

OP-39: Outcome of a psychologically based pain coping skills intervention for chronic knee osteoarthritis pain: study protocol

M. Gunasekara¹, P. de Zoysa¹, M. P. Dissanayake²

¹Faculty of Medicine, University of Colombo, Sri Lanka

²Faculty of Health Sciences, The Open University of Sri Lanka

Introduction: Knee osteoarthritis is a common musculoskeletal condition that causes chronic pain and psychological distress. The biological aspects of arthritis pain can be effectively managed with medication, physiotherapy and surgical procedures. However, no known psychological interventions to manage the psychosocial aspects of chronic pain have been developed in Sri Lanka. The specific aims are (1) to design a psychological intervention for chronic knee osteoarthritis pain, (2) to deliver the intervention and to assess the outcome, and (3) to train physiotherapists and occupational therapists to deliver the designed intervention in the future.

Methods: The study was approved by the Ethics Review Committees of the Faculty of Medicine, University of Colombo and the National Hospital Sri Lanka. It will be conducted in three phases: (1) designing a psychological intervention, (2) an experimental study to find the effectiveness of the intervention, and (3) training physiotherapists and occupational therapists to deliver the new designed intervention and evaluating its impact.

Results: The therapist's manual "Pain Coping Skills for Chronic Knee Osteoarthritis: a Psychological Intervention" was developed, which was based on cognitive behaviour theory. It consists of six sessions: orientation to the intervention; relaxation techniques; physical activation and pacing; pleasant activities; cognitive restructuring and termination. The intervention was developed in English and translated into Sinhala and Tamil languages. The feasibility of the intervention was determined using a Delphi process and focus group discussions.

Conclusions: This intervention has the potential to address the psychosocial aspects of chronic pain that the biomedical model has previously overlooked. Furthermore, training physiotherapists and occupational therapists to deliver the intervention may make this new intervention more accessible to those who do not have access to psychologists.

Keywords: culturally relevant, chronic pain, coping skills intervention, knee osteoarthritis