

Pain Schools: What Are They and How Do They Work?

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Eastern Oregon Coordinated Care Organization Provider Forum on Chronic Non-
cancer Pain Management

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Learning Objectives

1. Describe pain schools and how they offer providers a viable support option to their opioid tapering clients.
2. Illustrate the curriculum offered during a ten week pain school group.
3. Understand the different modalities that pain school group members will be taught while enrolled and participating in the program.

Chronic Pain - National Epidemic

- 20% of US adults report Chronic Pain
- Affects 1/3 of the US population – 106 million
- Cost to the US economy - \$635 billion annually
 - Direct medical treatment costs and lost productivity



Patient Profile

- 300% more visits to medical professionals
 - 24 visits to ER, PCP or Medical Clinic annually
- 12% of people with chronic pain attempt suicide
 - Suicide rate at double the national average
- Impact zones: Sleep, work, relationships and ADL's

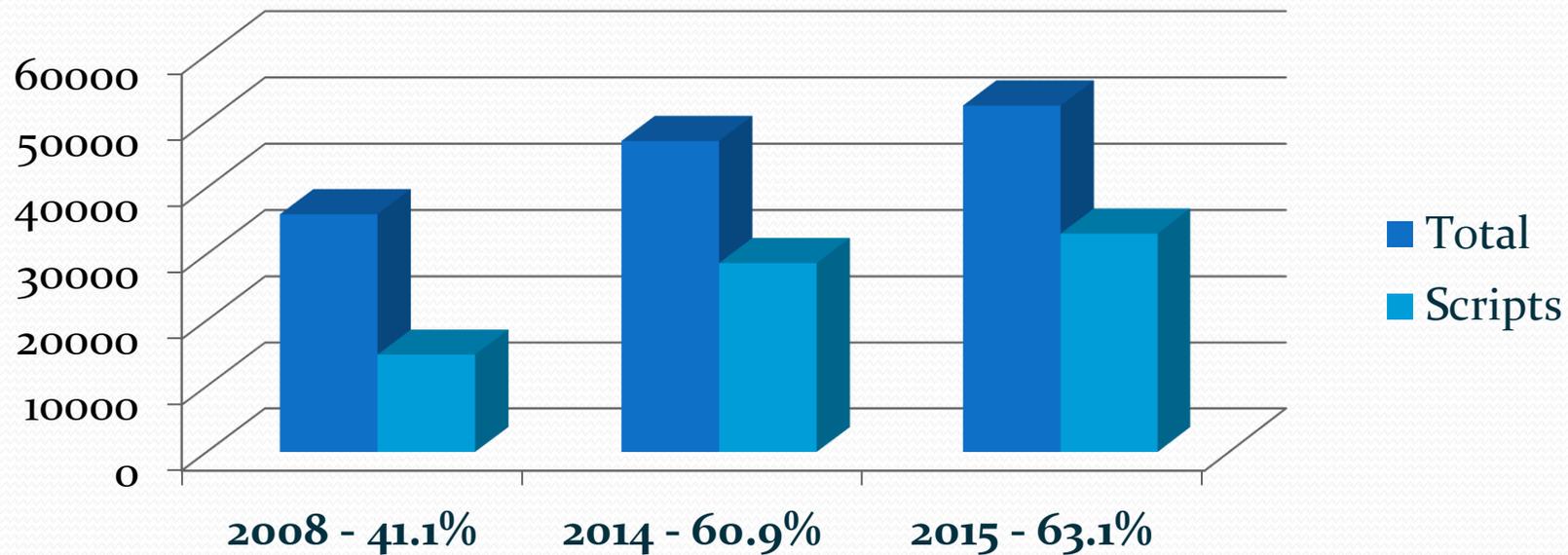


Opioid Nation

- Every 19 minutes someone dies from prescription overdose
- 50% of Americans are on prescription drugs
 - Average American has 5 scripts at any given time
- Every year more people will die from prescription drug overdose than car accidents
- Americans consume 80% of the worlds prescription opioids while only being 4.6% of the worlds population



