

Shifting Pain Care

Indian Country SUD ECHO

April 1, 2020

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KnowAboutPain

Consultation & Pain Education Products

Disclosure

KnowAboutPain

Consultation & Pain Education Products

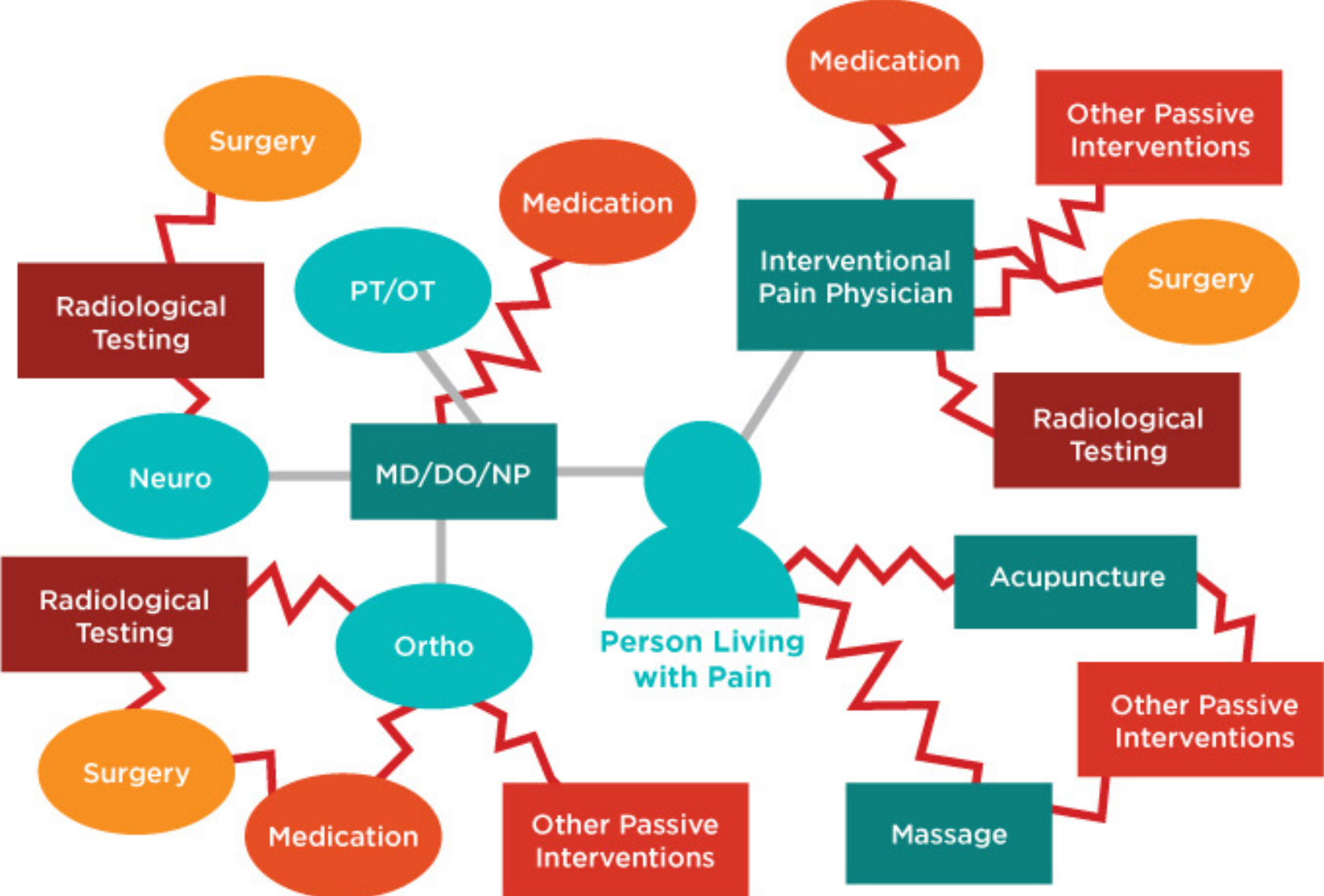
Objectives

- Discuss new concepts in pain care
- Understand new State resources and how to use them
 - Inc phrasing and workflow
- Consider application to SUD treatment and Native customs

In clients with pain and SUD....

