

# Pain Clinical Forum

Specialist Section Trauma and Musculoskeletal Health

**What** meaningful activity we have engaged with?

- Representing RCOT as an Occupational Therapist in Parliamentary policy discussion in Westminster
- Representing Occupational Therapy on the NICE committee for development of National Chronic Pain Guidelines
- Being an active voice with British Pain society
- Developing RCOT pain specialist section and advising with guidelines for pain within Royal College of Occupational Therapists
- Being part of a network of professionals who can advise on pain for members when needed in all aspects

**Why** is this Pain Specialist Subsection important?

In the field of practice we use our skills to enable people to engage with meaningful occupations that chronic pain has detracted from

- We have core skills which empower and change
- We focus on helping an individual to break the pain cycle by restoring functional activities to increase well-being and quality of life
- We use person centred techniques such as activity analysis, grading and pacing for resilience
- We are dual trained in physical & mental health

*“Chronic pain affects between one-third and one-half of the population of the UK, corresponding to just below 28 million adults. This figure is likely to increase further in line with an ageing population”*  
**BMJ (2015)**

Table to show prevalence of pain by age strata

