



Chronic Pain Self-Management Program

Semiannual Report Fall 2022

About the Data May '21-May 2022

122 total **participants** attended at least one session of one workshop

93 total **completers** attended at least 4 sessions of one workshop

41 participants completed the **Participant Info Survey**

39 completers participated in the **Baseline** & 6-mo. **Follow Up Survey**

Why are these numbers so different?

Participants are not required to complete the information survey or the baseline survey, and of those that do, some participants are lost to follow up (changed phones, not interested in completing, cannot reach, etc). All participants are encouraged to participate on the first day of the workshops regardless of whether they complete the course.

Workshop Topics

Appropriate exercise for maintaining and improving strength and endurance • Making an action plan • Using your mind to manage symptoms • Tools for overcoming worst-case thinking • Difficult emotions Healthy eating • Pain & fatigue • Working with your health care team • Communication • Medications & making treatment decisions

Participant Quick Facts

Reflects participants who completed the Participant Information Survey administered on Day One of a workshop through August 2022

Average age: 61

63% over the age of 60

93% Female

Most common **reported conditions:**

63% Arthritis • 51% Depression & Anxiety • 39% Hypertension •

27% Asthma • 12% Diabetes

»multiple co-morbidities reported

51% on **Medicare**, 49% privately insured, 15% on Medicaid, 0% uninsured, and 5% with VA Benefits (*participants could choose more than one option*)

88% have a **college** or vocational school background

5% referred by doctor or nurse, 7% from a newsletter, 10% were encouraged by friends or family, 20% heard about a workshop from a website, and 61% heard from other sources including Facebook (*participants could choose more than one option*)

Follow-Up Survey Results*

Reflects participants who completed the Baseline Survey and the follow up survey administered 6 months after workshop end date

Baselines are completed on day one of the workshop and are re-administered six months after the workshop end date.

Survey has several main components, including physical and daily activities, general health, patient activation measures, and the pain disability index.



NCHCNH.org

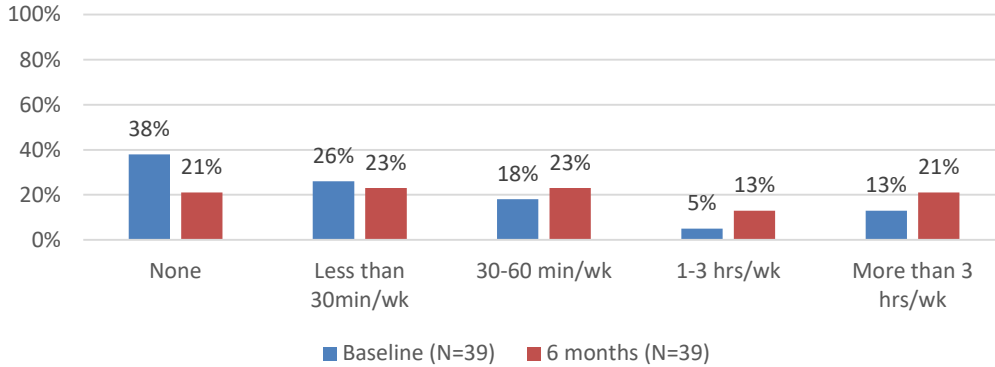
***Included in results:** Completers who participated in workshops held AFTER May 2021, that administered IRB-approved baseline survey, those who chose to complete the survey, and those who could be reached for a follow-up call 6 months after end of workshop.

Visit us online at:
www.nchcnh.org
www.snhahcec.org

Follow-Up Survey Results*

Physical Activity

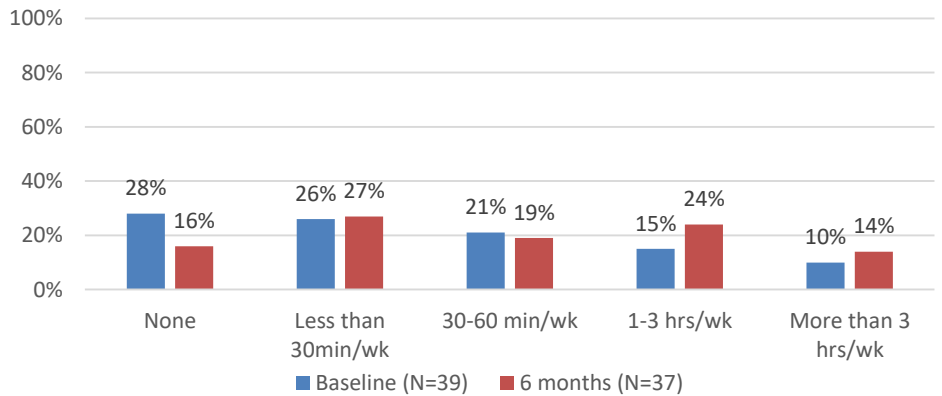
Stretching & Strength Training



Participants indicated an increase in stretching & strength training per week after the workshop.

