

Mindfulness-Based Chronic Pain Management (MBCPM™) Programme in Ontario, Canada: Patient Outcomes

St. Michael's

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Introduction

- ❖ Almost 1.5 billion people worldwide suffer from chronic pain¹
- ❖ Chronic pain costs the healthcare system in America up to \$635 billion¹
- ❖ Mindfulness meditation has demonstrated effectiveness in improving patients' chronic pain²

Aims

The Mindfulness-Based Chronic Pain Management (MBCPM™) programme was adapted from MBSR and created to specifically address the needs of chronic pain patients to improve their lives. It has been delivered across Ontario, including via telemedicine, since 2002.

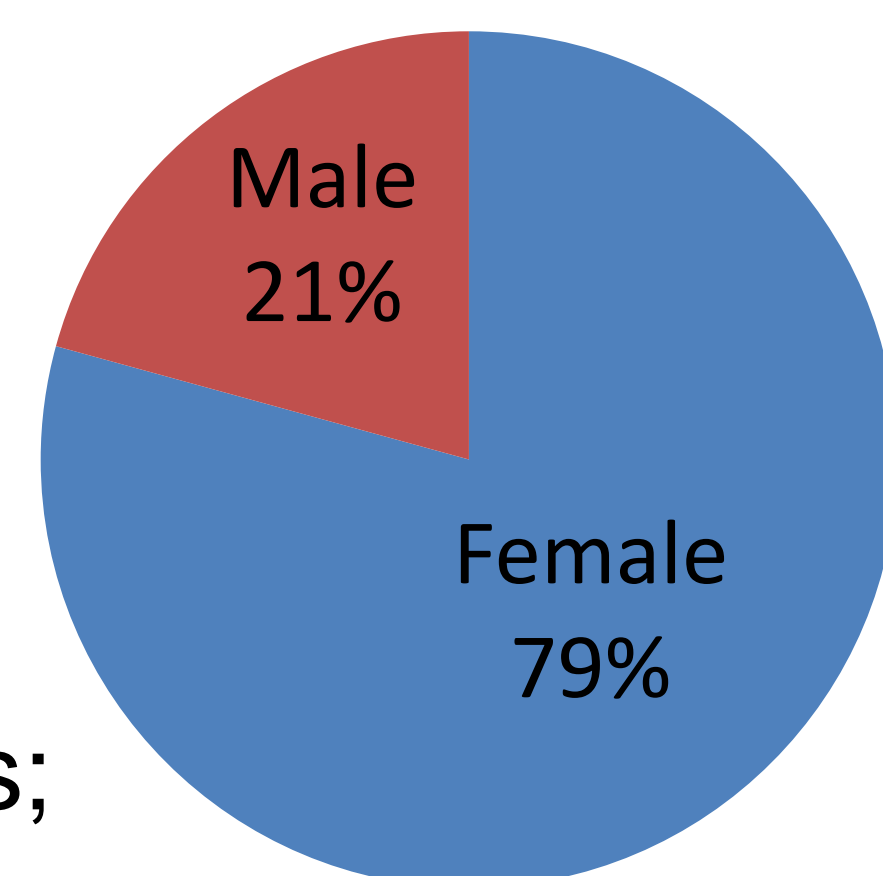
Methods

- ❖ Patient outcomes were assessed for 802 patients who started the 13 week programmes in 2013-14, and excluded those doing the health care professional and 4 day version of the course.

- ❖ **Outcomes measured** (patient self report):

- Changes in the use of medication
- Those able to return to work, not already working
- Feelings of improved productivity
- Course attendance

Gender Distribution



Patient Demographics

- ❖ Ages 17-85 (M=52.4 yrs)

