



## Integrative Pain Management

IPM™

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## Integrative Pain Management

Integrative pain management is a multidimensional approach to chronic pain. It starts with a therapeutic relationship that combines the top interventional medical treatments with the best of behavioral therapies and allows the natural process and wisdom of ancient healing.

## The Goal of Integrative Pain Management

- To alleviate or decrease pain.
- To increase function.
- To improve the Quality of Life.

## REPORTED OUTCOMES OF INTEGRATIVE MODALITIES

- Alleviate or decrease pain.
- Increase function.
- Improve the Quality of Life.

## What is an Integrative approach: Definitions and Terminology

- Unconventional
- 1992 National Institute of Health:
- Office of Alternative Medicine CAM
- Alternative Vs Complementary
- Holistic, Mind-Body
- Non-conventional
- Complementary Vs Complimentary
- Integrative Pain Management

## If pain is not treated...

.....what can happen?

- Depression
- Decreased socialization
- Limited Mobility, Gait disturbance, Falls
- Decreased involvement in Activities = Increase in Cardiovascular risk
- Impaired Posture
- Insomnia
- Anxiety/Behavioral Disturbances
- Interference with ability to carry out basic ADL's
- Increased healthcare use and costs

## Stages of Pain

- Threshold: the point at which a person first acknowledges that something is painful.
- Tolerance: the point at which a person is no longer willing to be subject to a painful stimulus
- Response: the emotions, attitudes and behaviors that arise from experiencing a painful stimulus.



## Barriers to the Approach of Pain Management

### Unacceptable:

- Fear of addiction, tolerance or side effects.
- Financial constraints
- Reluctance to prescribe opioids.
- Lack of Education by health care professionals can result in incorrect assessment of pain.
- Lack of access to pain management
- Limited education on Integrative Medicine

## Barriers from the Patients

- Fear of bothering, distracting or angering the their physician.
- Fear of being seen as a complainer
- Belief that healthcare providers know they have pain and we are doing all we can to relieve it.
- Fear the meaning of their pain: Cancer, death, worsening of disease, loss of control
- Fear of admitting a belief in CAM modalities

## Pharmacological Intervention Non-Opioids

- Adjuvant
  - Anxiolytics
  - Corticosteroids
  - Anti-epileptics
  - Tricyclic Antidepressants
  - Lidocaine Patch



## Interventional Pain Management

- Devoted to the diagnosis and treatment of pain related disorders, principally with the application of interventional techniques in managing sub-acute, chronic, persistent, and intractable pain, independently or in conjunction with other modalities treatments.

## Interventional Techniques

- Epidural Steroid Injections
- Facet Steroid Injections
- Lysis of Adhesions
- RadioFrequency Ablation
- Sacroiliac Joint Injections
- Somatic Nerve Blocks
- Sympathetic Blocks
- Spinal Cord Stimulation
- Intrathecal Pump Delivery System
- Trigger Point Injections

## Non-Pharmacological Interventions

- Physical Therapy – PT/OT, Warm/Cold Therapies/Exercises
- Neuro-Stimulation – TENS, Acupuncture
- Nerve Blocks – Radiation – Tumor site
- Behavior Modification – Bio-feedback, Relaxation, Guided Imagery, Hypnotherapy
- Distraction – Humor, Music Therapy, Activities.
- Therapeutic Touch, Reiki, Therapeutic massage



- Integrative Pain Management
- Individual IPM™ or Group Programs.

## Pain Management Integrative Interventions

- What is the Etiology of Pain?
- What is the patients functional status?
- Look at the physiologic, psychological, social, cultural, spiritual factors influencing pain:
  - Depression causing pain
  - Pain causing depression
  - Stress causing increased perception of pain
  - Increased perception of pain causing stress
  - Control of stress and depression greatly facilitates pain management.