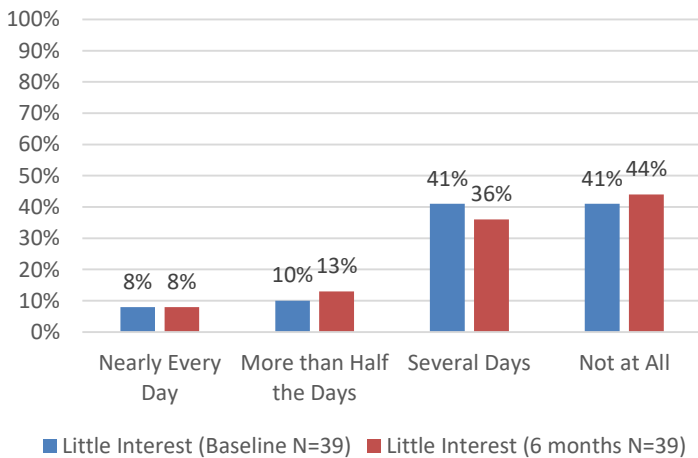
Participants showed an overall increase in time spent walking for exercise per week after participating in the workshop.

Walking for Exercise

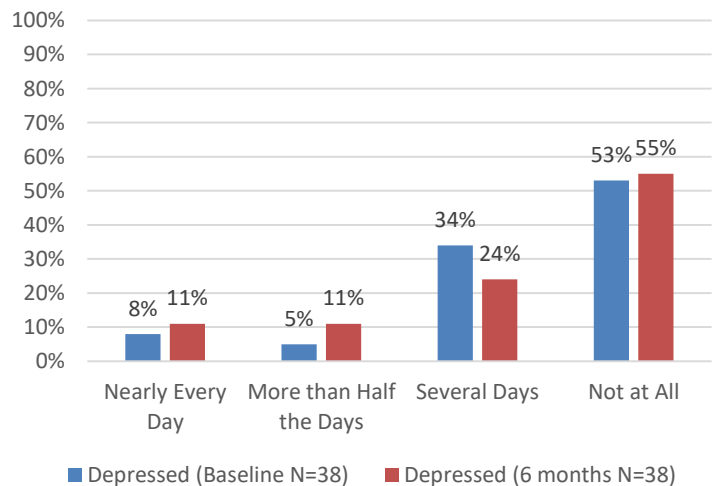


Emotional Wellbeing

Showing Little Interest in Doing Things



Feeling Depressed

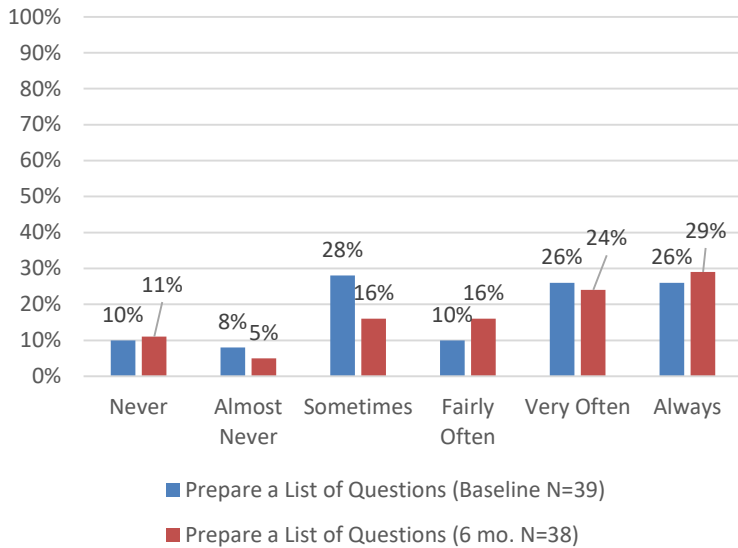


More participants showed that their levels of showing little interest decreased, but depression has increased 6 months post-workshop.

