The Role of Nonpharmacological Approaches to Pain Management

Session I Overview

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Session I Content

- Evidence of Effectiveness
- Emerging Models of Care
Session I Overview

- Content related
  - Understanding pain
  - Differentiating treatment and management

- Logistics
  - Rules of engagement
Understanding Pain

Nociception
Understanding Pain

Individual Experience

Nociception
Understanding Pain

Impact

Individual Experience

Nociception
Understanding Pain

“Pain is a major driver for visits to physicians and other healthcare providers, a major reason for taking medications, a major cause of disability, and a key factor in quality of life and productivity”

“Given the burden of pain in human lives, dollars, and social consequences, relieving pain should be a national priority”
Relieving Pain

- Individual *pain treatments* target one layer
  - Reducing nociception

- *Pain management* is a broader approach that ideally addresses multiple layers
  - Reducing nociception
  - Individual beliefs and attitudes
  - Impact on social or vocational roles
Current Pain Management Pathway

1. Pain
2. Diagnosis
3. Treatment
4. Reassess
5. Management

First Contact
Current Pain Management Pathway

Pain → Diagnosis → Treatment → Reassess → Management

- First Contact
- Drug
Current Pain Management Pathway

1. Pain
2. Diagnosis
3. Treatment
4. Reassess
5. Management

- First Contact
- Drug
- Non Pharma
- Invasive
Changes in Care Recommendations

- Emphasis on nonpharmacological treatment as guideline adherent care
  - Centers for Disease Control and Prevention guideline for prescribing opioids for chronic pain (2016)
  - American College of Physicians clinical practice guidelines for low back pain (2017)
Current Pain Management Pathway

Pain → Diagnosis → Management

1. First Contact
2. Non Pharma
3. Drug
4. Invasive
Session I Overview

- Nonpharmacological Pain Management
  - **What** is the evidence?
  - **Who** should get nonpharmacological care?
  - **When** should nonpharmacological care be received?
  - **How** should it be delivered?
Session I Overview

- Nonpharmacological Pain Management
  – Overriding themes
    • What are specific future research priorities?
    • How can we guide pain education for providers?
    • Better inform future policy on health care delivery?
Session I Overview

- Logistics
  - My job = keep things on time
  - Co-moderated by Bob Kerns
  - There will be opportunity for questions and discussion
Enjoy the Session!

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