It Takes a Village: The Power of Collaboration in Pain Management

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Clinical Research and Leadership
Pain may no longer be understood as a sensation, but as a complex phenomenon attributed to the confluence of ever shifting variables.

The treatment of this phenomenon is equally complex, inviting a collaborative milieu who possess both depth and breadth of skills and prescribe to patient centered care models.

-Davidson 2018
Ways of Thinking...

Deductive Reasoning
Inductive Reasoning
Iterative Reasoning
EBP and Pain Management

Is it a trap?
Dobscha et al. (2009). “The assistance with pain treatment collaborative intervention resulted in modest but statistically significant improvement in a variety of outcome measures.”

Turk et al. (2005). “an outpatient interdisciplinary treatment program was effective in reducing many FMS symptoms. Treatment gains tended to be maintained for at least 6 months. However, there were large individual differences in response to treatment.”
Understanding Collaboration

The Power of Why
The Prowess of Who
The Price and Prince of How
The Pragmatics of When
The Poignancy of Where
The Power of Why

ROBERT W. TURNER II

NOT FOR LONG

THE LIFE AND CAREER OF THE NFL ATHLETE
The Prowess of Who
The Price and Prince of How
The Pragmatics of When

Patient Readiness

Acute

Subacute

Role engagement

Time of year

Chronic

Time of Day
The Poignancy of Where

Assumptions

– The activities we engage in shape the experience of pain
– The personal level of control one has in an environment changes from place to place
– People engage in multiple environments throughout their daily life
– Places of importance change and are personal
• We collectively explored the treatment of pain through both evidence and experience.
• Patients, providers and caregivers were aware of the acute and lifestyle interventions available to patients to address pain.
• Medical journals published the failed studies so that mistakes aren’t repeated time and time again.
• Patient referrals and collaboration are thought of as a strength of the provider versus a weakness of skills.
Physical Therapy

Sleep Hygiene

Cognitive Behavioral Therapy

Activity Journaling

Intimacy counseling

Yoga Therapy

Nutrition

Meditation

