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The Effects of the COVID-19 Stay-at-Home Orders on Pain and Mental Health in OMM Patients

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THE EFFECTS OF THE COVID-19 STAY AT HOME ORDERS ON PAIN AND MENTAL HEALTH IN OMM PATIENTS

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BACKGROUND

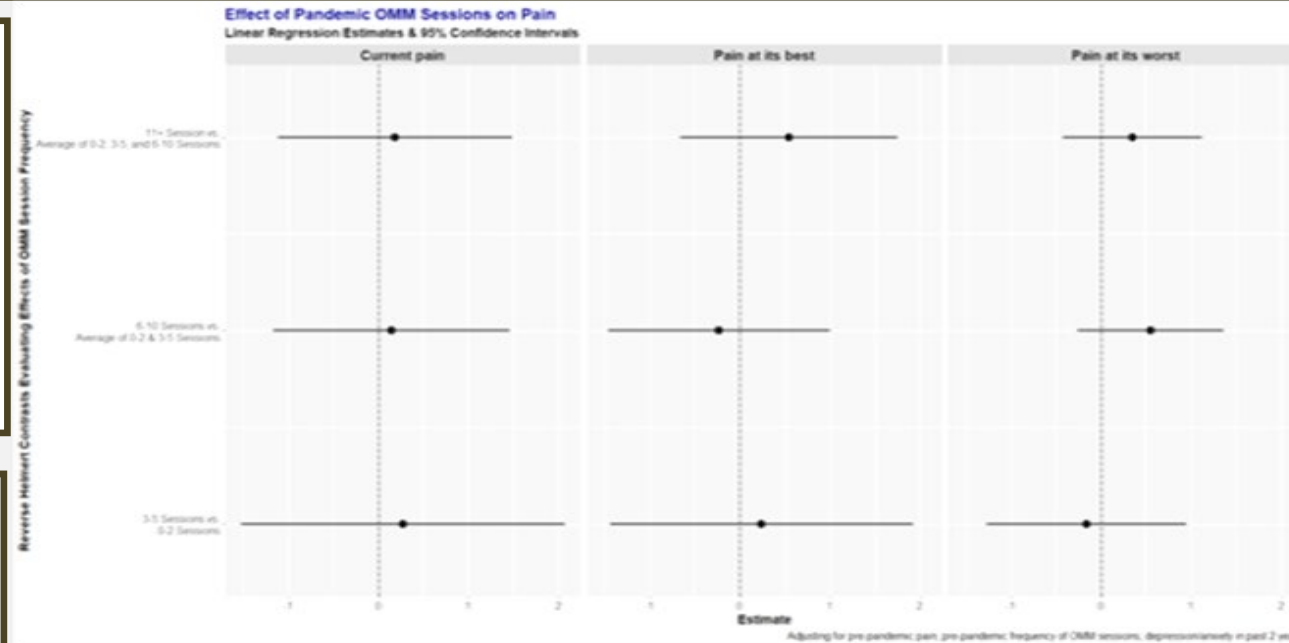
- New jersey was placed in a state of emergency and a state-wide stay at home order during the COVID-19 pandemic
- Very little has been published examining the effects of chronic pain after stopping osteopathic manipulative medicine (OMM) as it seems unethical to stop a treatment shown to work so well and is both minimally invasive and cost effective

HYPOTHESIS

- We hypothesized OMM patients experienced an increase in pain since the onset of COVID-19 pandemic and closure OMM/Family Medicine offices

METHODS

- Surveys were distributed to patients of the neuromusculoskeletal institute (NMI)
- Participants were asked how pain has been impacted by the absence of OMM and subsequently how their mood was affected



RESULTS

- Data from 67 participants was collected
- Linear regression model provided no evidence that lack of OMM sessions is related to “current,” “at its worst,” and “at its best” pain score above the adjustment variables
- Used reverse-helmert contrast coding (df=3) to estimate effect of OMM session frequency
- Logistic regression model provides no evidence that lack of OMM sessions is related to patient report of worsening pain during pandemic above the adjustment variables
- Despite this lack of relationship, 65 of 67 subjects surveyed indicated they felt OMM was an important treatment in managing their pain

CONCLUSIONS

- This study did not produce evidence of an effect of the frequency of OMM sessions during the pandemic on patient ratings of pain
- Despite these findings, the majority of patient’s surveyed felt that OMM helps manage their pain

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