## Goals to Integrative Pain Management Interventions

- Adequately control pain utilizing medical interventions:
  - Interventional Procedures
  - Medications that control pain without side effects
- Increase patients functional status
- Focus on decreasing pain and stress while improving: function, mood, sleep, relationships with others, active participation in daily roles.
- Provide CAM modalities within the patients belief system that help to increase function, decrease stress and decrease the patients perception of pain.

## An Integrative Approach

- Comprehensive Assessment
- Why does the patient believe they have pain?
- What other factors are contributing to the patients perception of pain?
- What does the patient believe will help make the pain better?
- How does the pain benefit the patient?

## Patient Education

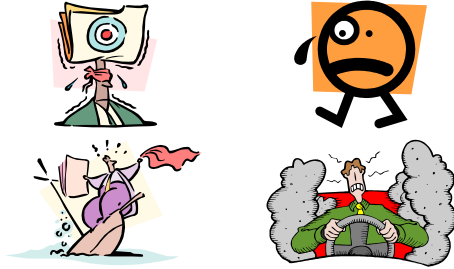
- Integrative Pain Management works better when the patient receives appropriate education about pain and the meaning of the pain.
- Educate the patient and the caregiver.
- Assessment and documentation of outcomes to interventions is the goal to adjusting Integrative Pain Management modalities.
- Remember the foundation of pain management begins with the therapeutic relationship.
- Service to life is the original meaning of medicine.
- Empower the patient to find meaning in their life.

## INTEGRATIVE PAIN MANAGEMENT : THE WHOLE IS GREATER THAN THE SUM OF ITS PARTS



- Treating the whole patient, not just the symptom.
- Holistic Model
- Identify the mind-body-spiritual- dimension of pain management
- Incorporate cultural aspect of pain management.
- Identify expressions of pain.

## EXPRESSING PAIN



## Responses to Pain:

Motor, Vocal, Verbal, Social, and  
The Absence of Manifesting Behavior

- Vocal: moaning, crying, screaming, groaning.
- Verbal: talking, discussing, complaining, cursing, questioning, asking for help
- Social: withdrawal from people, changes in communication patterns, changes in social manners or personal appearance.
- Absence: hiding pain, suppressing external signs of pain.
- Culture influence directly affects all of these responses.

## The Interaction Between Culture and Pain

- Pain is often defined by the culture we live in and can transcend biological conditions.
- Culture plays a multifaceted role in the experience of pain, affecting both the interpretation of and response to pain.
- Culture affects the way in which a patient places meaning in the context of their pain and the way in which they express pain.
- Integrative Pain Management identifies cultural influence.

## A Major Research Study of Pain and Ethnicity: The Human Response to Pain Zborowski (1969)

- Examined the human responses to pain by studying patients over a 3- year period.
- American, Irish, Italian, Jewish, Hispanic
- African, Asian, Arab, Indian, Polish, and French-Canadian.
- Every person in a given culture does not conform to ethnic standards.
- Although there are trends in cultural groups:  
You must consider the individuals experience, degree of assimilation, heritage consistency, level of psychological distress, medical assimilation, duration of pain, the diagnosis.

## Patient Outcomes Integrative Pain Management Practice

- Improved quality of life
- Improved Psychological Symptoms: stress, anxiety, comfort, support.
- Alters perception of pain and fatigue
- Most patients and families consider Complementary Medicine to be an effective integrative approach to Pain Management.
- Improved satisfaction with healthcare.
- Improved satisfaction with physician referring patient to Integrative Pain Management.

## Most Commonly Used Therapies for Pain Management

- Stress Management
- Relaxation Techniques, Breath-work
- Meditation, Guided Imagery, Hypnosis
- Therapeutic Massage
- Reiki - Energy Healing
- Reflexology
- Aromatherapy: Lavender Angustifolia

Most Frequently Reported Symptoms  
Integrative Pain Management can Benefit

- Pain
- Fatigue
- Stress
- Anxiety
- Depression
- Insomnia

What other things do you use  
to help relieve your pain?

