

AB213. 224. Does a written green exercise prescription increase physical activity in chronic pain patients?

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Background: Exercise is of benefit to chronic pain patients. Green Exercise, defined as exercising in nature, demonstrates additional mental and physical health benefits. There is limited research on Green Exercise as part of the treatment of chronic pain. Our objective was to investigate whether a written green prescription increases physical activity in chronic pain patients.

Methods: After institutional ethics committee approval a sample of 60 adult patients, who attended a chronic pain clinic will be included based on power analysis. There will be a randomized, control (n=30) and treatment groups (n=30). Both groups will complete a pre-study questionnaire

on baseline activity levels using the international physical activity questionnaire (IPAQ) questionnaire as well as a separate questionnaire on attention, feelings of wellbeing and quality of life (WHO Well-being quality of life index). The treatment group will have an instructional session with a motivational interviewing and educational instruction elements. The green prescription group will be required to keep an attention diary and a green prescription diary. A 6-week diary with telephone calls at week 2 and week 4, which will enable patient's to provide feedback. We will repeat the initial questionnaires at 6 weeks following completion of the written green exercise prescription period.

Results: We will report initial findings and analysis.

Conclusions: The majority of patients who suffer from chronic pain would be interested in Green Exercise as part of their treatment regime. This study findings, will indicate if a written green prescription increases physical activity in chronic pain patients.

Keywords: Exercise; pain; green prescription

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