The Role of Massage Therapy and Other Integrative Medicine Therapies with the Comprehensive Pain Service in the Development of a Pediatric Integrative Medicine Pain Clinic

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Welcome

Nationwide Children’s Hospital
The Evolution of the Comprehensive Pain Service

2008

1999

Vision

• Through teamwork and excellence in patient care, research, education and advocacy Nationwide Children’s Hospital Comprehensive Pain Service will become a world premier program.

Clinical / Administrative Organization
Inpatient Pain Service

- Any inpatient pain management issue
  - Postoperative
  - Medical
  - PCA / NCA / Epidural
  - End of life
  - Functional
The Growth of the Massage Therapy Program

- Brief History: Physician advocate/grant writer
  Credibility of massage therapist
  Available patient population
- July 2001-2003: Pulmonary Division
- October, 2003-present: Physical Therapy Department

Challenges

- Ongoing funding
- Hospital administrative support
- Lack of research/evidence-based studies

Initial Funding

- 3-Year Business Plan
- Grants: Cystic Fibrosis Foundation
  Children’s Research Institute
  Massage Therapy with Patients with Life-Threatening Asthma
- Anderson Family Foundation
Initial Programming

- Massage Therapy as a standard of care
- "Word of mouth" physician referrals
- Massage Therapist-initiated services

Current Massage Therapy Program

- Consult-driven/Physician orders
- Numbers: 100-130 new orders per month
- Frequencies: Each patient 3-5 times per week

Funding

- Insurance reimbursement
- Support from Physical Therapy Department
- Foundation
Massage Therapy Team

- Education: minimum 750 hours of instruction from an accredited school of massage therapy
- Licensure by the State of Ohio Medical Board: Massage Therapy as Limited Branch of Medicine

Advanced Training

- Manual Lymphatic Drainage
- Cranial Sacral therapy
- Myofascial Therapy
- Reiki
- Healing Touch
- Aromatherapy

- Picture of team
Parent Teaching

- Helping Hands
- DVD’s and Videotapes
- Modeling/ Hands-on Teaching

Parent/ Primary Caregiver Massage

- Parents/ primary caregivers of hospitalized patients
- 15-minute chair massages
- 2 afternoons per week in Family Resource Center
- No cost to families

CAM Research

- Treatment Preferences for CAM in Children with Chronic Pain, Tsao et. al., 2006
  - N=129 children (94 girls)
  - Mean age = 14.5 years
  - Over 60% elected to try at least one CAM approach
CAM Therapies included

- Yoga
- Biofeedback
- Hypnosis
- Massage therapy
- Acupuncture
- Art therapy
- Energy healing

Findings

- Pain duration was a significant predictor of CAM preference and agreement to engage in CAM therapies
- Patients with Fibromyalgia (80%) were the most likely to try CAM therapy vs. those with other pain diagnoses
- Patients preferred non-invasive approaches that enhanced relaxation and increased somatic control, especially mind-based modalities

CAM Research

- **Treatment Expectations for CAM Interventions in Pediatric Chronic Pain Patients and their Parents**, Tsao et al., 2005
- Children presented for treatment at a specialty clinic for chronic pediatric pain
  - N=45 children (32 girls)
  - Mean age= 13.8 years
  - Parents: 39 mothers
CAM therapies included:
- Hypnosis
- Massage therapy
- Acupuncture
- Yoga
- Relaxation

Conventional medicine:
- Medication
- Surgery

Findings
- Parents expected hypnosis, acupuncture and yoga to be more beneficial than did children
- Children expected surgery to be slightly more helpful than did parents
- Children rated acupuncture, surgery and hypnosis as the 3 lowest rated interventions

Massage Therapy Clinical Outcomes

Majority of research validates the effects of Massage Therapy on the reduction of:
- PAIN
- ANXIETY
**Evidenced Based-Practice**


**Pediatric Massage Therapy: An overview for Clinicians**
- Review of Research Literature, Beider, et al.
  - "The best empirical evidence shows reductions in anxiety, and…reductions in pain."
  - Review of 24 randomized control trials of pediatric MT for children between ages 2 and 19 years.
  - Improvements in trait anxiety, muscle tone, arthritis pain, non-specific low back pain, shoulder pain, headache pain, neck pain, fibromyalgia, and carpal tunnel syndrome.

