

Future Research Priorities for Chronic Pain: CIH #1

RCTs of Non-Pharmacological Therapies for Older Adults

Why?

- Many current treatments for chronic pain pose additional dangers
- Co-morbid pain & other co-morbidities more common
- RCTs of many chronic pain conditions typically exclude older adults
- May need to modify CIH interventions substantially, especially for the oldest old and for institutionalized older adults
- Potential to reduce adverse events associated with pharmacological therapies (e.g., falls)
- Interest in CIH may differ from younger adults

Future Research Priorities for Chronic Pain: CIH #2

Studies of How to Implement and Disseminate Various Mind-Body Self-Care Therapies

Why?

- Self-care approaches offer benefits of convenience, self-efficacy and cost over provider-based treatments
- Meditation, tai chi, yoga and many other mind-body therapies are not insurance reimbursed
- These therapies likely need to be practiced consistently for benefits to be realized
- Learn how to help people practice these therapies consistently over long periods of time for long term results

Future Research Priorities for Chronic Pain: CIH #3

Studies to Determine Optimal Combinations of Treatments

Why?

- Many people will need multiple therapeutic approaches for optimal effects
- No evidence currently exists on what the best way to combine or sequence treatments is
- Little evidence exists regarding optimal dosing in general and in these contexts
- Determining the principles for combining and/or sequencing treatments will be of great benefit