

Applying Tech in Delivering Psych Interventions for Chronic Pain: A Study in Singapore

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Chronic pain is a complex condition which requires interdisciplinary treatment delivery as part of a gold standard of care. With the high prevalence rates of chronic pain worldwide, adequate management of chronic pain has been placed as a world health priority. Yet, the low availability of healthcare resources, limited accessibility to psychological treatments and high out of pocket fee for service especially in Asia, appear to have contributed to an inadequate response to pain.

Technology is fast becoming a part of our everyday life. Pain treatment delivered via technologically based modalities such as online or mobile-based treatments seems to be the way forward. Leveraging on technological developments to deliver psychological treatment allows for wider patient reach with the same amount of therapist time. Such modes of treatment delivery has the potential to address issues related to 1) perceived stigma, 2) a poor understanding of psychological treatment for pain in addition to practical barriers such as cost time commitments and transportation challenges.

This session will discuss the current trends, challenges and gaps in applying technology to psychological treatments for pain. A feasibility trial developed for use in a chronic pain population at a tertiary pain clinic in Singapore as well as ongoing research in this area will be discussed.