Overdose Deaths in US



In 2014, 600,000 ER visits for prescription drug abuse and misuse

Provider's Dilemma

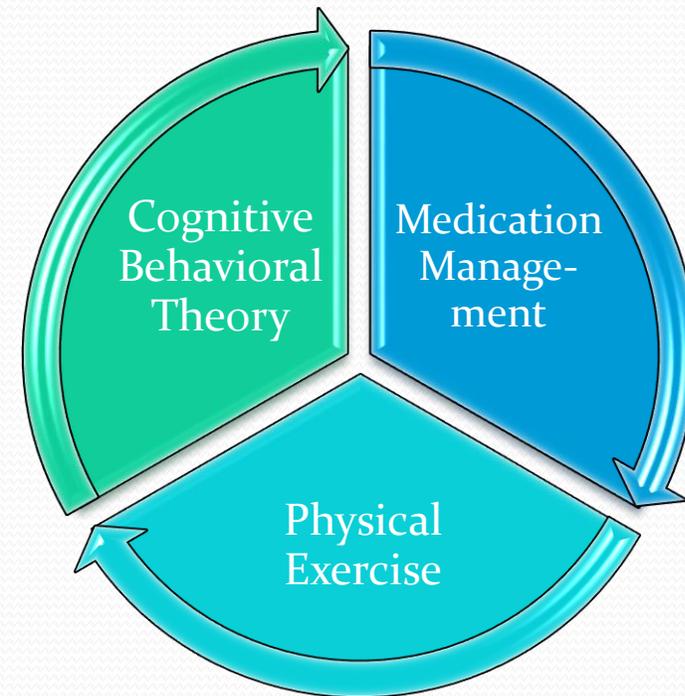
- OHA – All patients with LBP diagnosis titrated off opioids
- Minimal other prescription pain management options
- Manage client conversations
- Clients been on opioids for decades

What can I do to help my patient?

Pain Schools - Multidisciplinary

- Developed in the 1940's by John Bonica at Tacoma General
- Complex chronic pain requires complex biopsychosocial approach
- Pain is not processed in just one area of the brain
 - Pain associated with psychological components require customized treatment