Follow-Up Survey Results*

Medical Care

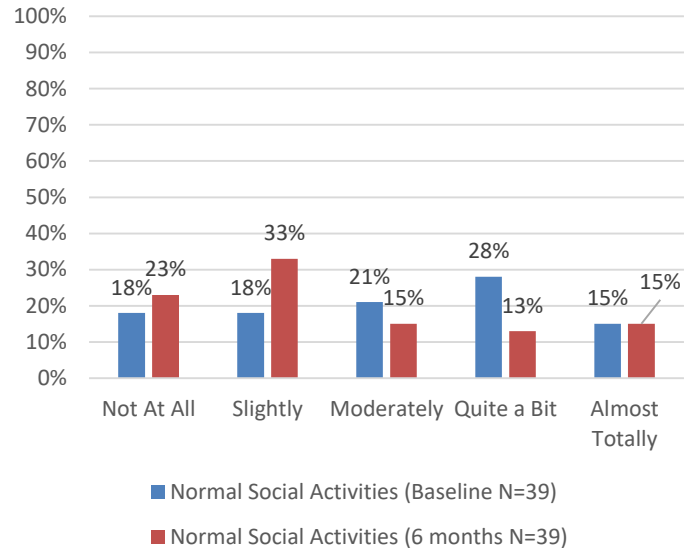
Patients/participants are encouraged to ask questions during visits, in order to understand their plan of care, and to advocate for themselves when they have concerns about their treatment plan.



After the workshop, more participants indicate that they prepare a list of questions before their appointments.

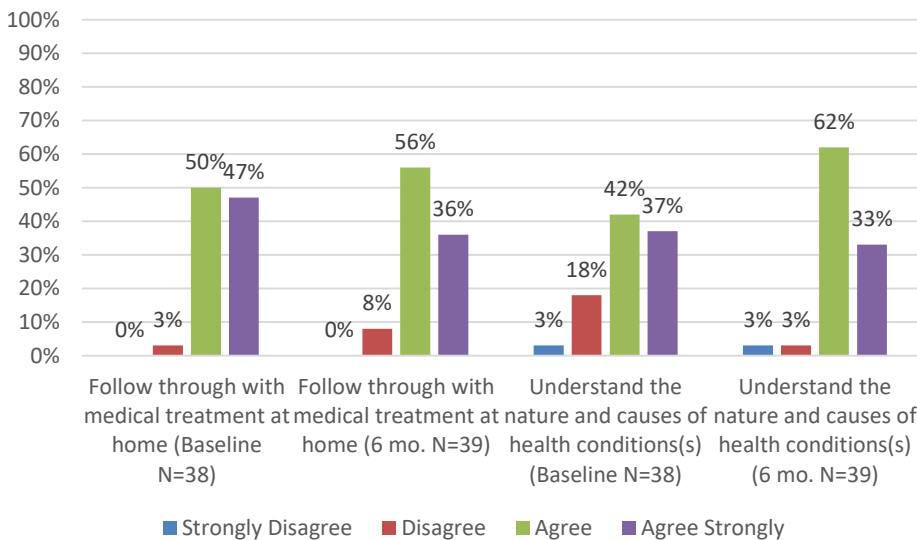
Daily Activity Interference

The goal of the program is to minimize the effect of a participant/patient's chronic disease state in meeting everyday needs. This improves participant's sense of locus of control, maintains their self-esteem, and reflects the freedom they enjoy to live a more normal life.



Fewer participants indicate that their health interferes with their daily activities. One of the goals of the workshop is to help participants manage their chronic pain to lessen the impact of it on their day-to-day life.

Self Care



Patients responded to:

Follow: I am confident I can follow through on medical treatments I need to do at home