- CHALLENGES WITH TEAM
- CHALLENGES WITH CLIENTS

The Chaos of Pain Care



Old Model

Pain
=
Tissue Damage

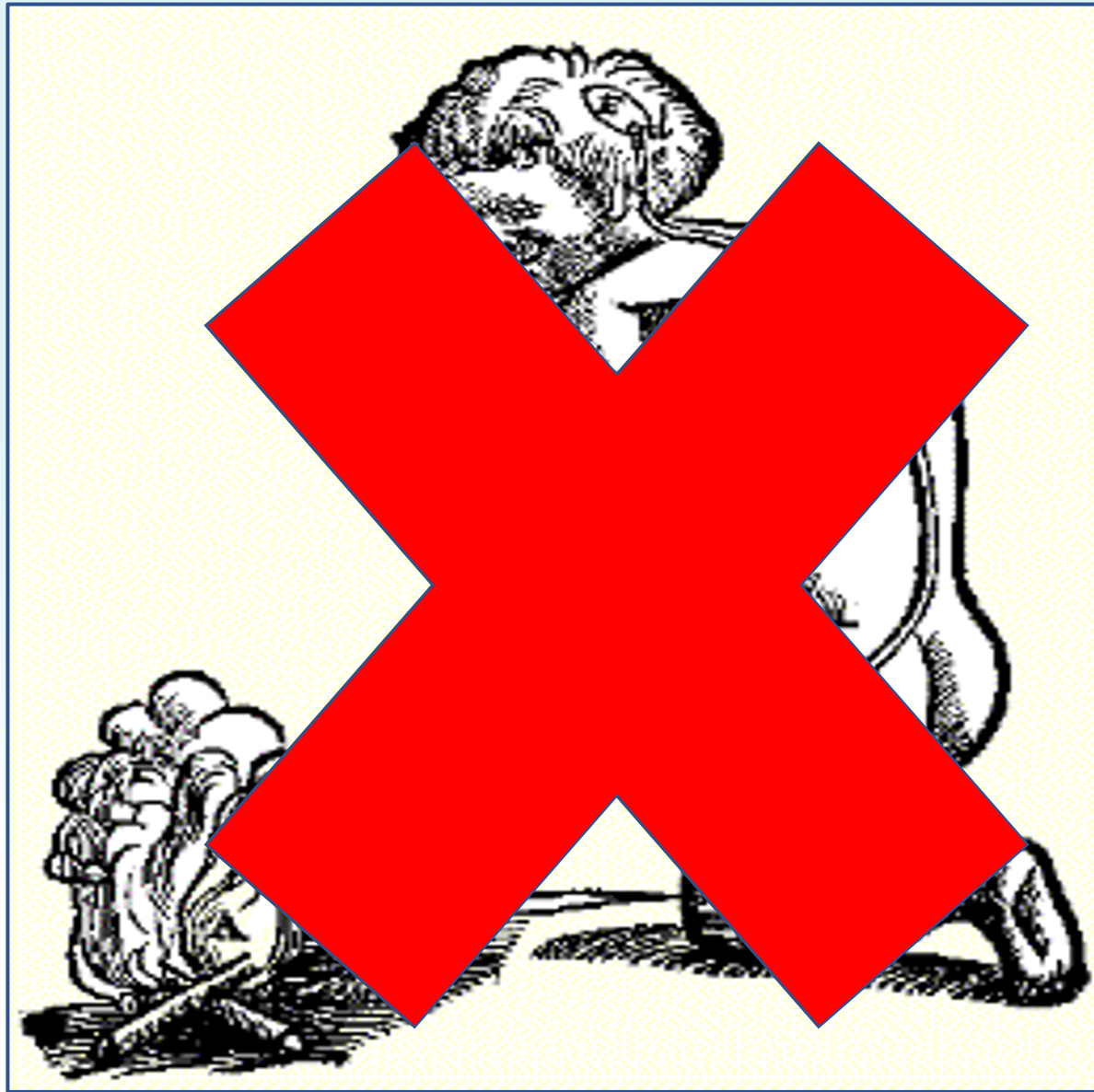


Examples of Pain vs. Harm



Complex pain presents as:

