

# Co-designing a Canadian adaptation of a lifestyle-oriented intervention for individuals living with chronic pain: rapid analysis of the patients and partners' perspective

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## Introduction

### Occupational Challenges related to Chronic Pain

Physical inactivity, poor sleep, stress & unhealthy eating worsen chronic pain and limit daily activities

### Redesign your **EVERY**day **A**ctivities and **L**ifestyle with **O**ccupational **T**herapy - REVEAL(OT)

Evidence-based Danish intervention helping individuals with chronic pain improve daily routines and well-being

Individual and group sessions over 12–15 weeks with didactic presentation, discussions & hands-on practice

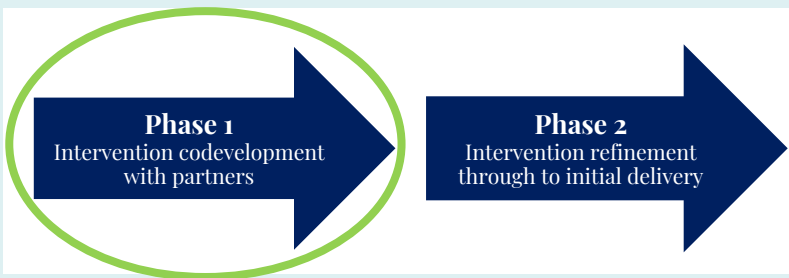
Improvements in activity pacing, pain coping, as well as occupational performance & satisfaction



# Study purpose & methodology

## Study Objective

To adapt REVEAL(OT) to the Canadian context by considering the patients, clinicians, and managers perspectives.



## Methodology

Qualitative descriptive approach

2 tertiary pain clinics

8 focus groups + 12 interviews

45 participants : n = 22 patients, 19 clinicians & 4 managers

## Data Analysis

Rapid qualitative analysis

✓ Pragmatic, deductive approach

### Step 1: Summarizing transcripts

- ✓ Word document template based on Proctor's taxonomy
- ✓ Summaries reviewed and improved collaboratively

### Step 2: Matrix consolidation

- ✓ Excel matrix by participant type (patients/clinicians/managers)
- ✓ Themes & subthemes
- ✓ Minor versus major modifications
- ✓ Comparison across groups

# Results

5 THEMES	11 SUBTHEMES
<b>1. Need for a flexible, personalized &amp; hands-on intervention</b>	Importance of group sessions that break social isolation Individual sessions are essential to personalize the intervention Hands-on experience is central to improving daily functioning
<b>2. Integration of multimodal approaches</b>	Different opinions regarding length and duration Need to treat the person in his/her own environment
<b>3. Need for support to develop &amp; implement healthy life habits</b>	Activity pacing in the context of constant pain is complex Constructing balanced daily routines requires an overall view
<b>4. Identification of gaps in care supporting the need for an OT intervention</b>	Filling an important gap in patient care Opportunity to integrate medical care & occupational perspectives
<b>5. Pragmatic organizational considerations to implement such intervention phase</b>	Availability of human and material resources locally Building an argument to sustain the program beyond its initial testing

## Limits



## Sample Representativeness

2/3 women ; 50% over 60 years old

Mostly white ethnicity, born in Canada, married & highly educated

2 pain clinics ; most clinicians were OTs

## Conclusion



## Relevance

Fulfills an important clinical care gap

## Adaptation

Minimal adjustments are required

## Pragmatic considerations

Efforts to ensure the sustainability