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 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 Angustofolia
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 Herbs 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 patient's 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
- Physician - Patient Relationship
  - Listen
  - 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 physician’s ability to treat the whole patient from a holistic perspective.
- Integrative pain management decreases the patient's 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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