

## **Overview of Pain Management Programs in Asia**

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Much of our knowledge of pain management programs, including the treatment design, content and delivery are predominantly contributed by programs established in Europe, North America and Australia. Such programs usually follow a biopsychosocial approach to treatment; with psychological intervention included as a key component.

In many parts of Southeast Asia, it appears that a relatively similar model of pain service delivery is followed. However, unlike Europe, North America and Australia, psychological intervention rarely contributes to standard care. Little is also known about the availability of pain management programs in this part of the world.

This session will present an overview of pain management programs available in East and South-East Asia based on published research to date. The common types of psychological care models used in such programs, quality of the interventions delivered, primary outcomes, current gaps in program delivery and potential future state for pain management programs in South-East Asia will be discussed.