

## Self-management programs for chronic non-cancer pain: A systematic review

### Rationale

This research question is emerging from stakeholders involved in the Quebec Pain Research Network. A needs analysis conducted by this network demonstrated the urgency of identifying existing pain self-management programs and disseminate them widely to patients and health professionals.

### Implications

The results of this review will be conveyed to knowledge users associated with the Quebec Pain Research Network. Following this systematic review, a decision will be made within their network as to the need to create new self-management programs or to adapt or promote existing ones. Results will serve as a basis for developing other related knowledge transfer products in subsequent years.

Link to protocol registration: TBD

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### Background

- Chronic pain is a problem that affects 20 to 25% of the adult population.
- Literature shows that self-management programs for chronic pain can have a positive impact on patient outcomes.
- It is important that patients and health professionals have access to the most evidence-based and effective self-management programs to help them better cope with chronic pain.

### Objective

- To assess the characteristics and impact of existing self-management programs for chronic non-cancer pain.

### Methodology

- **Review design:** *Systematic Review*
- **Eligibility criteria (PICO):** **Participants:** Adults and adolescents (14+) **Intervention:** Self-management program for chronic non-cancer pain. **Comparator:** Any or no comparator. **Outcomes:** Any relevant patient or practice level outcome. Any implementation or dissemination outcome.
- **Literature search:** Comprehensive literature searches of electronic bibliographic databases will be conducted by an experienced librarian in PubMed, CINAHL and PsychINFO. The search strategy will be peer-reviewed by another librarian (PRESS checklist).
- **Study Selection/Data Abstraction:** Development of standardized forms for study selection and extraction followed by a training exercise and piloting of the two forms for all reviewers. Study selection, extraction and risk of bias analysis will be conducted by pairs of two reviewers and discrepancies will be resolved by discussion or by a third reviewer (senior).
- **Synthesis:** Data synthesis will focus on providing information to our knowledge users regarding existing self-management programs for chronic non-cancer pain. Specifically, we will look for key ingredients, resources, activities, and outputs of existing self-management programs and their impact.

### Knowledge Translation Strategy

- Knowledge users will be involved throughout the review process.
- Review results will be presented at a meeting with stakeholders (patients, clinicians, decision makers) from the Quebec Pain Research Network.
- Review results will also be made available for the public on the upcoming web platform of the Knowledge Transfer Initiative of the Quebec Pain Research Network. A manuscript will be submitted to a scientific, peer-reviewed journal for publication.