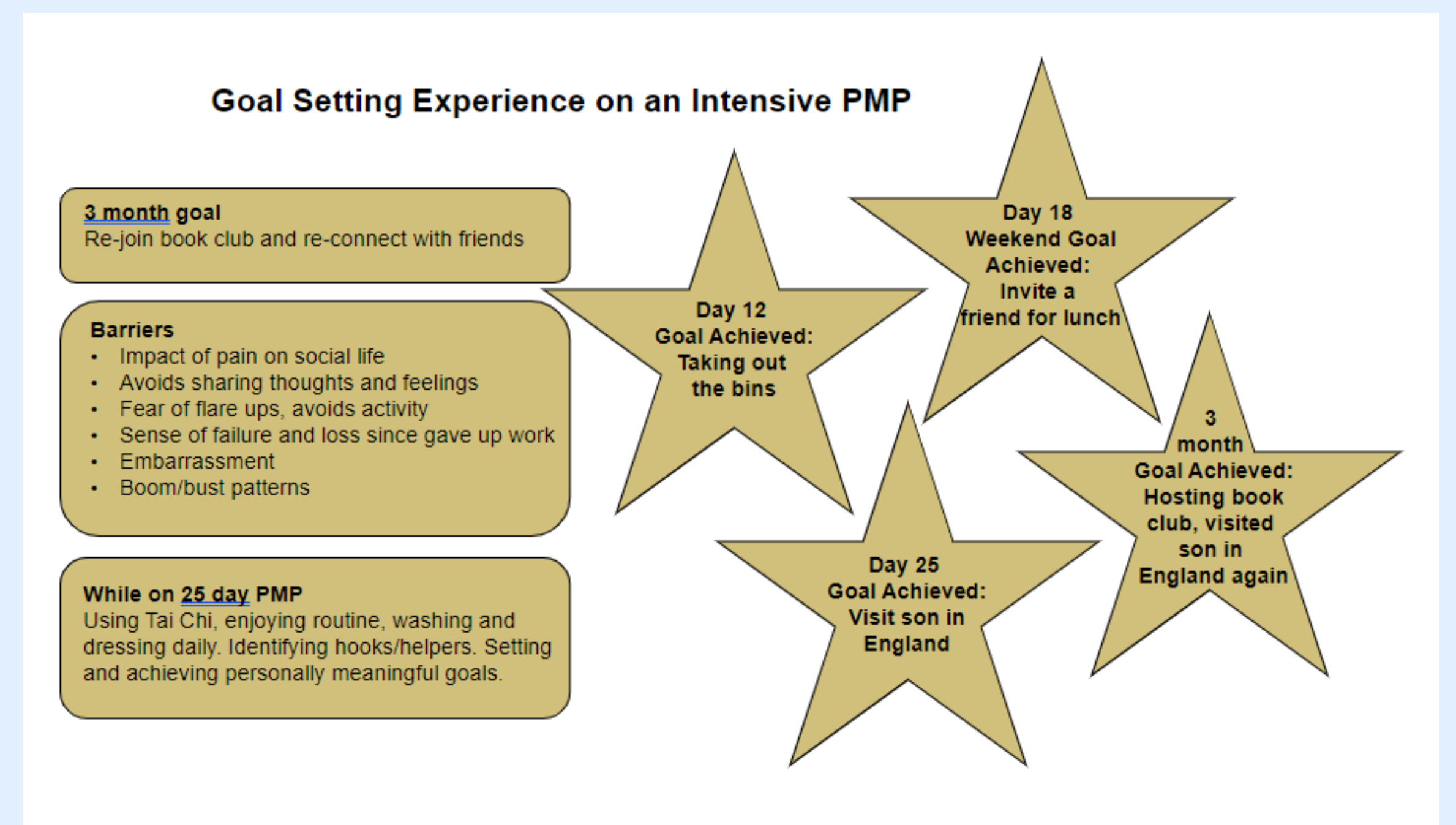


**Measure of Important Activities (MOIA)** - participants identify activities they are doing less of, or not doing due to pain and would like to be doing in life. Participants rate the importance of the activities and their performance and satisfaction with the activities at the start and end of programme. The measure has been adapted from the Canadian Occupational Performance Measure.



38 participants attended the intensive virtual PMP between May 2022 and May 2023.

Experiential learning, opportunity to practice skills, and goal setting are core elements of the programme. Groups are based on 10 participants attending five mornings per week of a five week online programme.

