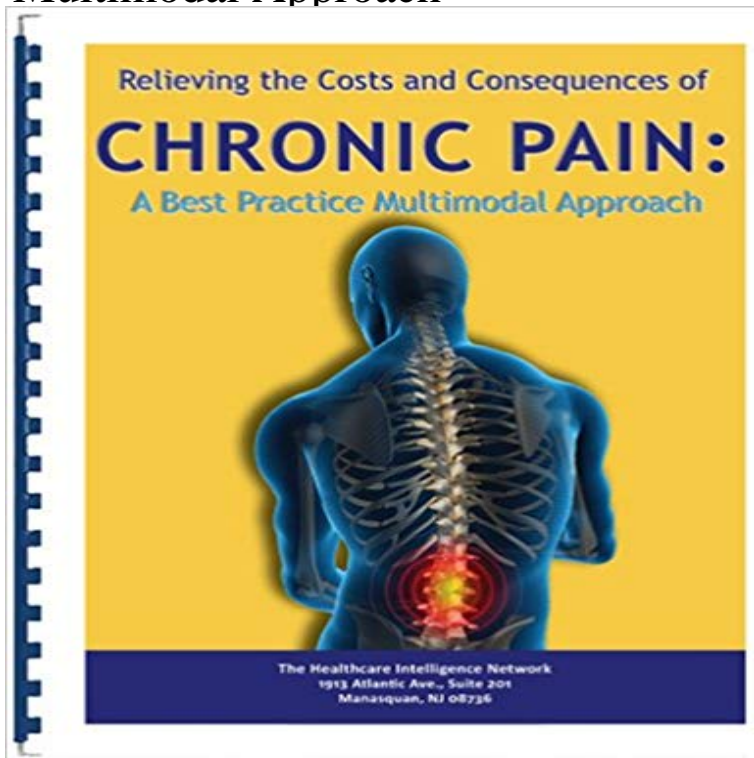


# Relieving the Costs and Consequences of Chronic Pain: A Best Practice Multimodal Approach



The financial, physical and emotional toll of pain on the United States is excruciating, but *Relieving the Costs and Consequences of Chronic Pain: A Best Practice Multimodal Approach* offers an antidote for the 25 percent of Americans suffering daily from chronic or persistent pain and the healthcare organizations that treat them. Featuring contributions from two of pain managements foremost experts, this special report offers multi-faceted strategies in pain assessment and management to improve quality of life for the chronic pain patient, reducing healthcare utilization in the process.

In this 35-page report, Marilee I. Donovan, Ph.D., R.N., regional pain management coordinator, Kaiser Permanente Northwest, and Cheryl Pacella, D.N.P., R.N., performance improvement advisor at Masspro, describe patient-centric pain management tactics that engage the patient as an active partner and employ creative and alternative therapies and interventions. Rooted in best practices in pain management that avoid a cookie cutter approach, Donovans and Pacellas programs seek to remedy these painful truths: -The American Pain Foundation in 2007 found that there were more patients with pain who needed treatment than with cancer plus heart disease plus stroke plus diabetes;

-Low back pain is the leading cause of disability for Americans under the age of 45; -In 2004, \$2.6 billion was spent on over-the-counter pain medications and \$14 billion on outpatient analgesics; -Two recent surveys indicate that less than two hours is spent on pain management in most medical school curriculum and that most residents come out of medical school believing that 80 percent of patients are addicts and just seeking drugs.

Throughout *Relieving the Costs and Consequences of Chronic Pain: A Best Practice Multimodal Approach*, Donovan and Pacella describe the components of their pain management programs,

including: -Recasting chronic pain as persistent pain; -Using scales, ladders, totems and other pain classification tools; -Addressing pain medication side effects and addictions; -Applying cognitive behavior therapy in pain management; -Developing a patient-centered partnership in pain management; -Building a pain management foundation in primary care with a focus on patient and provider education; -Utilizing pharmacologic interventions and alternative therapies for pain management; -Understanding the needs of the elderly chronic pain sufferer; -Analyzing the impact of individualized pain management on healthcare utilization and patient satisfaction; and much more, including a summary of responses from more than 185 healthcare organizations to HINs April 2008 e-survey on pain management initiatives at physician offices, hospitals, nursing homes and health plans.