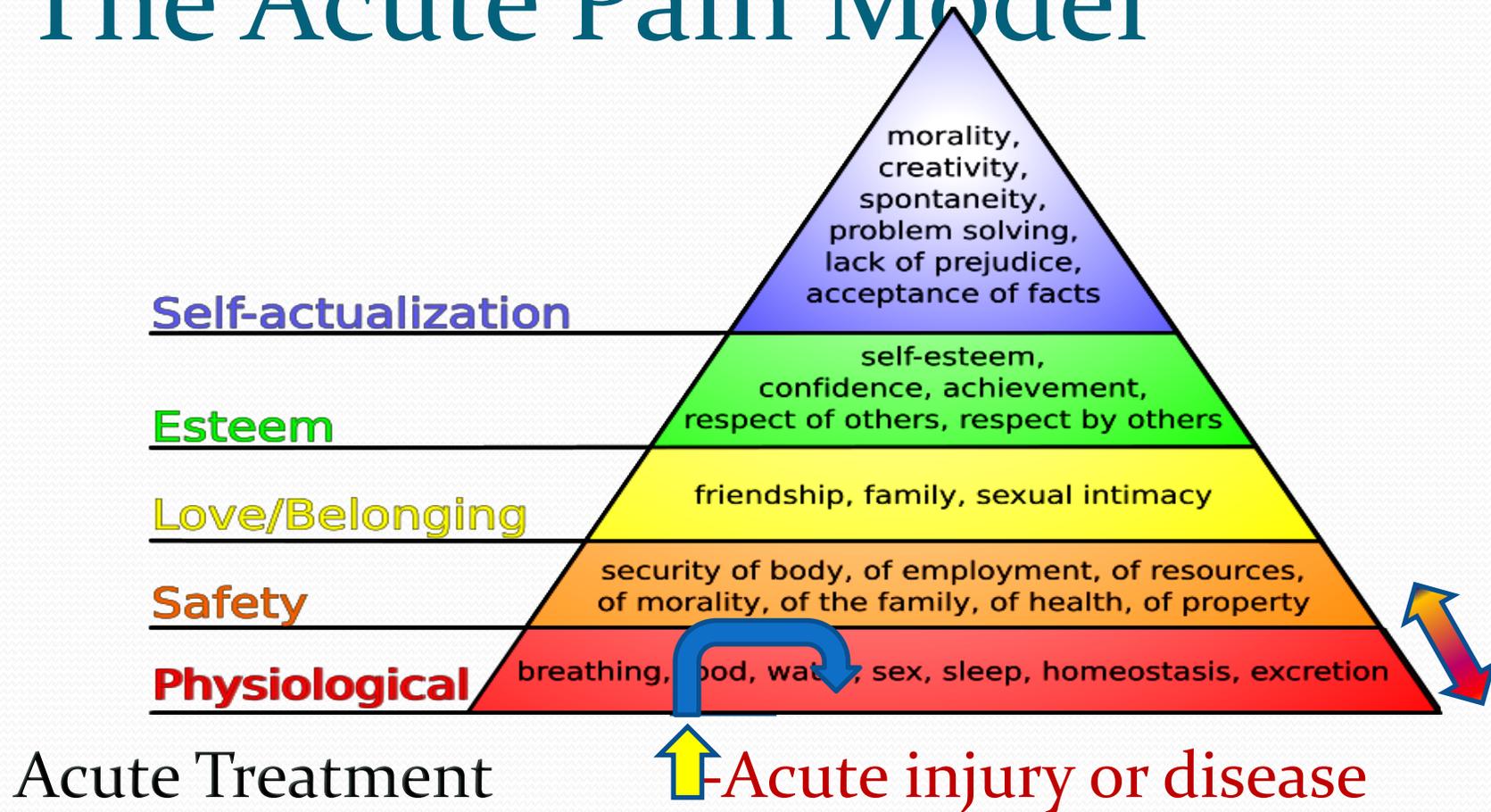
Three treatment elements



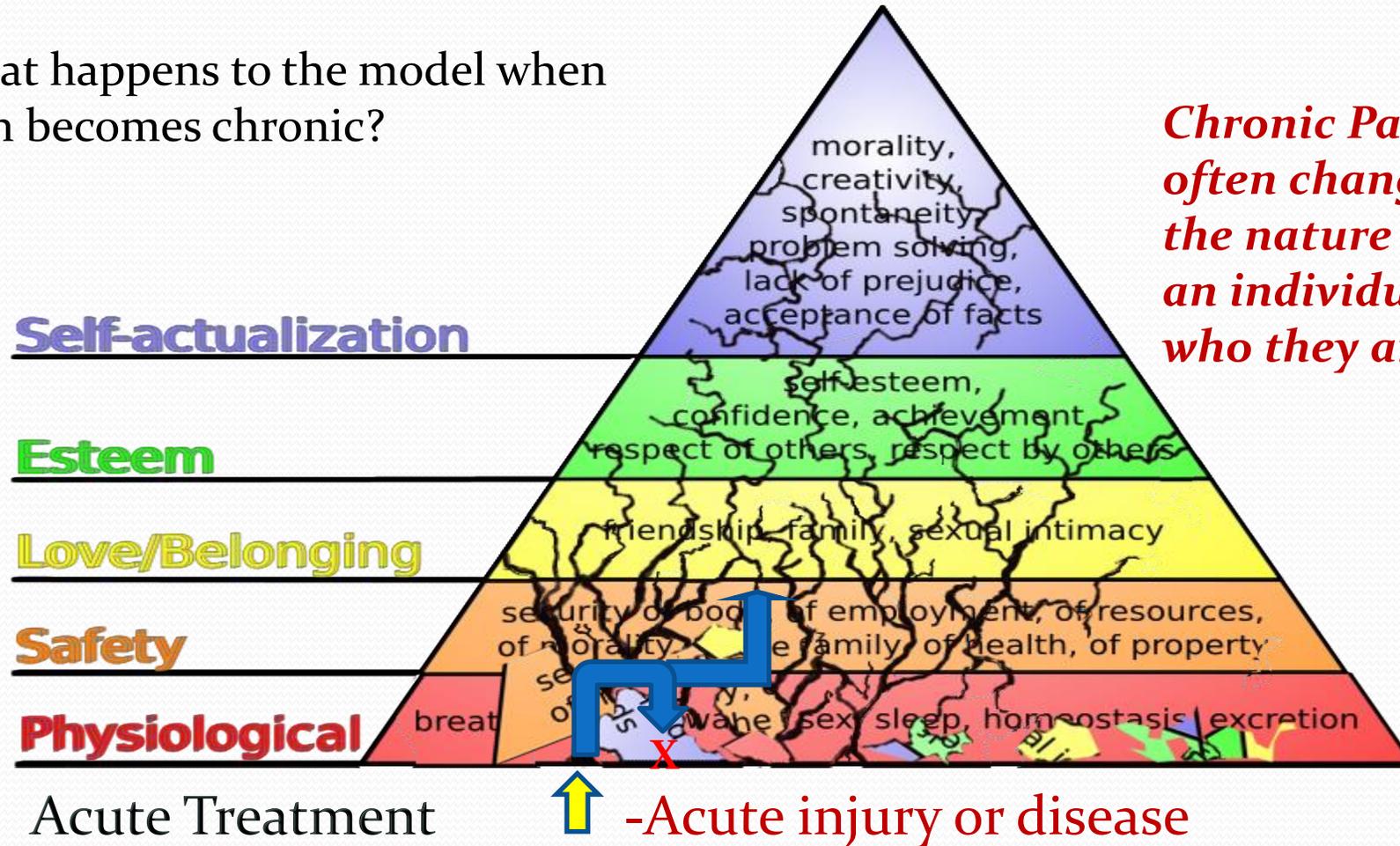
Multidisciplinary Pain Management Programs

- 1999 – over 1000 programs in the US
- Less than 450 in 2012
- 106 million chronic pain patients
 - 1 Multidisciplinary Pain Management Program for every 235,000 patients

The Acute Pain Model



What happens to the model when pain becomes chronic?



Chronic Pain often changes the nature of an individual; who they are

What is a Multidisciplinary Pain Program?

- Cognitive Behavioral Theory (CBT) & Acceptance Commitment Theory (ACT)
- Movement Therapy (Yoga)
- Skills training
- Medical management

Opioid effectiveness for Chronic LBP

- Long term opioids +/- adjuncts reduce pain 30% - 40%
- 100mg Oxycontin / day for a year - \$7000
- 45% may have difficulty taking medication related to addiction and dependence
- Numerous risks including tolerance and significant side effects
- Use of medication and health care increases

Surgical effectiveness for Chronic LBP

- Pain improved by average **30%**, 17% “pain free” following spinal fusion
- Cost - \$90,000 - \$95,000
- 18% report pain is **increased**
- 30% average functional improvement
- About 1/3 of surgeries need to be repeated
- Threats of infection and other complications
- Possible need for ongoing medical follow up

Multidisciplinary effectiveness for Chronic LBP

- Pain reduced by average of 37%
- Prescription pain medication down 63%
- Cost - \$5,000 - \$30,000 (varies widely)
- Very minimal side effects or complications
- 43% average functional improvement
- 30% – 40% decrease in health care utilization