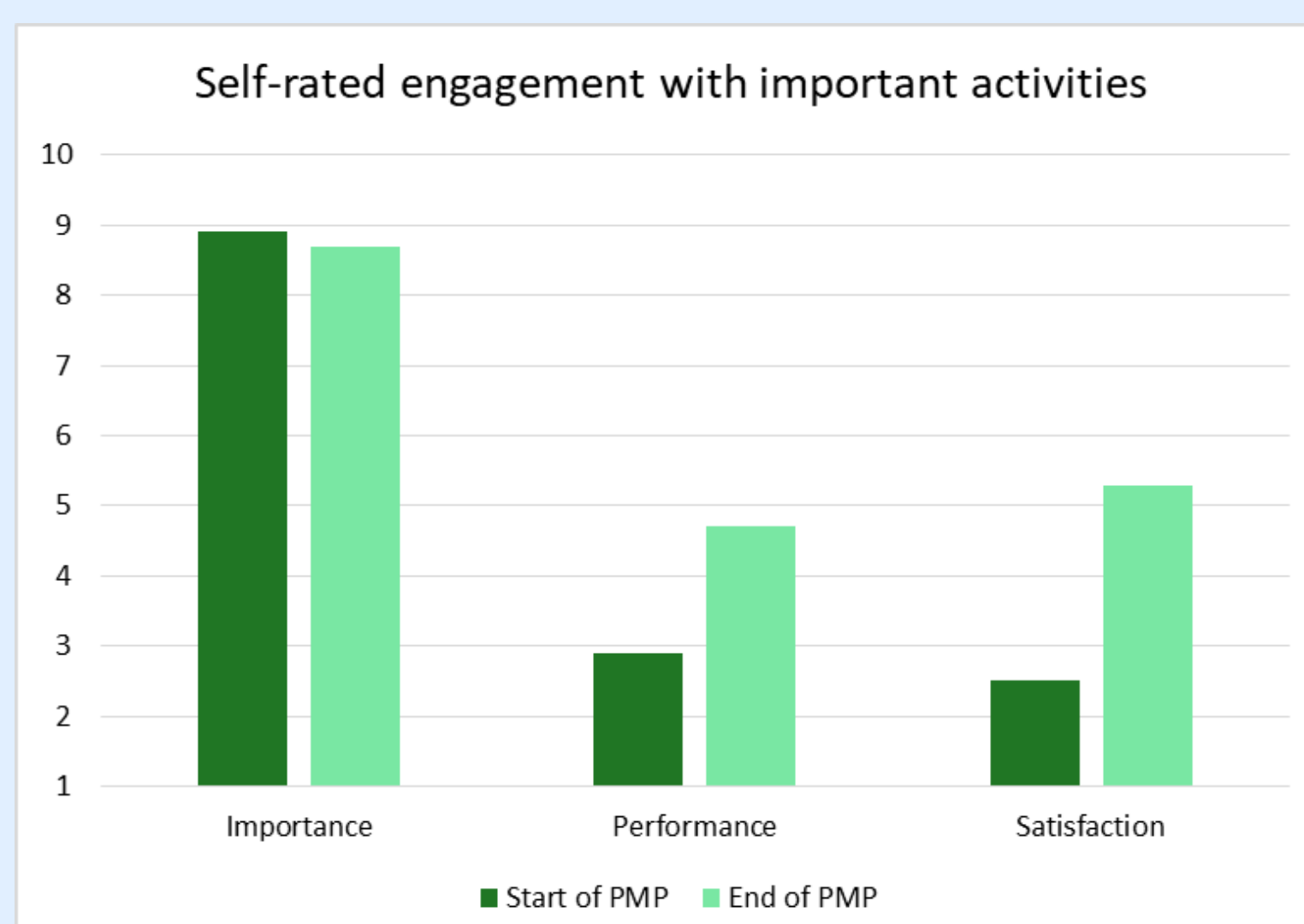
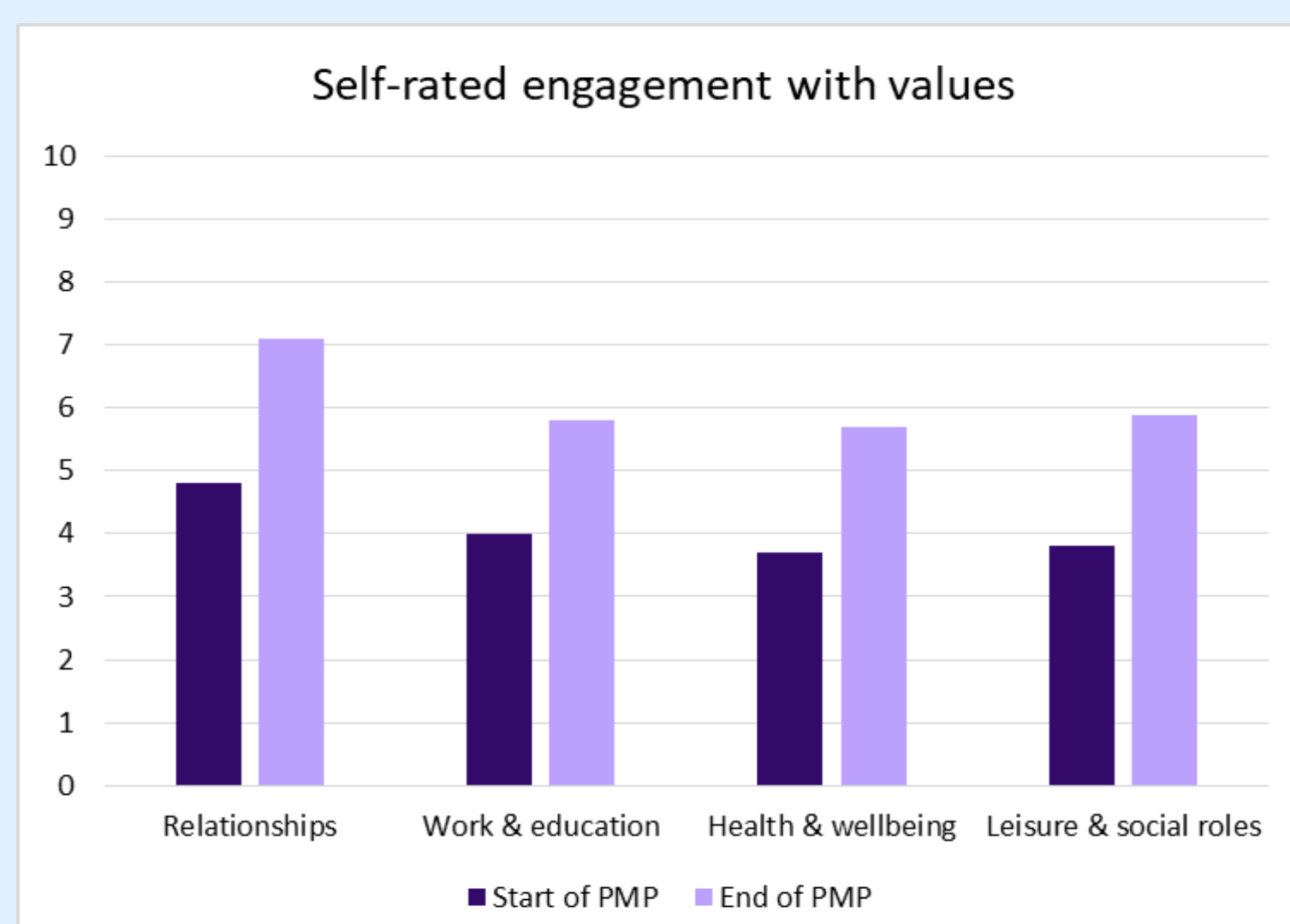


