Why is this Pain Specialist Subsection important?
In the field of practice we use our skills to enable people to engage with meaningful occupations that chronic pain has detracted from

- We have core skills which empower and change
- We focus on helping an individual to break the pain cycle by restoring functional activities to increase well-being and quality of life
- We use person-centred techniques such as activity analysis, grading and pacing for resilience
- We are duel trained in physical & mental health

“Chronic pain affects between one-third and one-half of the population of the UK, corresponding to just below 28 million adults. This figure is likely to increase further in line with an ageing population”

BMJ (2015)

Samantha Jefferies  MSc, BSc, PG Dip OT, MRCOT

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Hill, W (2016) ‘The role of occupational therapy in pain management’ Anaesthesia and intensive Care Medicine, 17(9): 451-453