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Compilation of health education manual for elderly patients with chronic pain in community

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Background & Purpose: The International Association for the Study of Pain (IASP) defines chronic pain as pain without apparent biological value that has persisted beyond normal tissue healing time, usually three months. Chronic pain can contribute to disability, depression, anxiety, sleep disturbances, poor quality of life and increased health care costs. In recent research, more than 65% elderly people suffered chronic pain in China. Meanwhile, correct knowledge deficits was a vital reason for poor chronic pain management in primary care. The purpose of our study is to compile the health education manual for elderly patients in community with chronic pain to facilitate their knowledge and empower them to self-manage.

Method: Sichuan province, a province in southwest China with 13 million people over 60 years old, was taken as an example to investigate the current situation of chronic pain and the health education requirements in community elderly through cross-sectional survey and qualitative interview. According to the results, useable evidence will be retrieved from clinical guidelines for chronic pain published in the last five years on GIN (Guideline International Network), NGC (National Guideline Clearinghouse), NICE (National Institute for Health and Clinical Excellence), SIGN (Scottish Intercollegiate Guidelines Network) and so on, which will be evaluated, screened and integrated into recommendations. Recommendations will be translated into comprehensible language and compiled to be a healthy education manual for patients after experts reviewed. Finally, this manual will be disseminated for community elderly with chronic pain, their family members and primary care workers in sichuan province. Currently, Cross-sectional investigation of this study is under way, the healthy education manual is expected to be completed by April 2018.

Biography

Xiahui Li is a PhD candidate of West China School of Medicine in Sichuan University. She is also a Lecturer of Nursing School of Chengdu University, the Vice Director of nursing department of Medical School of Chengdu University and the Vice Director of elderly health science communication base of Sichuan Province. Her research field is nursing education, the elderly health education and chronic pain management. She has participated in several National Natural Science Foundation of China and Sichuan provincial research projects and published more than 5 papers in reputed journals in china.

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