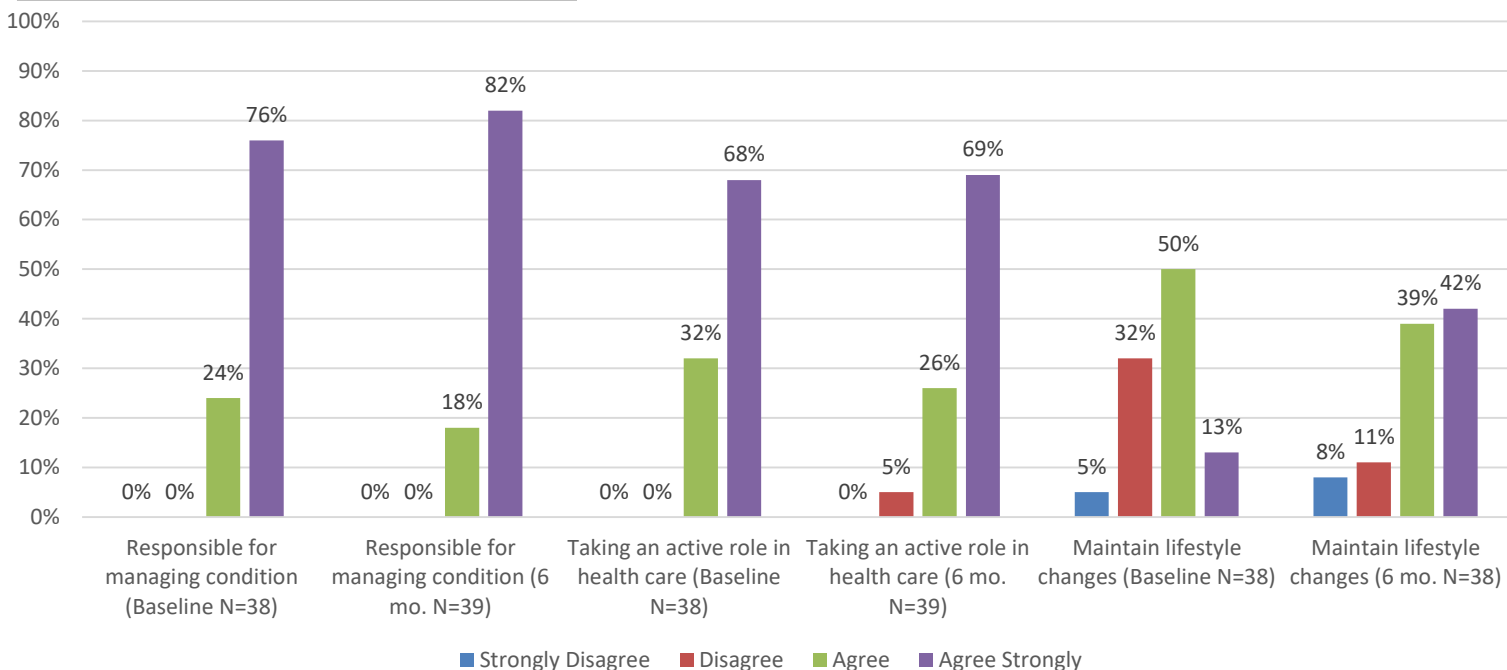
Understand: I understand the nature and causes of my health condition(s).

*BL=Baseline

Participants showed an increase in their response to being able to understand the nature and causes of their health conditions. However, there was an overall decrease in confidence about following through on at home treatments after completing the workshop.

