

## Challenges of managing persistent pain patients from a Singapore context

**Introduction:** The prevalence of persistent pain in Singaporean adults is 8.7% and expected to increase with the ageing population. Care pathways and outcomes of persistent pain is influenced by public versus private healthcare system and limited awareness among health care providers (HCPs) and people living with pain.

**Aims:** Using a case-study approach, this presentation aims to elaborate on the reflexive practice as a pain management physiotherapist in Singapore, referral pathways, and management outcomes.

**Methods:** Two patients (A and B) presented to a private pain management clinic with persistent neck pain. The pain and movement reasoning model was used as a biopsychosocial (BPS) assessment framework. Management plan consisted of explaining the biopsychosocial impact of pain on function, referrals to a pain psychologist and pain physician with ongoing inputs from the physiotherapist. Patient A did not agree with the plan and sought a second opinion with other HCPs, while Patient B was keen to explore the psychosocial inputs and was referred to a psychologist and psychiatrist.

**Results:** The applicability of the BPS framework in Singapore remains challenging due to pathoanatomically driven practice and management options. The psychological aspects of pain care by a psychologist or psychiatrist is still not widely acceptable.

**Conclusion:** Although the BPS approach is widely recommended for managing persistent pain, the social and cultural aspects of pain from a Singapore context is unknown. Understanding the causal beliefs of people with pain and HCPs in a multicultural country like Singapore could inform culturally adapted BPS care for persistent pain management.

**References:**

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