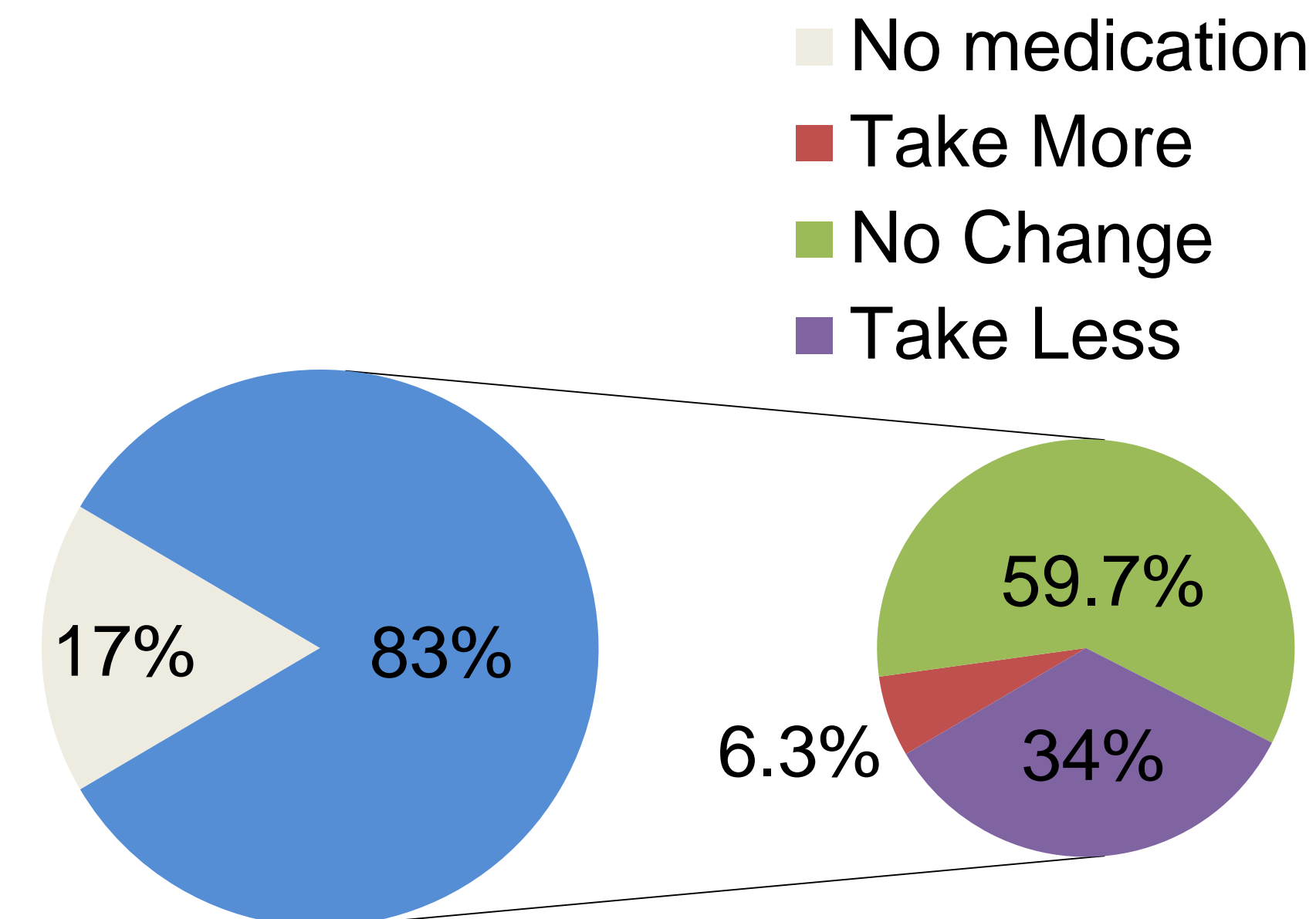
540 (67% of those starting) filled out end-of-course questionnaires; percentages are of the total number responding to the question about having the morbidity/co-morbidity:

- ❖ Chronic Pain: 94.8%
- ❖ Hypertension: 46.3%
- ❖ Anxiety: 82.6%
- ❖ Depression: 78.4%
- ❖ Insomnia: 72.7%