**Benefits of Massage Therapy**

- Enhanced pulmonary function
- Increased circulation
- Removal of toxins
- Stress reduction
- Enhanced body image
- Overall sense of well-being
The Development of the Pediatric Integrative Medicine Pain Clinic

- Medical director for the Comprehensive Pain Service: September, 2007
- Pain Clinic offers
  - Medical
  - Psychology
  - PT
  - Massage
  - Acupuncture

Steps in the Planning Process of the Development of a New Multidisciplinary Pain Clinic

- Professionals/disciplines to be involved in the Clinic
- Communication among multiple disciplines and therapists
- Triaging of patients for specific integrative medicine therapies
- Scheduling of new patients
- Patient follow up
- Funding/Insurance reimbursement

Pain Service Clinic

At the Westerville Sports Medicine Building

- Any patient that is disabled by pain
  - Secondary to medical illness
    - Oncology
    - Sickle Cell Disease
    - Rheumatologic disease
    - Cystic fibrosis
  - Primary Pain Syndrome
    - Complex regional pain
    - Myofascial pain/Fibromyalgia
    - Functional abdominal pain
    - Chronic Daily Headache
- (614) 722-4205
Steps in the Planning Process of the Development of a New Multidisciplinary Pain Clinic

- Model used: consultation, disease-based, symptom-based
- Professionals/ disciplines to be involved in the Clinic (Eastern/ Western medicine)
- Communication among multiple disciplines and therapists
- Triaging/ assessment of patients for specific integrative medicine therapies
- Scheduling of new patients using assignment to different tracks, based upon needs of patients
- Patient follow up
- Funding/ Insurance reimbursement

Northeast Outpatient Chronic Pain - Clinic/Support Flow

Challenges

- Administrative
- Clinical
- Financial
Pain Clinic
Case Presentations

• Headaches
• Spinal fusions

MASSAGE THERAPY
EVALUATION NOTE

• Evaluation Time: 15 Minutes
• Treatment Time: 30 Minutes

• Patient Appearance/Observations:
  – Patient was alert, verbal, and agreeable to Massage Therapy. She
    verbalized a positive attitude toward her pain symptoms and planned
    treatment.

• Pt Complained of:
  – Patient complained of generalized pain which could begin in her hands, and
    then travel to her legs and feet. Mother was present during this phase of our
    therapy session, and she stated patient had an “attack” last night where she
    found patient with contracted muscles and “arched back”.

• Assessment/Pain Scale: 10/10 during "pain attacks"
• Intervention/Plan: Therapeutic Medical Massage, repositioning, reassurance, gentle rocking

• Palpation Revealed:
  – Tight muscles include: SCM, scalenes, suboccipitals, trapezius, levator scapula, rhomboideus, lumbar, iliotibial tract, quadratus lumborum, quadriceps, hamstrings

• Type of Treatment:
  – Swedish: muscular kneading, circular friction, stroking, passive touch
  – Deep tissue, Deep tissue rocking, and Myofascial Massage Therapy

• Lotion Used: Lubriderm
• **Response to Treatment:**
  - pain reduction, relaxation, stress reduction, sleeping

• **Treatment Plan/ Recommendations:**
  - Frequency/Duration: MT to see patient 1 time per week
  - Treatment goals: pain reduction, stress/anxiety reduction, improve eating and sleeping
  - Recommendations: Therapeutic Medical Massage to address medical treatment goals

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**Why Programs Do Not Succeed**

- Budgetary constraints
- Physician resistance
- Lack of evidence-based studies
- Lack of internal expertise
- Identifying qualified practitioners in your area

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**Developing your Unique Plan**

- Establish a vision/ starting point
- Develop a mission statement
- Mission and vision statements should harmonize with the broader mission of the organization
- Define model to be used
- Decide which professionals to include
Integrative Therapies

Predominant modalities used:

- Massage Therapy (37%)
- Yoga
- Guided Imagery/ Biofeedback/ Hypnosis
- Relaxation Training/ Meditation
- Acupuncture/ Acupressure
- Aromatherapy

Need....

• administrative support and physician buy-in
• program director that will be liaison with other professionals/ disciplines
• quality control measures/data collection
• continuing education, focus upon licensure and certifications
• education of hospital professionals: target who to train and how often
• job descriptions, competencies, and minimum training requirements for practitioners
• staff with specialized training

Then....

• Develop your strategic plan
• Develop and build team/ committee: create structure and hold regular meetings
• Develop referral mechanisms for referrals from community physicians
• Establish “best practices” for each discipline
• Develop information and teaching materials
• On-going research on effects of integrative medicine treatment with infants and children
Thank You