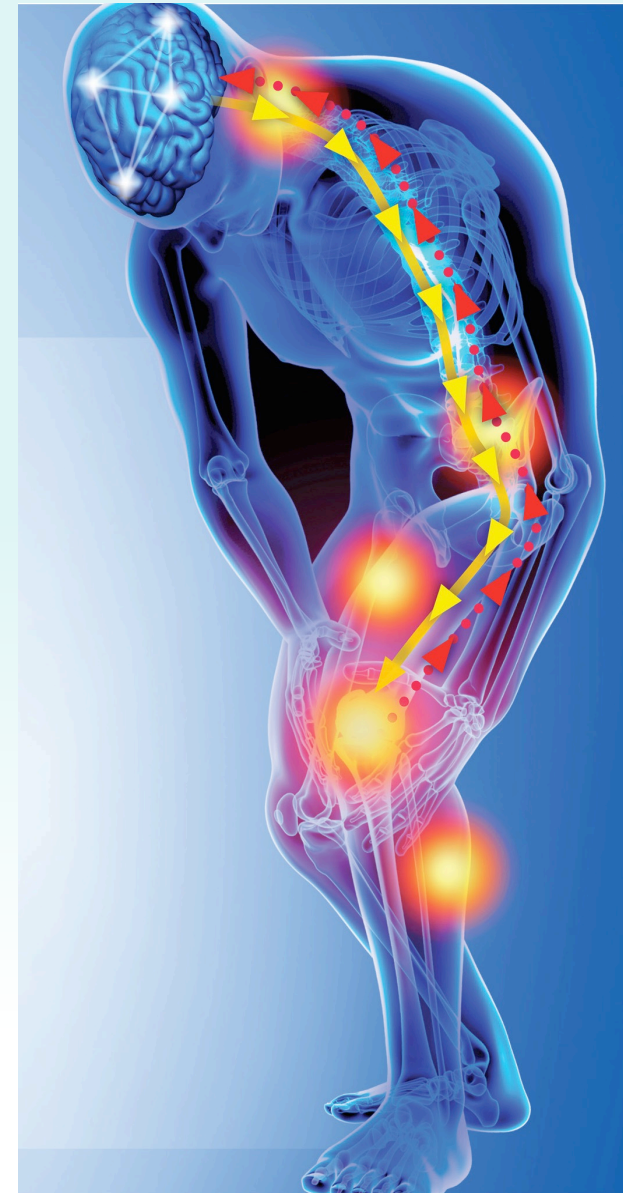
- Pain originating in one site
- Pain spreading along anatomical pathway eg nerve
- Pain spreading to opposite side of body
- Pain moving around, vaguely located
- Allodynia: pain to non harmful stimulus
- Hyperalgesia: Enhanced sensitivity to painful stimulus
- Pain increasing with stress, decreasing on vacation



New Understanding

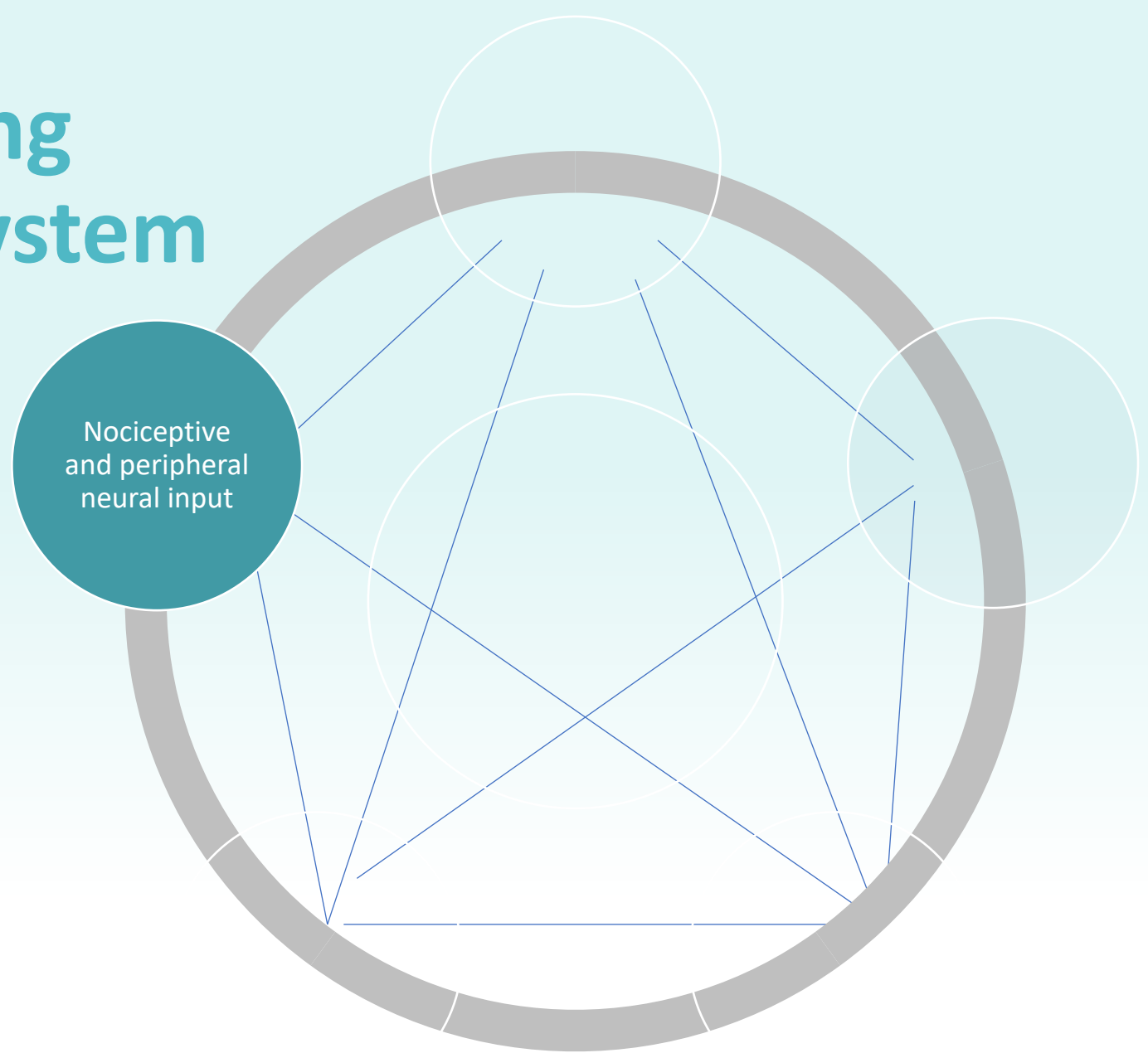
- Pain is an output of the brain and nervous system, not an input from the tissues
- All pain is biopsychosocial
- “Pain is experienced when the *credible evidence of danger outweighs the credible evidence of safety.*”