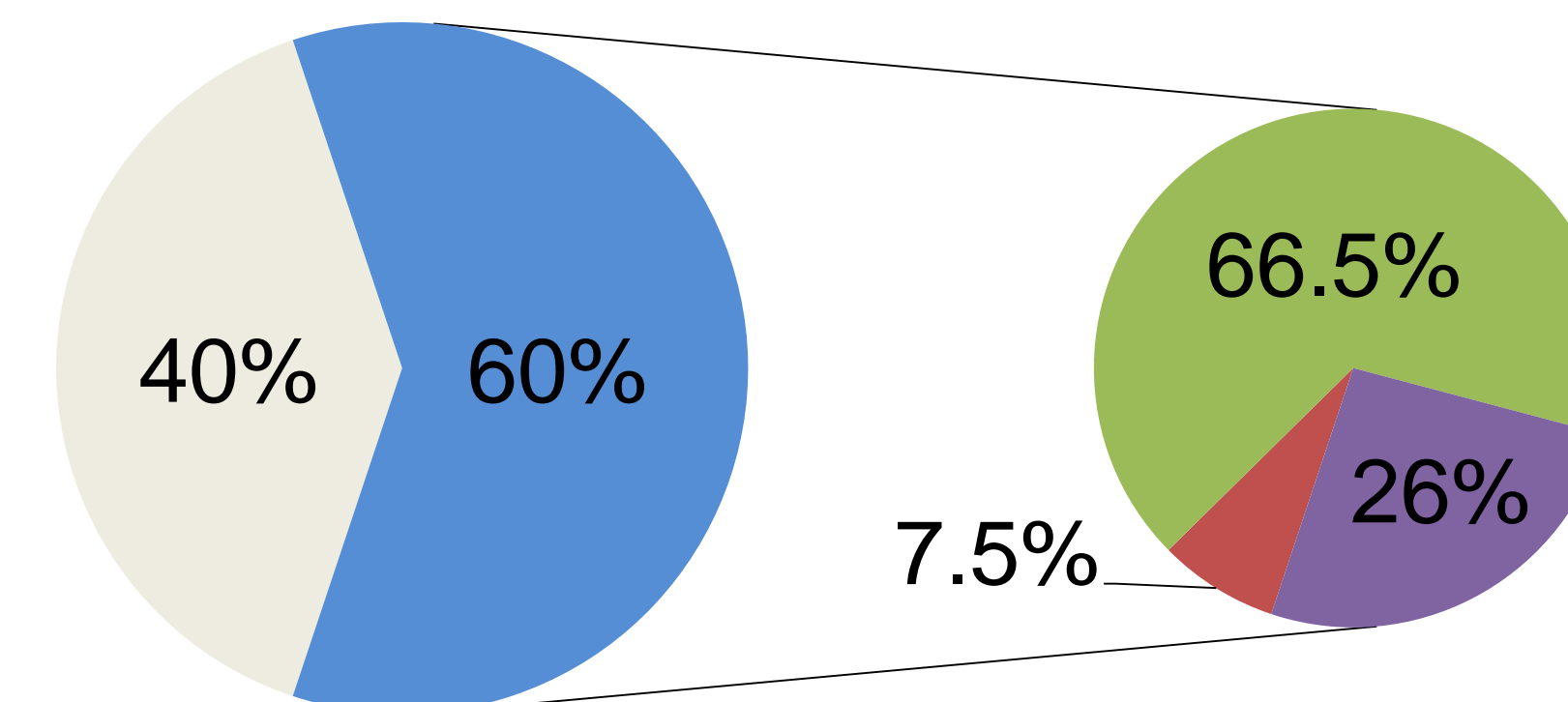
Results

Changes amongst medication-users

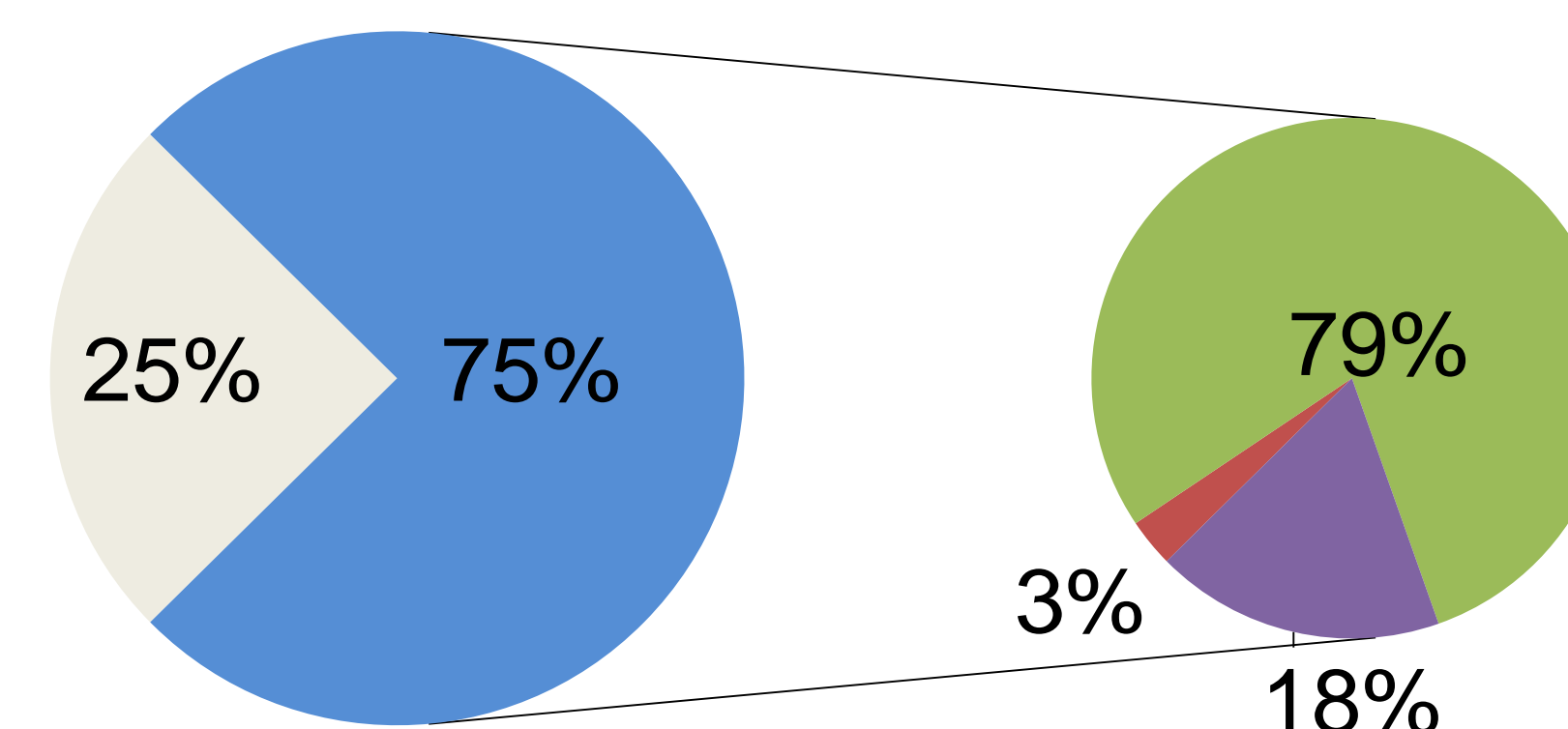
Chronic Pain
460 participants →
83% take medication



