Disclosure

- A Way Forward is an LLC and does license and charge a fee for the program

THE POWER OF PEERS

It’s time for a paradigm shift!

Oh wait! It already did

Time to catch up!!!!
**Prince**

**OVERPRESCRIBING DRUGS**

Focus of Criminal Investigation

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**CNN**

Opioids: From 'wonder drug' to abuse epidemic

The abuse of opioids, including prescription painkillers and drugs like Heroin, is something the U.S. has struggled with for decades.

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**Fox News**

Doctors urged to prescribe fewer painkillers: Here's what to take instead | Fox News
Scientific America

Opium Addiction Is a Huge Problem, but Pain Prescriptions Are Not the Cause

Chronic Pain in the World

FDA reconsiders training requirements for painkillers

April 29, 2016

By Matthew Reznor

Reposted from The Washington Post... The Food and Drug Administration is reconsidering whether doctors who prescribe painkillers like OxyContin should be required to take safety training courses, according to federal documents.

14 people fatally overdose on ‘painkiller’ in California

April 29, 2016

By JULIA MOUNTAIN

SAN FRANCISCO (AP) — Fourteen people in the Sacramento, California, area have fatally overdosed on a pill drug used as a popular painkiller, and now the drug has turned up in the San Francisco Bay area.
Why are we here?

91 people a day die from Opioid overdose!

Leaping before thinking

- Stop the Opioid epidemic
- Prescribe fewer pills
- Limit the MED to under 100

But do what instead?????
Moo to the stew
Cook slow and low and season to taste.

My Background
- Low back pain early
- Undiagnosed
- Occam’s Razor
Treatment

- Typical treatment
- Heart issues
- Eye inflammation
- “Itis” Dr.

Diagnosis Day!

My past “Pain” treatment road
(This covers ONLY the pain med information)

- My treatment was the typical Medical Model
- Started with Tramadol
- Never got “the Talk”
- No different than thousands

Results for me

- Brain and body demanded Hydro’s
- Tremendous fear of not getting the meds
- Vomiting small quantities of blood
- Constantly sick with every cold and flu
- Lacked energy to do normal activities.

Hospital and treatment for Hydro dependence
Thus, began “A Way Forward”

- A Way Forward is my personal journey through pain.
- It is a “Peer” led but evidenced based program.
- Teach techniques that allow a pain patient to improve their lives in ways additional to the medicine they are prescribed.
- Group meetings which are content driven with time for group support as well.

Specific things that helped me.

- Although based on my journey, it is firmly evidence based. Some great resources.
  - Mindfulness Solution to Pain. Dr. Jackie Gardner-Nix
  - Cognitive Therapy for Chronic Pain. Thorn
  - When Painkillers Become Dangerous. Pinsky

The A Way Forward program

- Currently using an eight module program
  - Emotional Labels
  - Charting your pain triggers and soothers.
  - Stress and Pain.
  - CBT replacing negative thoughts and catastrophizing.
  - Significant Others #1.
  - Significant Others #2.
  - Alternative Treatments
  - Wellness plan and wrap up
A WAY FORWARD OUTCOMES

RCT Findings

N=14 Treatment  N=12 Wait-list Control

*Unpublished data

Pain Catastrophizing Scale

Pretest TX, 25.1  Posttest TX, 18.6

Pretest Control, 24.4  Posttest Control, 26.0

N=14 Treatment  N=12 Wait-list Control

*Unpublished data

Introduction

Main Findings

Data Groups

Conclusion
Participant Satisfaction

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<td>Felt comfortable engaging in program</td>
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<td>Could effectively complete tasks</td>
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<td>Satisfied with available support</td>
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<td>Satisfaction with amount of time needed</td>
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<td>Overall satisfaction with ease of program</td>
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<td>5.9</td>
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Strongly Disagree    Strongly Agree

Acknowledgement

Research funding from Inland Northwest Community Foundation

Research support from

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Co-investigators: Michele Shaw, PhD, RN
Ekaterina Burduli, PhD
Crystal Lederhos Smith, MS

Any changes since participating in program?

- Initiated changes in my medicines – stopped Zolpidem
- Taking less oxycodone/hydrocodone
- Bought a Fitbit, walking a mile most days
- Keeping away from negative friends
- Bought a hot tub, using daily
- Started walking four miles a day
- Trying to change the way I think and not be so negative
“It was great hearing other peoples’ stories – it made me feel less alone.”

“Having conversations with people that know what life with pain is all about was comforting.”

“The program created an atmosphere of sympathy, empathy, and encouragement.”

Next Steps

- Program Currently active in NORTHWEST Specialty Hospital, Heritage Health, Integrated pain management and Axis Spine.

- Shared Medical Appointment Model

- Cohorts of 10-15 participants works best.

What does that leave you with?

- Multiple Paradigm shifts are needed.
  - Patients believe providers can fix everything with a pill.
  
  - Providers often believe that the pills are what the patient wants and what works.
  
  - Because that is all they know.
They do not know what you know about opioids

- They don’t know about hyperalgesia
- They don’t know about neuroplasticity
- They don’t know that the pain may not be as bad as they expect
- In short, what they don’t know is killing them

Currently we have a pain management vacuum.

- We have help for alcoholics
- We have help for recreational drug addicts
- We don’t have a established support system for people with legitimate pain issues that have become tolerant (dependent) on opioids.

Why am I speaking to you today?

- Because I am them, and I want no one to ever walk out of a Hospital or medical clinic door like I did.
- The A Way Forward program is one start to begin a new paradigm shift.
Thank you for listening

- I am available to talk with you or your peers.

- I can be reached at 208-691-8471. Sylvia can be reached at 208-660-0104.

- Email is awayforwardnow@gmail.com or my email is pyr2peer@gmail.com