Lorimer Moseley, PhD, PT

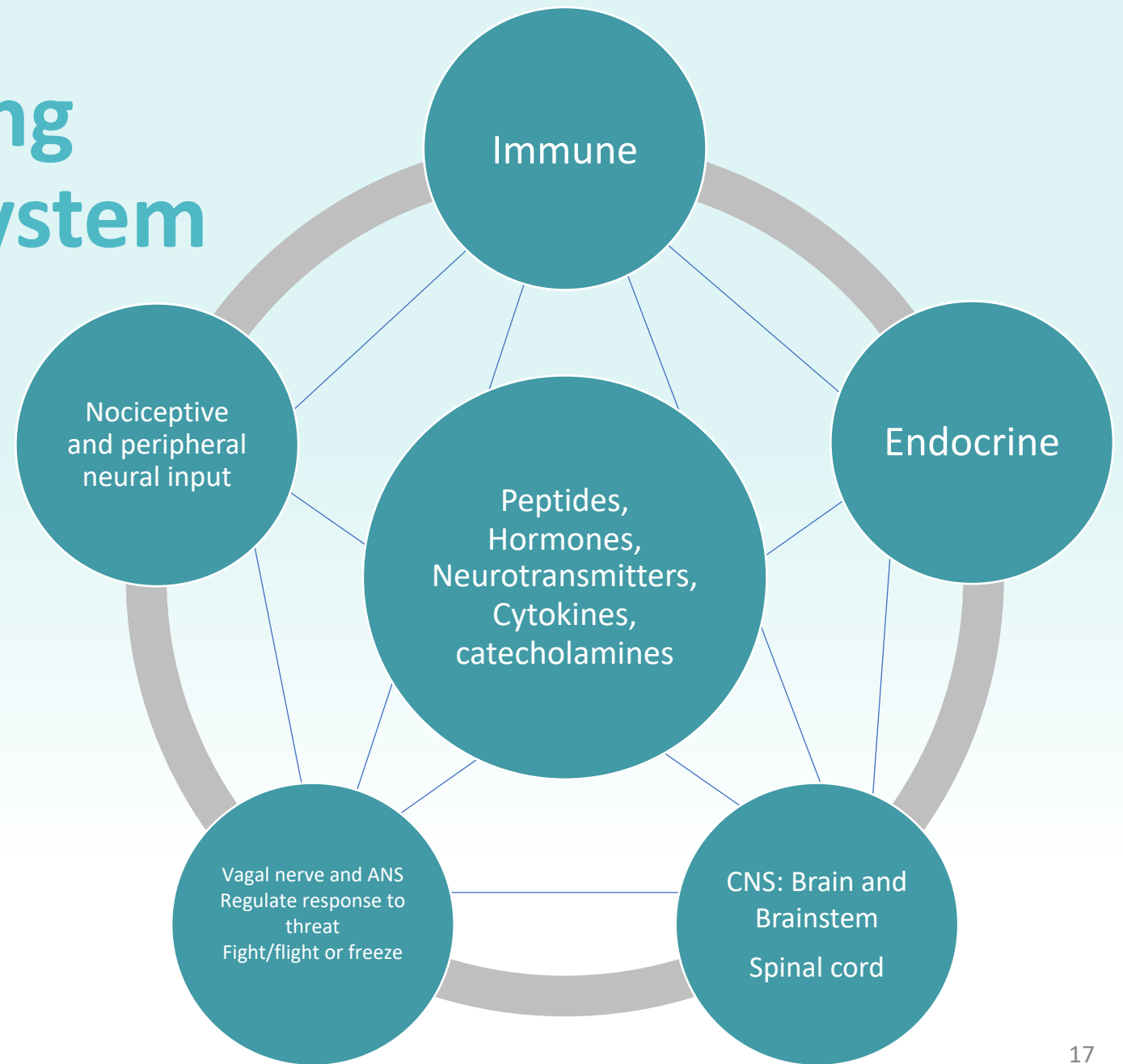


Oregon Pain Management Commission: Changing the Conversation about Pain

Factors contributing to pain: A super system



Factors contributing to pain: A super system

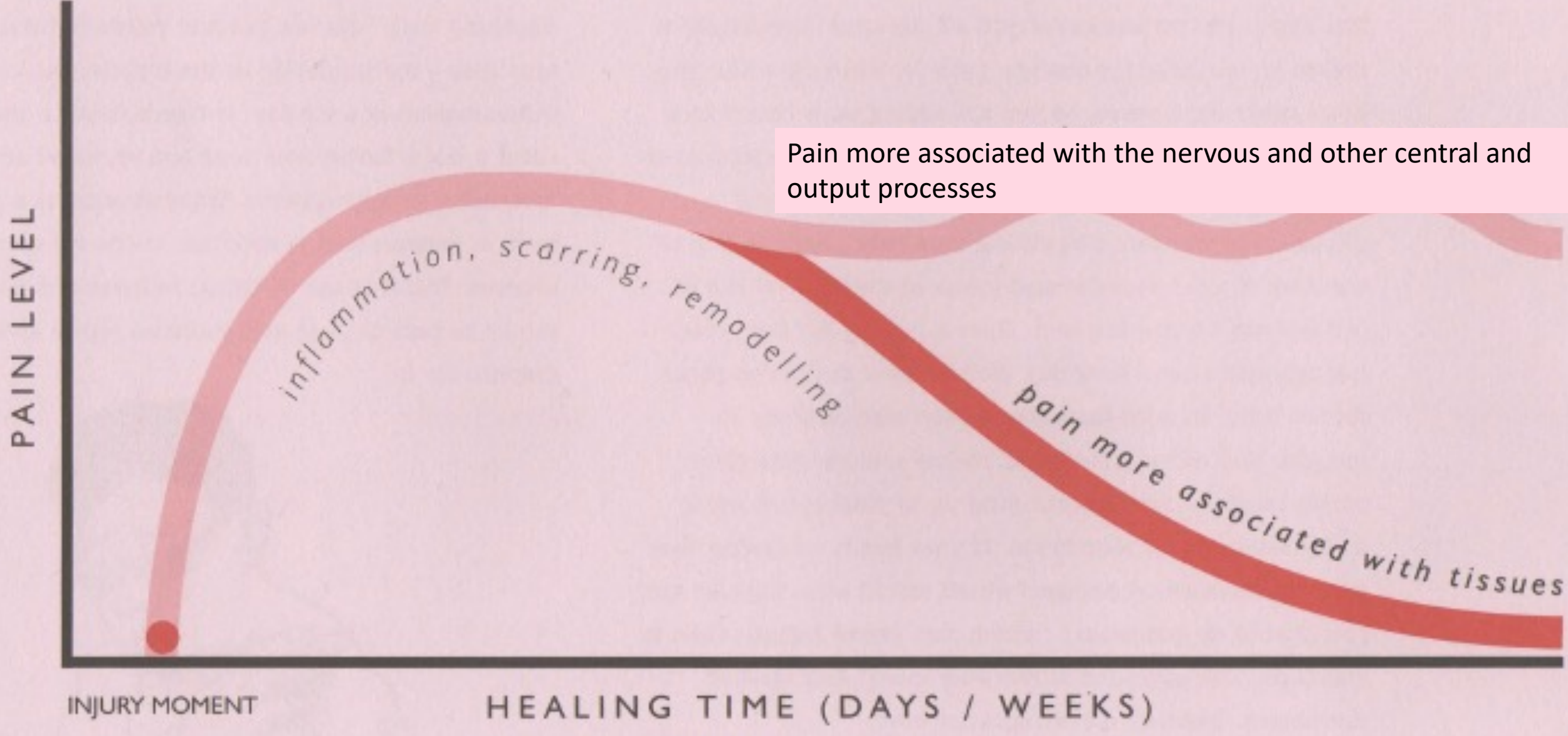


State Patient Pain Education Resources

The screenshot shows the Oregon Pain Guidance (OPG) website. The navigation bar includes: HOME, PAIN TREATMENT GUIDELINES, ASSESSMENT TOOLS, MED CALCULATOR, PROVIDER RESOURCES, PATIENT RESOURCES, and OHA. The main header features the OPG logo and the tagline "The Oregon state resource for healthcare professionals treating pain". A search bar and a language selection dropdown are also present. The left sidebar lists: Patient Resources, COVID-19 Pain Flareups, COVID-19 Pain Resources, Patient Education Videos, Pain Education Handouts, Patient Animated Videos, and Safe Disposal Sites. The main content area is titled "PAIN EDUCATION TOOLKIT" and includes a description: "This toolkit provides education for patients on how they can improve their health