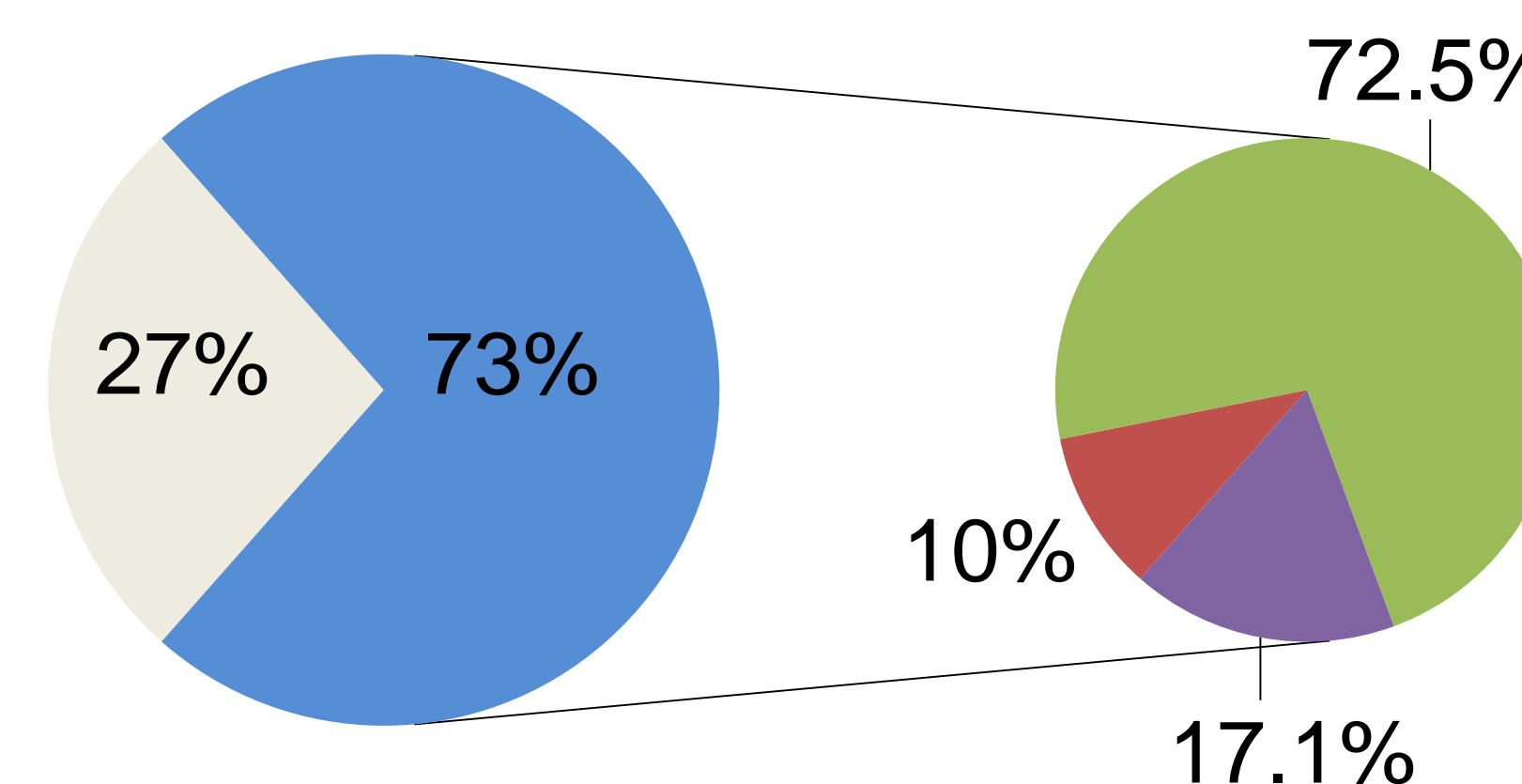
Anxiety
332 participants →
60% take medication