Follow-Up Survey Results*

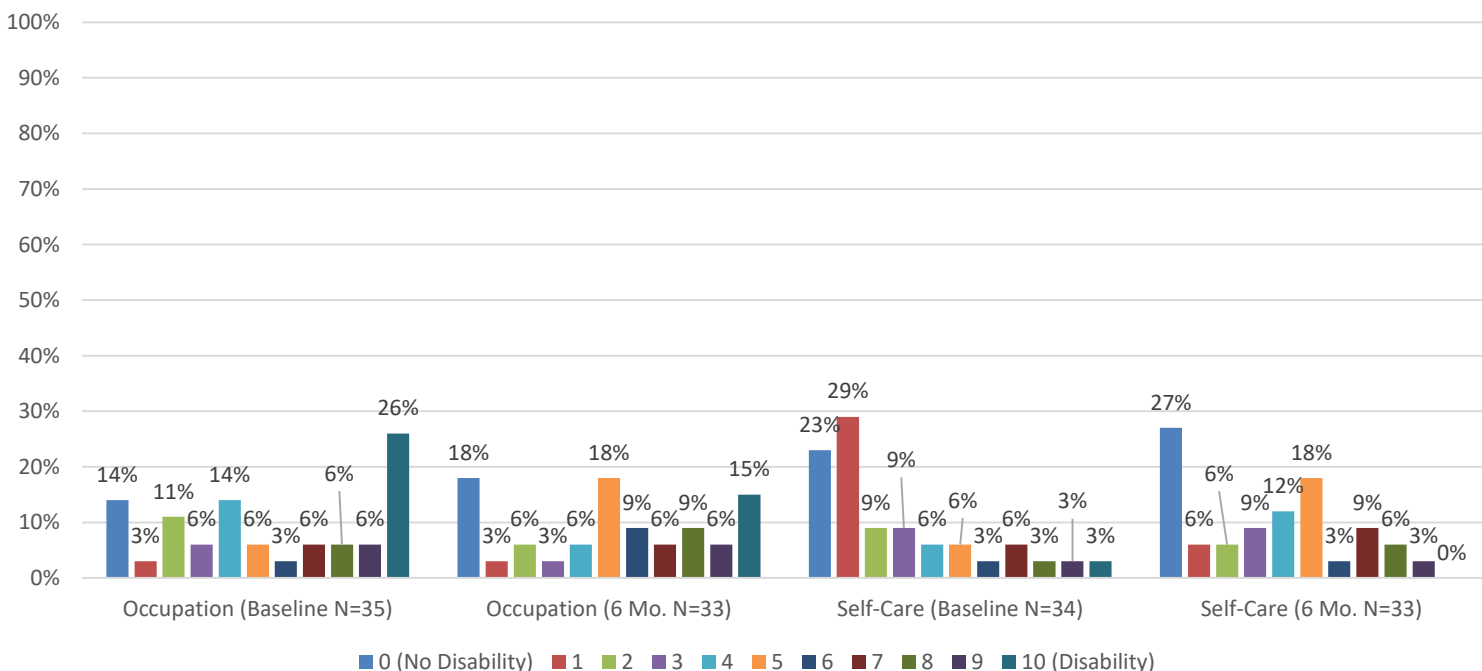
Patient Activation Measures



Overall, more participants feel confident about managing their own health conditions. Participants indicated that they feel responsible for managing their condition. More participants feel as though they can maintain lifestyle conditions (like increased physical activity, hobbies, and other daily activities), even in times of stress.

Pain Disability Index

A score of 0 means no disability from pain at all, and a score of 10 signifies that all of the activities in which you would normally be involved have been totally disrupted or prevented by your pain.