and manage their pain better through physical activity, sleep, nutrition, mood, and tapering. Patients decide what area or 'domain' to focus on and what techniques they can employ to improve their overall health and help with their pain." Below the text are six colorful infographic cards: HOW PAIN WORKS, MOOD, MOVEMENT, FOOD, SLEEP, and MEDICATION.

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[Oregon Pain Guidance Resources for Patients, Community and Clinicians](#)



Modified from Butler, DB, and Moseley, GL, "Explain Pain," Noigroup Publications, Adelaide, Australia, 2003

Complex pain can present as:

- Pain originating in one site
- Pain spreading along anatomical pathway eg nerve
- Pain spreading to opposite side of body
- Pain moving around, vaguely located
- Allodynia: pain to non harmful stimulus
- Hyperalgesia: Enhanced sensitivity to painful stimulus
- Pain increasing with stress, decreasing on vacation

- Fear Avoidance
- Pain-related anxiety
- Cortical reorganization such as Sensory Cortical reorganization

Complex pain sounds like:

“My life is unmanageable.”

“Medication is the only thing that helps me.”

“I need to take it easy because of my pain, it’s not safe for me to do very much.”

“My pain is terrible and it will never get better.”

“My x-rays are terrible, I will always have pain.”



Fictional patient, stock photo 2019

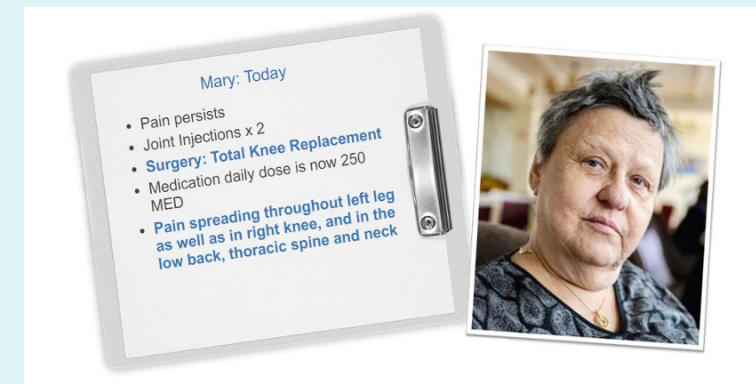
Key Concepts about Pain

- All pain is a product of the brain and nervous system, not an input from the tissues.
- To create neuroplastic change, we have to change the things we do, rather than the things that are done to us
- Pain is not equivalent to harm
- Gentle movement is healthy and important in decreasing pain. You can be sore but safe

Timing: Validate first

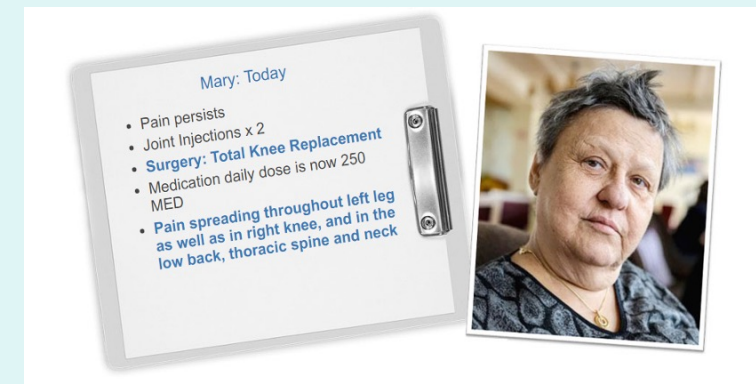
- Validate
- Educate
- Motivate
- Activate

Talking with Mary



Clinician: "I can understand how that could feel scary for you. It sounds like you have been through a lot with your pain. There are things that we know about pain now that are helping a lot of folks. I want to understand the whole picture for you."