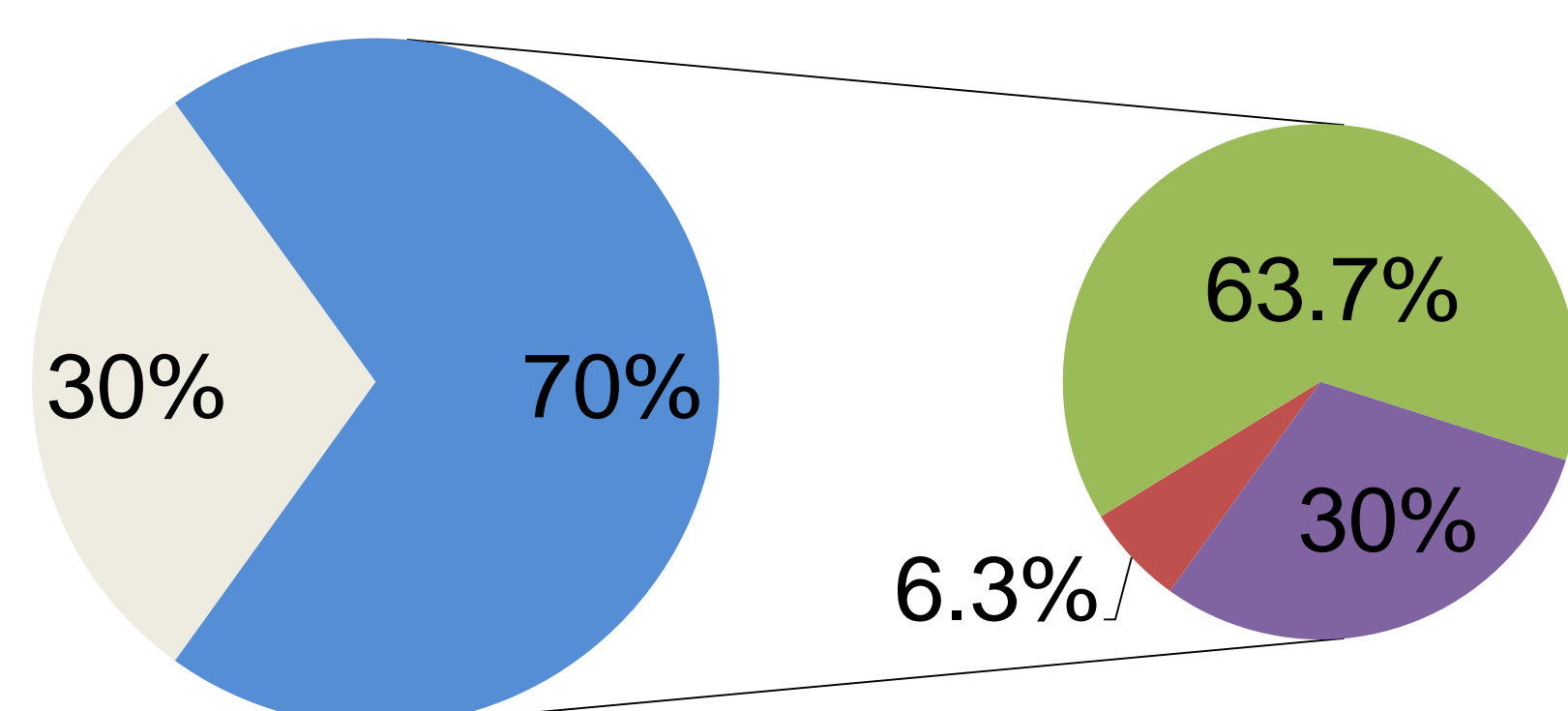
Hypertension
133 participants →
75% take medication