Pain School Referral process

- By doctor referral only
- Orientation
- Intake
- 10 weeks / 3 hours per week
 - 1 hour – movement therapy
 - 2 hours – educational and mental health focused

Pain School Group Sessions

- 10 week sessions
- 3 hours per week
 - 1 hour CBT / ACT Mental Health Therapy
 - 1 hour Movement Therapy (Yoga)
 - 1 hour Coping Skills Education

Curriculum

Session 1: Intro to ACT / Breathing and Mindfulness

- Welcome
- Acute vs Chronic Pain Review
- Introduction to Mindfulness
- Stress / Relaxation Response
- Belly Breathing Exercise
- Mindfulness Exercise
- Wrap Up & Handouts
- Yoga

Session 2: Creative Hopelessness / Communicating with Physician

- Client Check In
- Review of Breathing
- How to Work With Your Doctor
- Pain vs Suffering
 - Brainstorming
- Negative Mental Scripts
- Avoidance Behaviors
- Mindfulness Exercise
- Wrap Up & Handouts
- Yoga

Curriculum – Cont.

Session 3: Values Part I / Opiates Part I

- 3 Minute Breathing / Ct check in
- Opiates Part I:
 - Understanding Opiates
- Values Part I:
 - Values Exercise and Discussion
 - Goals and Values Defined
- Wrap Up & Handouts
- Yoga

Session 4: Values Part II / Opiates Part II

- 3 Minute Breathing / Ct check in
- Guided Imagery: Encountering Your Pain w/ Process Activity
- Opiates Part II:
 - Addiction vs Dependence
- Values Part II
 - Values Statements Refined
 - Values Compass
- Guided Imagery: Values Centered Life
- Wrap Up & Handouts
- Yoga

Curriculum – Cont.

Session 5 – Thoughts / Nutrition

- 3 Minute Breathing / Ct check in
- Being an Observer Relaxation
- Nutrition Presentation
- Cognitive De-fusion Discussion
- Avoidance / Excuse Refuted
- Progressive Body Scan
- Make a Commitment
- Wrap Up & Handouts
- Yoga

Session 6 – Mindfulness / Sleep

- 3 Minute Breathing / Ct check in
- Sleep / Heat and Cold
- Chronic Pain Rules
- Guided Imagery – Observing Thoughts
- 3 Acts of Self
- Mindful Awareness
- Notice the Present Moment
- Sitting Mindful Practice
- Guided Mindful Practice
- Wrap Up & Handouts
- Yoga

Curriculum – Cont.

Session 7: Willingness / Acceptance

- 3 Minute Breathing / Ct check in
- Mindfulness Review
- Body Mechanics
- Acceptance Discussion
- Turning Up the Acceptance Dial
- Having a Life
- Guided Imagery – Compassion and Shrinking Your Pain
- Mindfulness and Values
- Wrap Up & Handouts
- Yoga

Session 8: Committed Action / Supplements

- Alternate Nostril Breathing / Ct check in
- Supplements Presentation
- Acceptance Review
- Values Review
- Valued Path Exercise
- Committed Path Exercise
- Vital Actions Discussion
- Wrap Up & Handouts
- Yoga

Curriculum – Cont.

Session 9: Obstacles & Support / Complimentary and Aroma Therapies

- 3 Minute Breathing / Ct check in
- Short Body Scan
- Complimentary and Aroma Therapies Presentation
- Valued Path Exercise Review
- Review Support Team
- Personal Pain Plan
- Discussion of Obstacles
- Imagining Valued Life
- Wrap Up & Final Session Discussion
- Yoga

Session 10: Personal Pain Plan / Laughter / Graduation

- 3 Minute Breathing / Ct check in
- Personal Experience Discussion
- Guided Imagery Exercise
- Jeopardy Game to Review
- Laughter Presentation
- Graduation Ceremony
- Networking and Next Steps
- Yoga