

Occupational Therapy in Pain Relief Clinic – From Theory to Practice

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Abstract

There is worldwide prevalence of chronic pain causing suffering for many people. The treatment of chronic pain has advanced in the last decades and chronic pain is treated as an entity of its own. Chronic pain interferes with the physical and mental function of the person and has enormous influence on family relationships, social functioning and has its own economic impact. The bio psychosocial model and interdisciplinary approach (multidisciplinary approach in the past) are considered and proved to be the most effective in the treatment of chronic pain and in understanding of its origin. Occupational therapists have the potential and tools to improve function, participation and quality of living of patients with chronic pain. The purpose of this article is to increase awareness, knowledge and understanding of the evaluation and treatment of people with chronic pain in different clinical settings , to introduce a working model and participation of occupational therapists within the Institute for Pain Medicine of Rambam medical center and to encourage occupational therapists to take part in similar clinical settings in other medical centers and community treatment centers.