## Results

79% (30) completed ratings at start and end programme with a personal values compass and 89% (34) completed ratings at start and end of programme with a MOIA. The measures capture changes in value-based engagement and occupational engagement. Results demonstrate that participants are living life more in line with their values and have increased satisfaction with doing more of what matters to them at the end of the programme.

The **values compass** results show a **mean increase of 2.1 points** from start to end of programme.

The **MOIA** results show a **mean decrease of 0.2 points for importance**, an **increase of 1.8 points for performance** and an **increase of 2.8 points for satisfaction**.



**Participant Reflections post PMP**

"I'm being a real Grandma and I take my little grand daughter out to the park 3 times a week. She loves it and it gives me so much pleasure and a real sense of accomplishment."

"On the really bad days, I'm not hiding under the duvet. I make sure I do something."

"Remember the girl who made every excuse under the sun not to go out. Well I'm out there and if I feel my anxiety growing I find a seat, and do my breathing."

"...I sit in my chair, put my music on, close my eyes and dance in my head. It makes me happy. On the good days I do actually dance (well adapted dance)."

## Conclusions

In addition to capturing outcome data, when embedded into the PMP these measures support participants with identification of personal values and important activities. The decrease in MOIA importance ratings are within clinician expectation and provide further context to the personal value reflection that occurs throughout the programme. Limitations include implementing the measures virtually posed challenges and small participant numbers. Returning to in-person programmes will likely improve long term data collection. A further limitation is the lack of empirical evidence supporting the minimum point change that deems a clinically important difference (4).

## References

- (1)Nielsen, S.S., Skou, S.T., Larsen, A.E., et al. Review article. The effect of occupational engagement on lifestyle in adults living with chronic pain: A systematic review and meta-analysis. Occupational Therapy International. 2022, 7082159
- (2) Berkout, Olga V. Working with values: An overview of approaches and considerations in implementation. Behaviour Analysis in Practice; 2022, 15:104-114.
- (3) Guidelines for pain management programmes for adults. The British Pain Society, 2021.
- (4) Mcoll, M.A., Denis, C.B., Douglas, K., et al. A clinically significant difference on the COPM: A review. Canadian Journal of Occupational Therapy, 2023, 90(1) 92-102.