

Doing and Being: Occupational therapy in pain management

This is a workshop to build consensus and share ideas and the practice of occupational therapy in pain management within Aotearoa New Zealand.

The format will be facilitated discussion, with plenty of time for sharing individual practice stories. The aim from the meeting will be to document the discussion for publication in Ngau Mamae to represent current occupational therapy practice in New Zealand. No preparation is required – bring your enthusiasm, stories and humour!

A kete is a common symbol for knowledge in Maori culture, and the kete is used to represent the four sessions of this meeting.



Session one: the base of the kete - *identifying the contributions occupational therapists make within an interdisciplinary team.*

This session will encourage participants to discuss the broad range of contributions occupational therapists make in different teams around the country. It is not intended to delineate ‘the occupational therapists role’ but instead to celebrate the diversity of contributions and to identify any common themes.

Session two: the warp and weft of the kete - *identifying the 'tools of trade' that occupational therapists commonly use in pain management therapy, and develop some consensus around terminology.*

This session is intended to, as a group, specify the strategies and approaches that occupational therapists use in pain management in New Zealand. Some of the strategies include group therapy, structured activity sessions, activity pacing, graded reactivation, cognitive therapy, biofeedback and so on. The purpose for this session is to identify the range of ‘tools of trade’ that occupational therapists draw upon and are competent to use within pain management.



Session three: the border of the kete – *identifying the foundational knowledge that occupational therapists draw upon in therapy.*

This session aims to identify undergraduate, postgraduate and specialist knowledge that therapists in pain management use to support their clinical reasoning. Therapists draw on a number of different models of practice, as well as social and biological sciences to provide logic and evidence for their ‘tools of trade’. The

information from this session will be discussed in conjunction with the IASP Curriculum for Occupational Therapists, and the information from both previous sessions.

Session four: filling the kete – *identifying our needs as therapists to maintain growth, development, integrity and humour.*

This final session will be an opportunity for each participant to share about what works to keep them growing, developing and maintaining sanity in the world of pain management!

