Chronic Pain Management for Cancer Survivors

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INTRODUCTION

Pain is one of the most distressing symptoms for individuals with cancer, with over half reporting moderate to severe levels[1]. It is closely linked to increased physical disability, psychological distress, reduced quality of life, and has been associated with shorter survival times[2]. While analgesics (pain medication) are the standard treatment[3], guidelines recommend integrating behavioral pain interventions into cancer care[4]. These approaches use cognitive and behavioral strategies to help patients manage pain and improve overall functioning. Clinical trials have shown these interventions significantly reduce pain for most patients[4]. Pain Coping Skills Training (PCST) is one such evidence-based intervention, shown to improve pain outcomes and support both physical and emotional well-being [5,6,7].

PURPOSE

- The purpose of this study is to examine the effectiveness of the modified psychosocial intervention (PCST) on outcome measures for cancer survivors with cancer-related chronic pain.

- The study's findings are only intended to inform the Santa Clara service area and be shared at conferences in poster format. Sharing this data intends to identify the most effective components of an ongoing psychosocial interventions within the oncology department.

METHODS

Measures (2 weeks pre- & post-assessment): Multiple Assessment of Interoceptive Awareness (MAIA), Tampa Scale of Kinesiophobia (TSK), Numerical Rating Scale (NRS) and Quality of Life of Cancer Patients (QLQ-C30).

INTERVENTIONS

Adjusted Pain Coping Skills Training (PCST)
A four-week facilitated online intervention, with 10 participants in each round (6 rounds) integrating principles from **CBT**, **ACT**, and the **gate control theory of pain** to support chronic pain management.

Week 1:
Psychoeducation on the biopsychosocial model- how thoughts, emotions, and behaviors influence pain perception
Introduction to **progressive muscle relaxation**

Week 2:
Mini-relaxation techniques for quick stress reduction

Week 3:
Activity pacing to manage energy and prevent pain flare-ups

Week 4:
Pleasant imagery to promote calm and reduce distress

PARTICIPANTS

Who: Adult (18 and over) Cancer survivors with cancer-related chronic pain who agreed to attend and participate in intervention.

DESCRIPTIVE FACTORS

- Types of Cancer include Abdominal, Bone, Breast, Colon, Endometrial, Esophageal, Liver, Lung, Ovarian, Pancreatic, Prostate, Rectal, Skin, Uterine, Unspecified.

- Languages Spoken, English, Spanish, Other

- Ethnicity, American Indian, Asian, White, Hispanic/Latino, Polish, Vietnamese, Filipino, Asian Indian/Indian, Guamanian, Japanese, Other

- Gender Identity, Biological Genders include Male and Female. Data does not include preferred gender pronouns.

- Sites, Gilroy, Mountain View, Santa Clara, San Jose

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