



Chronic Pain Seminar Series

Everyone experiences pain at some point in their lives, but pain that is chronic is different and can limit your student and employee's work productivity and even "presenteeism". "Chronic musculoskeletal (back, neck, shoulder) pain is the most common type of pain and may have lifetime implications. Pain improvement comes from increasing, in a gradual manner, proper exercise and overall activity." (Information from: <https://hmc.pennstatehealth.org/anesthesiology-and-perioperative-medicine/patient-care-and-treatment/pain-management>. Consider offering employees and students a seminar or lunch and learn that provides them with tips and information on how to handle chronic pain in the work and school environments. This budget should include a stipend for the group leader/presenter and any healthy drinks or snacks (if you want to provide for audience).

How to Implement

- With your wellness committee, establish student and employee interest in having a chronic pain seminar series or lunch and learns
- Identify an appropriate location and time for seminars or webinars on chronic pain and communicate information to interested individuals
- Show the following or another webinar on chronic pain <https://www.wwdpi.org/Webinars/Pages/Webinar.aspx?wbID=186>
- Create a sign-in sheet to measure participation.
- Talk to managers about providing flexible work times to participate.
- PROMOTE the chronic pain seminars and health tips through emails and posters

Evaluation

To assess the impact of the intervention:

- Track attendance via sign in sheet if chronic pain seminars are in person, or via online if classes are held through videos/Zoom
- Survey individuals on how their pain levels and symptoms have changed following healthy practices
- Survey employees and students on which form of practice they enjoy best (i.e. in person or video)



Example Pre and Post Questions:

- Anonymously rate your energy level on a scale from 0-10. **(Ask pre/post each time.)**

- How often do you find your work or school load stressful?
 - Always
 - Often
 - Sometimes
 - Hardly ever
 - Never

- How often do you have physical symptoms that are likely stress related? (e.g., teeth grinding, headaches, palpitations, stomach aches, back aches)?
 - Never
 - Once a month
 - A few times per month
 - Once a week
 - Multiple times per week
 - Daily
 - N/A or I'd prefer to not answer

- How many hours do you spend on campus each week working and/or doing school work?

- Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

- During the past month, other than your regular job or school load, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?
 - Yes
 - No

- How many times per month did you take part in this activity during the past month?
 - And when you took part in this activity, for how many minutes did you usually keep at it?



PennState

LionPulse

- All in all, how satisfied would you say you are with your job?
 - Very satisfied
 - Somewhat satisfied
 - Not too satisfied
 - Not at all satisfied

- How satisfied are you with current wellness programs?
 - Very satisfied
 - Satisfied
 - Neutral
 - Dissatisfied
 - Very dissatisfied



LionPulse Session Evaluation

Campus: _____ Session: _____

Date: _____ Time: _____

1. Was the time of this program convenient for you?
 - a. Yes
 - b. No

2. Was the topic of interest?
 - a. Yes
 - b. No

3. How often would you attend programs?
 - a. Monthly
 - b. Quarterly
 - c. Not at all
 - d. Other _____

4. Based on today's experience, will you encourage your colleagues to attend?
 - a. Yes
 - b. No

5. Will you make changes in your life based on what you learned today?
 - a. Yes
 - b. No

6. What program topics would you like to see in the future?
