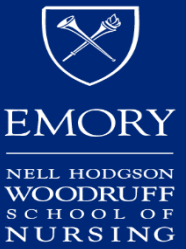


Exploring the Treatment and Management of Chronic Pain and Implications for Disability Determinations: A Workshop



Setting the Stage- Current State of Chronic Pain Treatment

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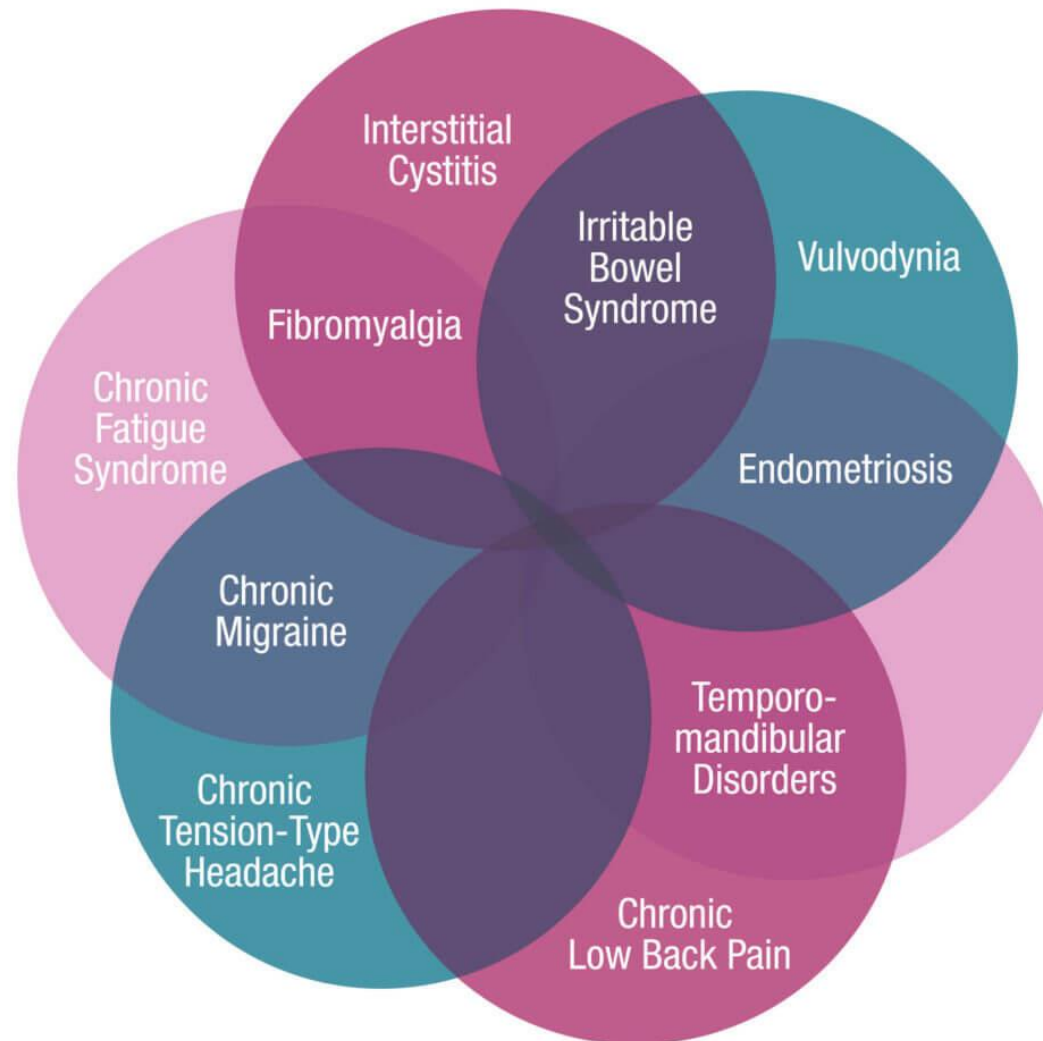
Keck Center Washington DC

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Chronic pain is a disease not a symptom

- Old model- pain is simply a symptom of physical injury or illness
- Newer model- pain is increasingly perceived as a disease entity in itself, rather than merely a symptom of another condition
- It takes an average of 2-3 years and presenting to 3-4 different physicians before receiving a diagnosis of certain chronic pain conditions
- Delayed diagnosis and treatments may be associated with poorer outcomes, including worsening severity

Many painful conditions overlap. This may delay treatment.



