

Return to Meaningful Living: An Occupational Therapist's Lens

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Chronic pain is often a life debilitating disease, causing impairment in life and leaving the individual unable to maintain normal daily activities on their own, resulting in frustration, sadness or even anger. This talk aims to share on how occupational therapists play a role in the multi-disciplinary approach in chronic pain management, empowering patients to regain control of their life and manage their daily living well despite chronic pain. The biopsychosocial model of pain is adopted and approaches such as self-management and therapeutic use of self will be discussed.