- What type of complementary/alternative therapies do you use?
- Would you like to utilize any CAM?
- Let me tell you about..... Reiki, Meditation..
- What Herbals are you using?
- Spirituality, Prayer, Beliefs, Meaning
- Where do you find out about Alternative-Complementary Medicine?
- Would you be interested in being referred to Integrative Pain Management program?

Why refer patients to  
Integrative Pain Management ?

- Consumer Demand
- Patients Belief System
- Safety/Efficacy
- Outcomes Measurement
- Quality of Care
- Research/Education
- No Where Else to Refer

**An Integrative Model  
for Pain Management  
Values Patient-Family Needs  
and their Belief System.**

- Increase Patient Satisfaction
- Improves Outcomes
- “Humanistic” focus to patient care
- Improves quality of life
- Values the patients belief system
- Improves therapeutic results through efficient use of economical resources.
- Improves Patient-Physician relationship

Integrative Pain Management Starts with  
a Healing Environment

- Visual comfort, soothing environment
- Soft music, tranquil fountains in waiting area
- Healing options matched to patients beliefs, interests and choice, that empowers them to become an active participant in their pain management.
- Enhances a collaborative relationship between the patient, family, physician and other healthcare providers.



IPM™  
Connecting Physiology to Meaning



- A good scholar can understand the body from two views; the physiological and the energy force of life.
- With technological advances we can measure energy in a patients body but many of us have lost the ability to feel it.
- There is a difference in studying life and knowing life.
- In medicine we study life.
- The meaning of life is not something you study in medical school.
- Knowing life is the bridge to Integrative Pain Management.

## Integrative Pain Management Patient Options:

- Relaxation Therapies
- Meditation
- Guided Imagery
- Hypnosis
- Music Therapy
- Aromatherapy
- Art Therapy
- Acupuncture
- Spirituality
- Reiki
- Therapeutic Touch
- Energy Healing
- Reflexology
- Therapeutic Massage
- Pet Therapy

## Before Making a Referral Identify Qualified Therapists

- Credentials
- Licensed/Certified
- Affiliations
- National Boards
- State Requirements
- Facility Requirements
- Experience/Recommendations
- Philosophy

## The Foundation of an Integrated Pain Management Model

- Multidisciplinary Team Approach
- Education
  - Patients
  - Healthcare Providers
- Research
  - Current and future trends
- Standards/Patient Care
  - Standards of Care
  - Outcomes measurement

- Listen **Physician - Patient Relationship**
- Connect
- Care
- Humanistic
- Place Meaning back into your practice
- It doesn't require additional time.
- If given one extra hour in your day how would you spend it? \_\_\_\_\_
- Or by taking five extra minutes to connect to your patients.
- Self-Care

## THE FUTURE OF INTEGRATIVE PAIN MANAGEMENT



Are we looking into the future  
or simply recalling the past?

**Integrative Healing:**  
Medicine found it long ago.  
It has never been lost and it  
is safe within each of us.  
Awaiting to be awakened  
once again.

## Integrative Pain Management Summary

- The consequences of under-recognized, untreated pain can lead to a profoundly decreased Quality of Life.
- Accurate assessment of pain is critical for the identification of appropriate interventions and for evaluating the effectiveness of interventions.
- Pain experiences are often complex and multidimensional and require a multidisciplinary integrative approach to management.
- Using an integrative approach to managing pain increases the physicians ability to treat the whole patient from a holistic perspective.
- Integrative pain management decreases the patients perception of pain, increases function and improves the quality of life.

## Integrative Pain Management

- Integrative pain management is a multidimensional approach to chronic pain. It starts with a therapeutic relationship that combines the top interventional medical treatments with the best of behavioral therapies and allows the natural process and wisdom of ancient healing.



## Integrative Pain Management



- The true art of integrative pain management is to guide and help patients to learn new health behaviors, make choices, explore their conscious self and meaning in life.

A change in thought from pain to relaxation will naturally restore the healing process



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