Many symptoms coexist with pain & result in functional impairments

- Pain (how long can you sit or stand with normal breaks)
- Fatigue
- Non refreshing sleep
- Stiffness
- Depressive symptoms
- Anxiety symptoms
- Cognitive symptoms (short term recall, sustained concentration, persist attention efforts, refocusing after distraction)
- Tenderness to touch
- Poor balance/falls (postural limitations)
- Symptom flares after exertion
- Sensitivity to bright light, loud noises, cold and odors

Pain diagnosis and treatment may be different in children and adolescents

Regional Pain

Headache
Functional Abdominal
Pain



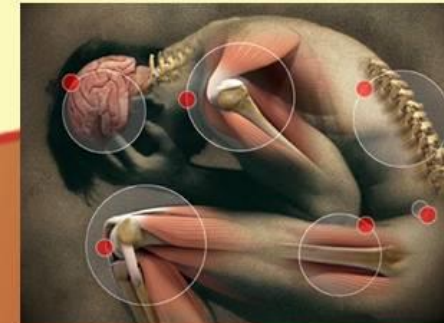
Musculoskeletal Pain

Chronic low back pain
Chronic neck pain



Fibromyalgia

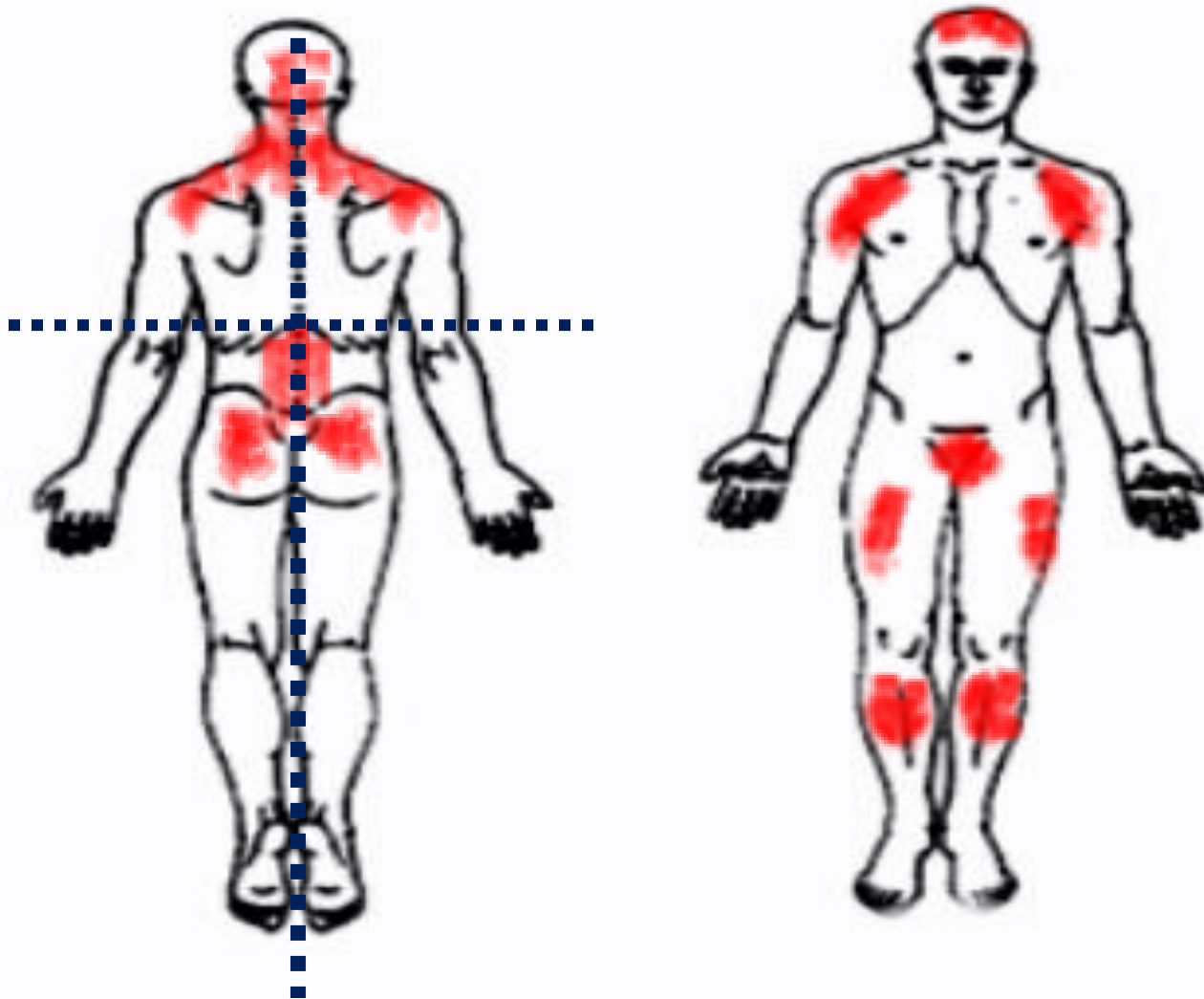
Chronic widespread pain
Symptoms beyond pain
Extensive sensitization



Opportunities exist to improve pain education for nurses and other health care providers

- Acute pain was well represented in all courses.
- A majority of chronic pain concepts (76-85%) were found in a single lecture.
- Limited evidence of scaffolding pain content.
- Curriculum was silent on the transition from acute to chronic pain. No mention of complex/mixed pain states or high impact chronic pain.

It is important to listen to people with lived experience of chronic pain



“I have a deep persistent aching over most of my body”