Talking with Mary



“If you are willing, I would like to ask you to watch a video that talks about how pain works, and then follow up with you on it.

You may already know everything in the video, but it will help me to understand your pain better and help us make a plan together. Is that ok?”

State Patient Pain Education Resources

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This screenshot shows the "Patient Education Videos" section of the Oregon Pain Guidance website. The navigation bar is identical to the previous screenshot. The left sidebar lists: Patient Resources, COVID-19 Pain Flareups, COVID-19 Pain Resources, Patient Education Videos (highlighted), Pain Education Handouts, Patient Animated Videos, and Safe Disposal Sites. The main content area features a video player with the title "Learn about how pain works and what you can do" and a "Click to go back, hold to see history" button. Below the video player, there is a grid of video thumbnails with captions: "Understand Pain" by Nora Stern, MS, PT (Oregon State Pain Management Commission – Chair); "Sleep" by Catriona Buist, Psy.D. (Pain Psychologist, OHSU); "Nutrition – 'Gut Health'" by Erika La Vella, D.O. (Bariatric Surgeon, Samaritan Health Services); and "Social" by Miriam Parker, LCSW (Columbia Community Mental Health). A fifth video thumbnail is partially visible at the bottom.

[Oregon Pain Guidance Resources for Patients, Community and Clinicians](#)

PAIN & ACTIVITY



Find resources to help with your pain: oregonpainguidance.org/patient-resources

Afraid to move?
Taking



Make it so



Try something new

And remember:

FLARE-UPS



Find resources to help with your pain: oregonpainguidance.org/patient-resources

A flare up is
Flare-ups
Here are so



Take notes during a flare



Keep moving but pace yourself



Get good sleep

When you have a flare-up plan, you and have options to manage y

SLEEP



HOW PAIN AND SLEEP WORK TOGETHER:
Poor sleep can increase pain, lower your ability to fight infection, and increase inflammation. Restful sleep can help decrease pain and improve your mood, which helps you feel more energized, active and social. Good sleep can also reduce your cravings for unhealthy foods.

WHAT CAN MAKE THINGS BETTER:
Sleep often improves over time when you change your sleep habits, create a restful environment and reduce your stress. Good quality sleep improves your health and can boost your immune system.

A good night's sleep can help reduce your pain
Start practicing these tips for better sleep

GO TO BED AT THE SAME TIME
Regular bed and morning wake-up times help establish a body rhythm and improve the quality of your sleep.

KEEP A BALANCE OF ACTIVITIES AND REST
Pace your activities throughout the day. Even a small amount of activity a day can help you sleep at night.

LIMIT NAPS:
Think about doing a short nap, if you need it. Limit naps to 20 minutes and avoid napping in the afternoon or close to bedtime.

AVOID CAFFEINE AND ALCOHOL
Avoid caffeine and alcohol in the afternoon and evening. They can interfere with your ability to fall asleep and improve the quality of your sleep.

My short-term goal:

Find resources to help with your pain: oregonpainguidance.org/patient-resources



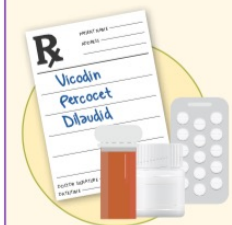
MEDICATIONS



Find resources to help with your pain: oregonpainguidance.org/patient-resources

Managing chronic pain is a long term process
Be patient

Medications can help in some cases



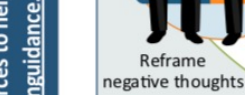
Opioid medications



Muscle relaxants



Cannabis



Reframe negative thoughts

Counseling can help

Find resources to help with your pain: oregonpainguidance.org/patient-resources



Medications are never the only answer. Find out about other ways to manage your pain.

MOOD



Often have negative thoughts and feel down?
Feel anxious or worried?
Avoid doing things you enjoy?

Here are some tips for improving your mood



Counseling can help



Reframe negative thoughts

PAIN, NUTRITION, AND GUT HEALTH



Find resources to help with your pain: oregonpainguidance.org/patient-resources



Do you have digestion problems?
Do you know which foods can help ease pain?
Do you know how pain medications can affect digestion?