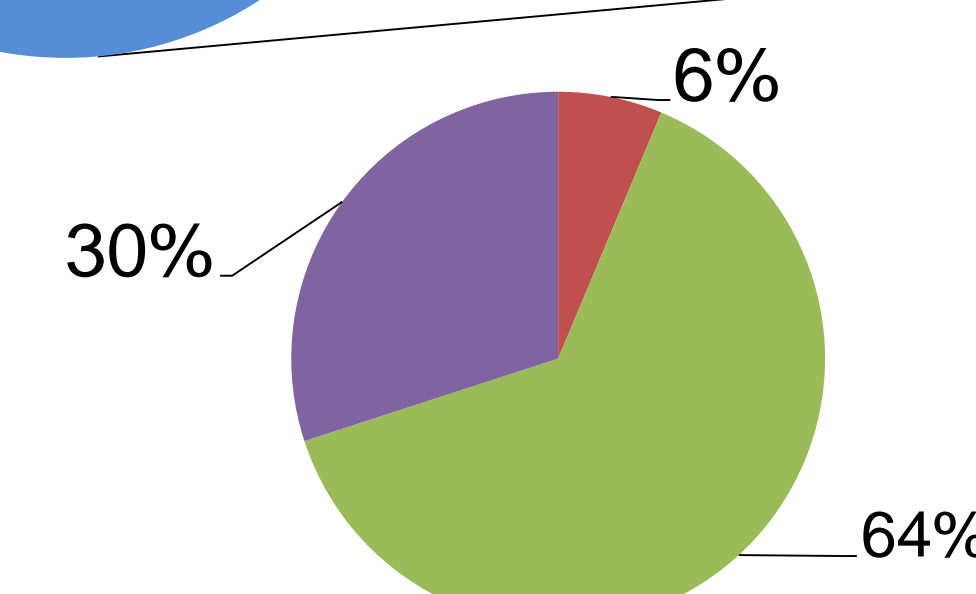
Depression
304 participants →
73% take medication



