

## The Importance of Resilience in the Management of Chronic Pain in Occupational Therapy – A General Study

Ana Maria Dumitrescu<sup>1</sup>, Leon Daniello<sup>2</sup>, Andreas Nilsen Myhre<sup>3</sup>, Vik Helsetun<sup>4</sup>, Gotca Ioan<sup>5</sup>, Dr. Ghelerter<sup>6</sup>

<sup>1</sup>M.D. junior doctor in Occupational Health

<sup>2</sup>Pneumology Hospital, Cluj-Napoca, Romania, PhD student in Anatomy

<sup>3</sup>M.D. Junior Dr. in Family Medicine

<sup>4</sup>Sogn, Norway

<sup>5</sup>PhD, Principal Clinical Psychologist

<sup>6</sup>Centre for Mental Health, Iasi, Romania



### Abstract

**Aim and Background** -The aim of this paper is to realize a multidisciplinary international study focusing on the beneficial importance of resilience in occupational therapy patients suffering from chronic pain in a bio- psycho- social context, mainly offering as background examples from the Scandinavian countries and the UK.

**Material and methods**-As research methods, we used two international online databases: PubMed, Google Scholar and an online journal-the "Scandinavian Journal for Occupational therapy", using the following combination of search terms - "occupational therapy chronic pain resilience UK/ Norway/Sweden", with a selection of 20 articles published between 2009 and 2019, obtaining thus the premises for a general study.

**Results**- In the case of chronic pain, patients can experience variable degrees of both mental and physical rehabilitation according to their resilience profiles, treatment, the evolution and state of their illness, medical history, additional psychological coping therapies and social interaction. There are presented multidisciplinary pain management programmes for occupational therapy from the Scandinavian countries and occupational therapy projects focusing on resilience from the UK.

**Conclusion**-In clinical occupational therapy there is noted the effective role of resilience in individuals suffering from chronic pain, considered as a beneficial coping psychological technique, associated with cognitive behavioral therapy, acceptance and caring conversations.

Key words: occupational therapy, resilience, chronic pain, Scandinavian, UK.

### Biography

Dumitrescu Ana-Maria is a Junior Doctor in Occupational Health at the "Leon Daniello" Pneumology Hospital of Cluj-Napoca, Romania, with previous working experience in the field of Geriatrics at the "Champmaillot" Geriatrics Hospital, Dijon (2017-2018). Since 2019-PhD Student in Anatomy at the "Gregory T Popa" University of Iasi, Romania. Member of the British Society for History of Medicine since 2019, with active participations since 2015. Also Member of the Catalan and Romanian Society for History of Pharmacy.

### Speaker Publications

1. Dumitrescu, A.M., Gotca, I., Ghiuru, R. et al., Psychological Coping and Social Aspects in the Case of the Elderly with Metabolic Syndrome. Review of Research and Social Intervention, 2016; 52, 273-282
2. **Ana-Maria Dumitrescu**, Roxana Cobzaru, Valerica Ripa. Multicultural Representations. Historical Aspects regarding the Hydatid Disease. International Conference *Literature and Discourse as Forms of Dialogue*, Arhipelag XXI Press, Tîrgu Mureş, 2016, ISBN: 978-606-8624-16-7, ISI-procedeengs
3. **Ana-Maria Dumitrescu**, S. Turliuc, Claudia Costea, et al. *Biblical descriptions of spinal neurological and neurosurgical pathology*, Rom Neurosurg, **2016**; 30(3):365-371
4. Collaborator in the writing of : *Guide de pathologie ophtalmologique. Affections des paupieres et de la conjonctive*, authors Anca Sava, Claudia Florida Costea, Gabriela Dumitrescu, Editions Universa, Wetteren, Belgique, 2015, ISBN 978-9062-81028-4

[6<sup>th</sup> Online Edition of International Conference on Occupational Health and Public Safety](#); London, UK- August 25<sup>th</sup>, 2020.

### Abstract Citation:

Ana Maria Dumitrescu, The Importance of Resilience in the Management of Chronic Pain in Occupational Therapy – A General Study, Occupational Health 2020, 6<sup>th</sup> Online Edition of International Conference on Occupational Health and Public safety; London, UK August 25<sup>th</sup> 2020