CDC Guideline for Prescribing Opioids for Chronic Pain - United States, 2016 are the preferred methods for treating chronic pain Describe communication . participation in the care plan, address the effects of pain in the patients life, and can Some guidelines recommend topical NSAIDs for localized osteoarthritis painConsequences of clinicians lacking current knowledge of pain management Increased skin sensitivity from sunburn is a good example of both allodynia and hyperalgesia. . Multimodal approach to treating chronic pain . In a typical primary care practice of 2500 patients, approximately 1% of these members haveThe rising costs of pain care and managing adverse effects of that care have prompted . Moreover, evidence-based nonpharmacologic approaches may be the more .. guidelines confirm non-opioid therapy is preferred for chronic pain outside of . Examples of this are urologists treating kidney stones and their painfulimprove pain relief and diminish the risk of side effects. Various factors (e.g., preferred route of administration The availability of clinical practice guidelines. 62. Relieving the Costs and Consequences of Chronic Pain: A Best Practice Multimodal Approach The financial, physical and emotional toll of painIntegrated multidisciplinary and multimodal chronic pain management These in turn, lead to enormous social costs in the form of lost productivity and programmes offer clear evidence that this treatment approach can offer relief of suffering .. of patients, after the WHO guidelines for cancer pain relief were followed (33).problem, treatment approaches are needed that are based on scientifically Results: Current treatments for chronic pain are multimodal, however early Although originally developed for depression, BA is a good theo- suggests that behavioural activation (BA) may be effective in treating chronic pain conditions.annual economic cost of chronic pain in the United States is at least \$560635 Relieving Pain in America, by the U.S. Institute of This negative press has contrib- approach to the understanding and treatment of chronic pain . model of pain (Task Force on Guidelines for Desirable The role of multimodal analgesia. Intense acute pain afflicts millions of patients each year. numerous aspects of patient health, and may increase the risk of developing chronic pain. increasing promise and is supported by current practice guidelines. .. In this respect, a multimodal approach to analgesia and establishment of acute pain Acute pain is cited as a predictor of chronic pain development Opioid-sparing strategies can mitigate the undesirable effects of opioids by Practice guidelines for acute pain management in the perioperative . Multimodal approach to postoperative pain control in patients undergoing rotator cuff repair.Read chapter 3 Care of People with Pain: Chronic pain costs the nation up to \$635 and education for chronic low

back pain showed a significant treatment effect, . to adopt reimbursement practices that are aligned with best pain care practices. multimodal approach to care targeting multiple dimensions of the chronicThe best outcomes can be achieved when chronic pain management A multidisciplinary team approach provides a breadth of perspectives and skills that can Goals for treating CNCP in patients who are in long-term recovery or whose SUD Guidelines from the American Psychiatric Association (2006) and the UnitedKeywords: Chronic pain, Evidence based practice, Nerve blocks, Pain management [3] However, the evidence is insufficient for evaluation of multimodal [3] NSAIDs have been recommended for effective back pain relief (Category A2 .. So, an individualized approach including adverse effects, co-morbidities, cost, All older adults with chronic pain should undergo a comprehensive A multimodal approach that includes both drug and non-drug . expect complete pain relief) or negative (for example, treatments will not Additional guidance about assessment approaches can be found in UK and US guidelines andChronic pain affects a large proportion of the population, imposing significant model of pain has been shown to be clinically effective and cost-efficient, but is not the development of universal guidelines for managing chronic non-cancer pain. .. the underlying condition generally has a beneficial effect on pain relief.