Insomnia
272 participants →
70% take medication

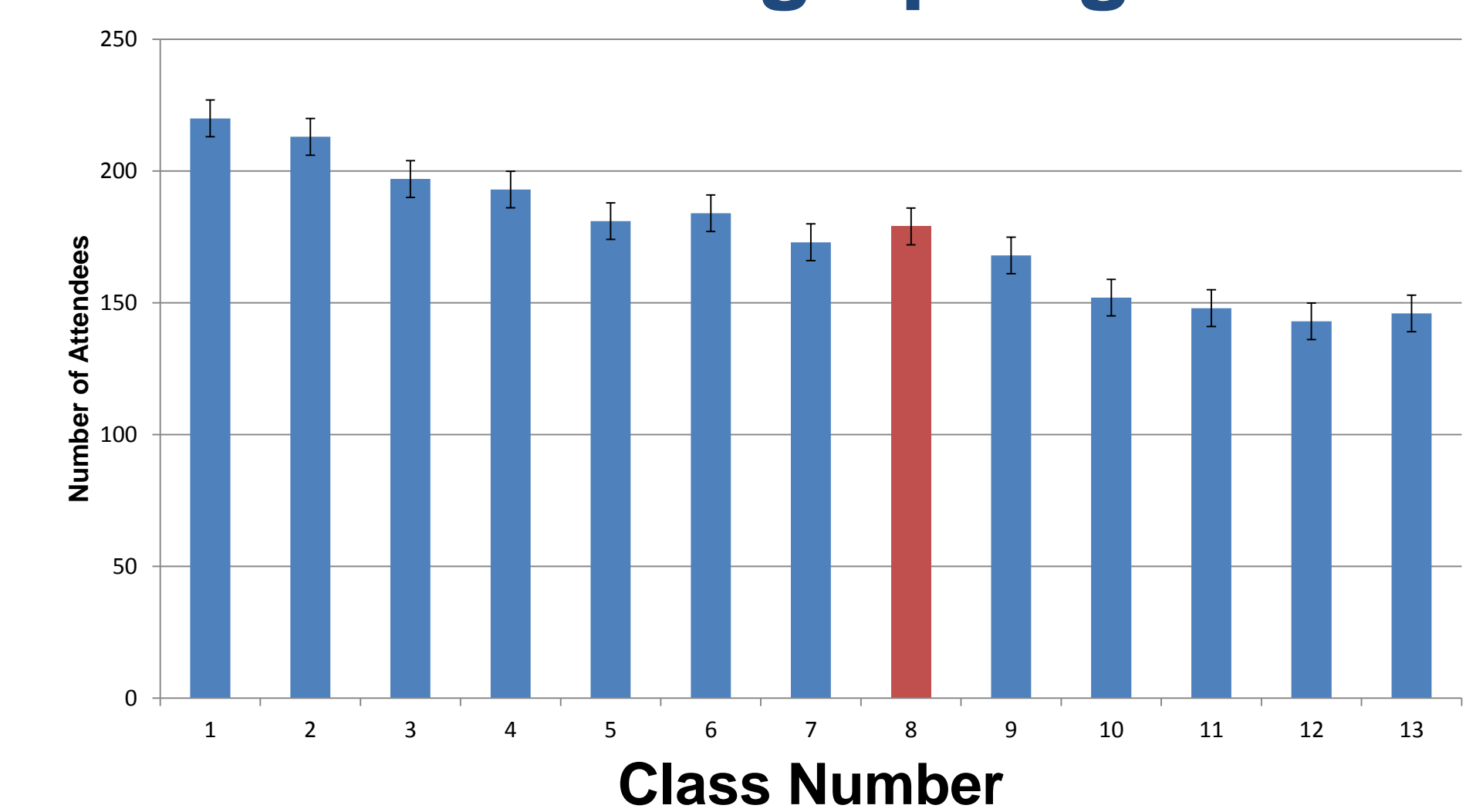


Over-the-counter →
467 participants



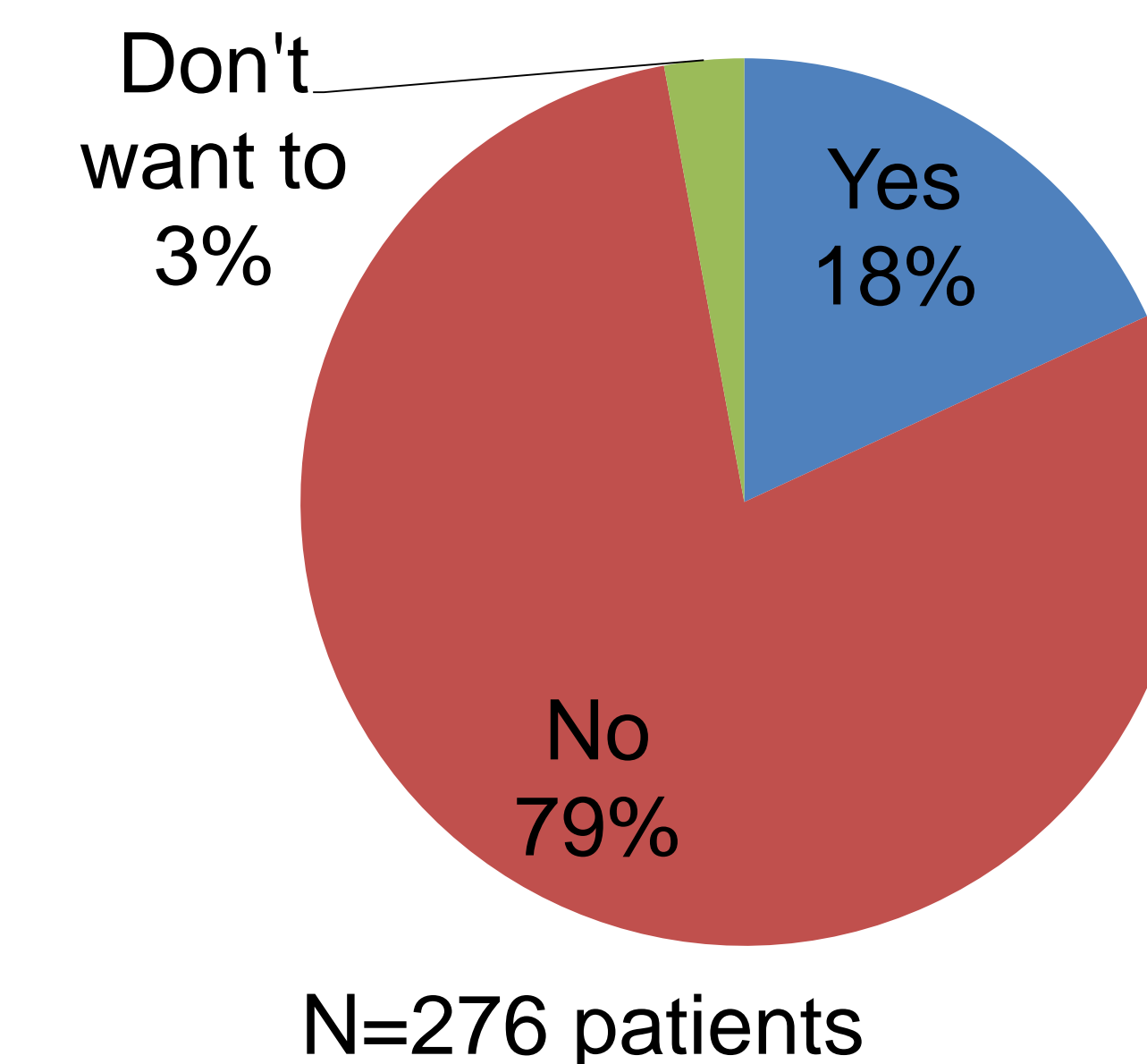
Results

Class attendance during Spring 2014 Courses

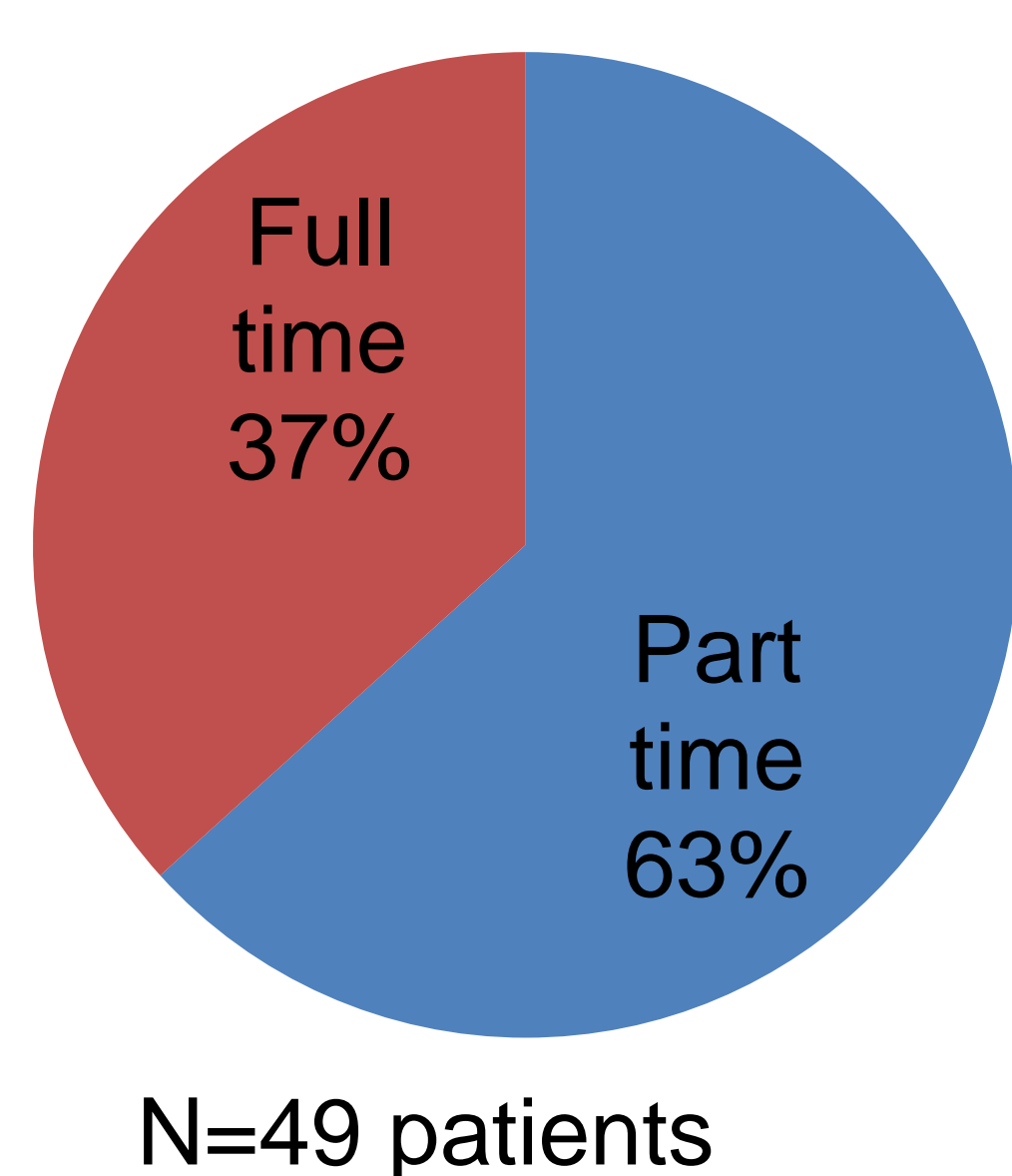


Return to work (if not retired, working, or a student):

How many returned to work?



Type of Work



Other Impacts

- ❖ 72.8% more productive (N=493)
- ❖ 60.5% see family & friends more (N=473)
- ❖ Increased engagement in (N=532):
 - Favourite hobbies: 35%
 - Recreational activities: 33.3%
 - Physical activity: 42.3%
 - Volunteer activities: 15.0%

Conclusion

The MPCPM™ programme has reduced chronic pain suffering³, and the current data suggests it may significantly reduce the economic burden on health systems and society.

References

1. The American Academy Of Pain Medicine. American Academy of Pain Medicine. http://www.painmed.org/patientcenter/facts_on_pain.aspx
2. Rosenzweig, S, Greeson, JM, Reibel, DK, Green, JS, Jasser, SA, Beasley, D. Mindfulness-based Stress Reduction For Chronic Pain Conditions: Variation In Treatment Outcomes And Role Of Home Meditation Practice. Journal of Psychosomatic Research 2010. 68(1) 29-36
3. Gardner-Nix, J, Barbati J, Grummitt J, Pukal S & Raponi Newton R. Exploring the Effectiveness of a Mindfulness-Based Chronic Pain Management Course Delivered Simultaneously to On-Site and Off-Site Patients Using Telemedicine. Mindfulness (2014) 5: 223-231