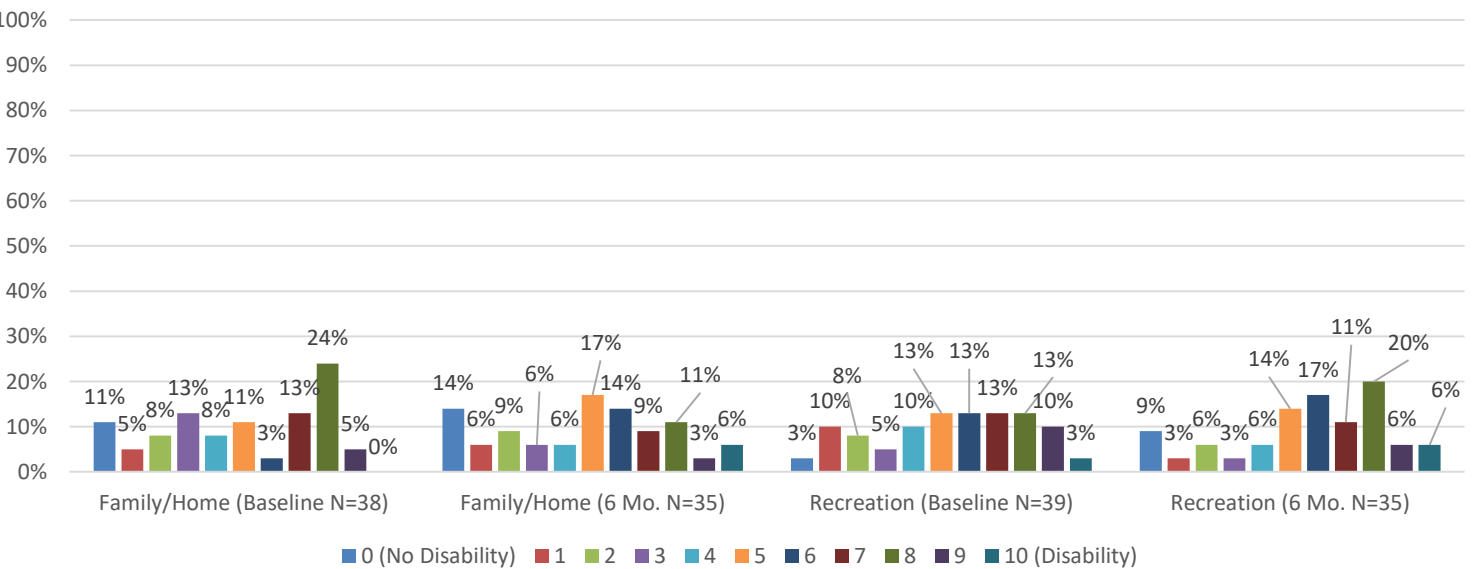
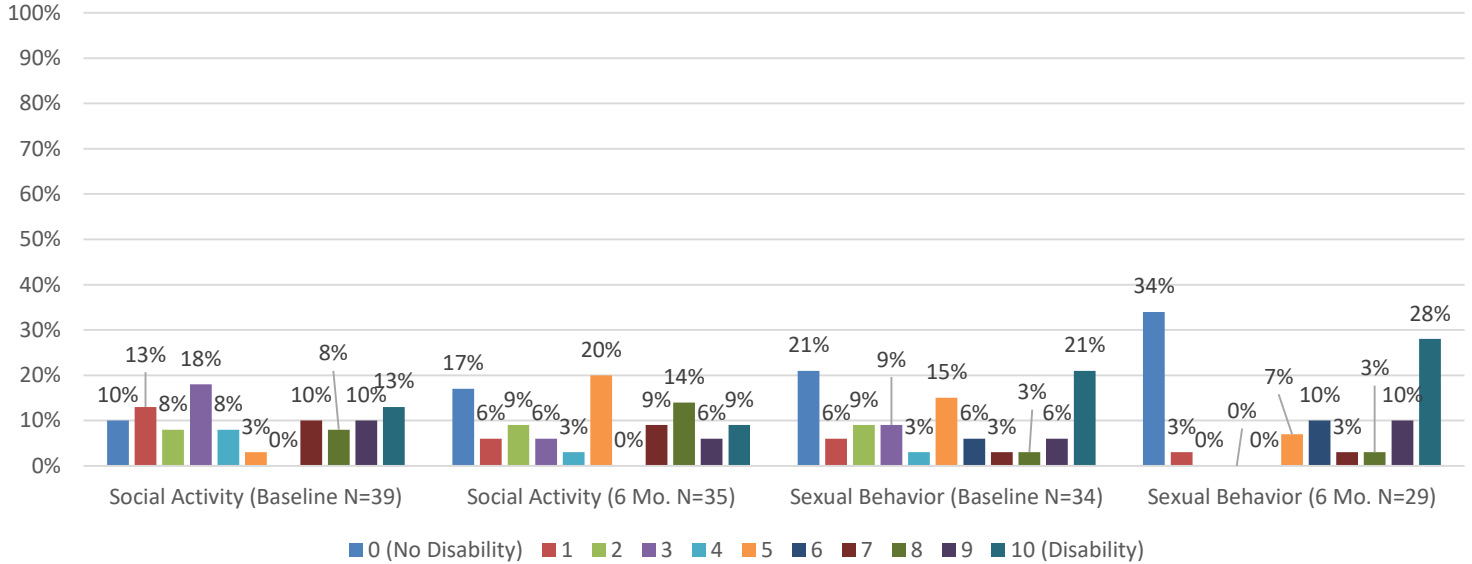


Overall, more participants found that their pain interfered less with their self-care and occupation six months following their workshop.

Follow-Up Survey Results*

Pain Disability Index

A score of 0 means no disability from pain at all, and a score of 10 signifies that all of the activities in which you would normally be involved have been totally disrupted or prevented by your pain.



Overall, more participants reported that their pain interfered less with their social activities. More participants reported that their pain interfered less with their sexual behavior, family/home activities, and recreational activities. However, there was also an increase in participants who reported that their pain has increased six months following their workshop.

For more information about the Chronic Pain Self-Management Program, including workshops in your area, visit <https://www.snhahec.org/upcoming-workshops.html> or contact:

Northern Counties
 Carolyn Schofield, NNHAHEC/NCHC
 cschofield@nchnh.org
 603-575-9078 X 719
www.nchnh.org

Southern Counties
 Brianna Ferraro, SNHAHEC
 bferraro@snhahec.org
 603-895-1514 x2
www.snhahec.org

