



## AB105. Hope and chronic pain: a systematic review

Anna-Maria Katsimigos<sup>1</sup>, Dominic Harmon<sup>2</sup>

<sup>1</sup>Graduate Entry Medical School, University of Limerick, Castletroy, Limerick, Ireland; <sup>2</sup>Department of Pain Medicine, University Hospital Limerick, Dooradoyle, Limerick, Ireland

**Background:** Chronic pain is a complex phenomenon that engenders both physical and psychological hardship. There are currently few treatment regimens or medical interventions that reliably eliminate chronic pain. Hope has been considered as an important therapeutic factor in health and illness. Current literature on the impact of hope in health and illness suggests that the presence of hope facilitates adjustment to an adverse event, is necessary for survival, and can be associated with a better quality of life. The aim of this review is to explore the current literature on hope as an intervention for chronic pain.

**Methods:** A comprehensive review of current literature on hope and chronic pain was undertaken. Several databases

were used (incorporating EBSCO, MEDLINE, PUBMED). Articles were included if they reported a study: (I) exploring outcomes of hope as an intervention for chronic pain; (II) reported on hope specifically and not related concepts; (III) included a measurement of hope.

**Results:** A total of three articles were found which fit the inclusion criteria. Each article used different tools to measure hope. This review demonstrates a gap in the literature regarding hope as a therapeutic intervention for chronic pain specifically.

**Conclusions:** The findings of this review demonstrate that hope is influenced by several patient factors and has a positive impact on patients with chronic pain. The current literature supports the usefulness of hope as a therapeutic intervention for not only chronic pain but many chronic illnesses.

**Keywords:** Chronic pain; hope; pain reduction; pain management

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