Tips to improve your nutrition

Drink 8-10 cups of water a day

Prepare food at home

Limit aspirin, ibuprofen, and prescription pain relievers (RX opioids)

Eat food with colors of the rainbow

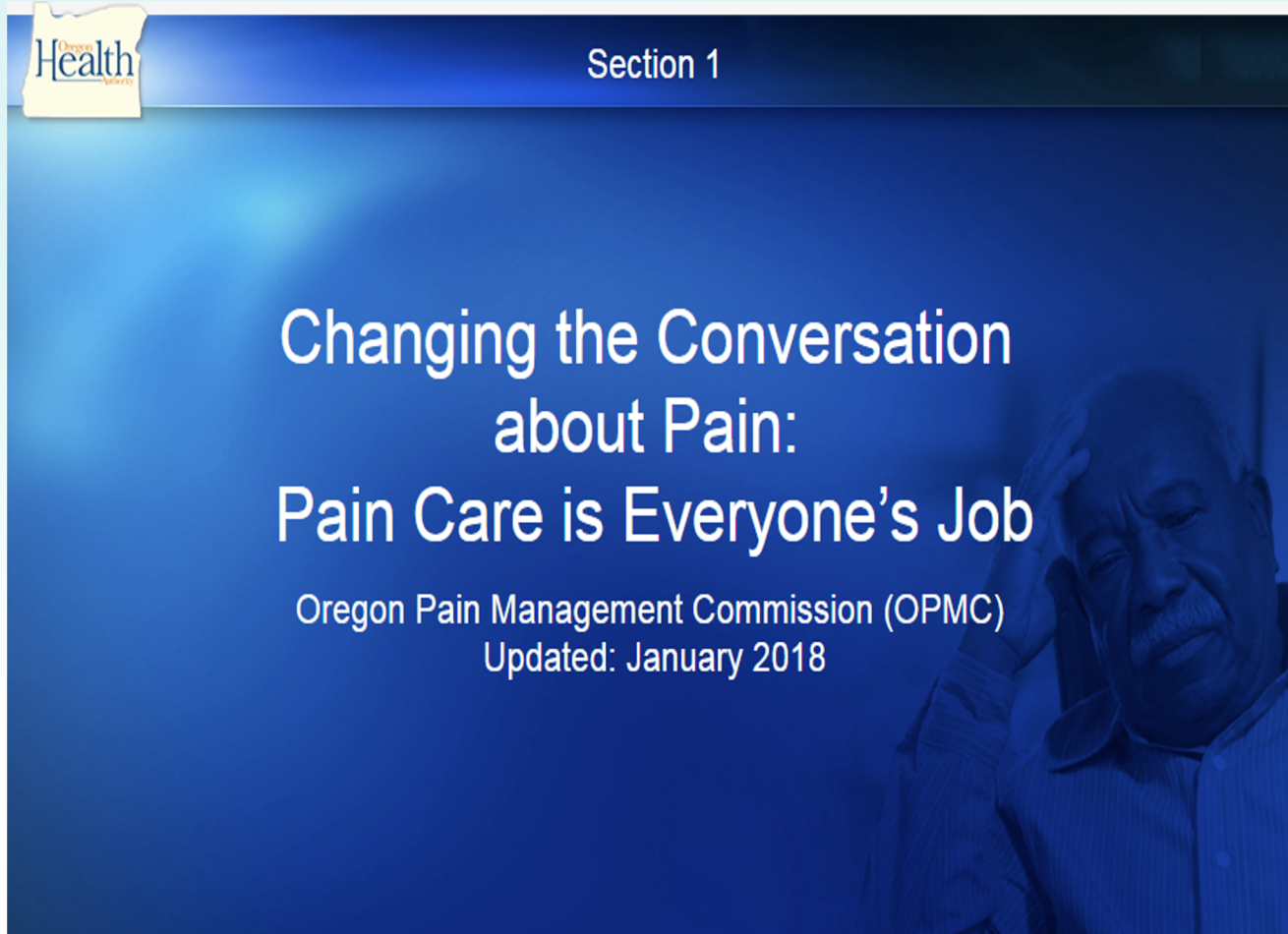
Make a plan

Eat in a calm and relaxed state

Eat fermented foods

Good nutrition can aid digestion and improve your pain and overall health

Required Clinician Pain Management Education



- Physicians
- Physician Assistants
- Nursing
- Acupuncture
- Psychologists
- Physical therapists
- Occupational therapists
- Chiropractic physicians
- Naturopathic physicians
- Pharmacists
- Dentists



THANK YOU!

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