Changing the Conversation about Pain:
Oregon Pain Education Tools

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Oregon Conference on Opioids and Other Drugs, Pain and Addiction Treatment
Bend, Oregon
May 29, 2019
• Presenters have no disclosures
Learning Objectives:

Learn communication strategies to better navigate difficult conversations about pain and to redirect a treatment plan that addresses the 5 key domains of best-practice pain care.

Learn about state-wide resources for pain education and treatment and apply tools to more effectively screen, educate and provide care for patients with persistent pain.
63 y/o female with fibromyalgia 20 years

Medical Hx: Complex history

Pain Presentation: Pain in multiple sites, including knees and low back, pain all over, moves around, worse with stress and cold weather

Medication: Methadone and benzodiazepine

Sleep: Poor sleep, untreated sleep apnea

Physical/function: Generally deconditioned, afraid to move because of pain

Mental health hx: Multiple issues & cognitive decline

Social/work: Supportive family and church, retired shopkeeper

Nutrition: Gained 40 lbs in last year

Substances: Personal and family hx of alcohol and substance abuse
How Pain Works

Old Model
Key Points

• Pain is a multi-dimensional experience

• All pain is real pain

• Nociception is neither necessary nor sufficient for pain

• PAIN ≠ HARM

Adapted from material from G. Lorimer Moseley: Understand and Explain Pain course material 2010
Redirect conversations:
Away from eliminating pain
Towards:
Understanding Pain
Function
Quality of life
Living a meaningful life
Self-management
Goal of Treatment is to Help the Patient Increase Life

Pain → Life

Treatment and increased self-efficacy → Life

Life → Pain
**PEG Tool**  
(Krebs, 2009)

1. What number best describes your pain on average in the past week:

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>No pain</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Pain as bad as you can imagine</td>
</tr>
</tbody>
</table>

2. What number best describes how, during the past week, pain has interfered with your enjoyment of life?

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Does not interfere</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Completely interferes</td>
</tr>
</tbody>
</table>

3. What number best describes how, during the past week, pain has interfered with your general activity?

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
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</tr>
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<tr>
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<td></td>
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<td></td>
<td></td>
<td>Completely interferes</td>
</tr>
</tbody>
</table>

https://www.oregonpainguidance.org/resources/difficult-conversations/
What We Say Matters! Danger & Threat

MRI and X-Ray results

Fear of movement

THREAT!

Struggles in living with pain

Medication is the only thing that can help me

Copyright (C) 2016 Providence Health & Services
What We Say Matters: Safety & Hope

Understand pain

Quiet your worry

Normal age-related changes

Sore, but safe

Bring some FUN back in your life!

Copyright (C) 2016 Providence Health & Services
Prioritizing Care: Key Domains

- Key Concepts
- Strategies
- Resources
- Connecting with your patient

Key Domains:

- Knowledge of pain
- Sleep
- Nutrition
- Mood
- Activity

Connecting with your patient
Videos, written material and trackers

English, Spanish, Simplified Chinese, Vietnamese, Russian
WHAT IS THIS TOOLKIT?

This toolkit is a brief patient-focused education toolkit that reviews health promotion strategies in physical activity, sleep, nutrition, mood, and tapering as they relate to pain management. Learning is patient guided - they decide what domains to focus on and what aspects of the health promotion strategies to employ in their lives.

THE GOALS AND OBJECTIVES

THIS TOOLKIT HOPES TO:

› Educate patients on how everyday behaviors can affect pain.
› Help reduce the patient’s pain through health promotion strategies.
› Provide patients with structure for their health behavior change.
› Empower patients to take control over their pain experience and treatment.
› Facilitate discussions between patients and their healthcare team and encourage communication.
› Compliment and not replace a treatment plan.

WHAT IS INCLUDED

› Clinician Guide: This guide reviews the components of the toolkit and provides clinicians with information on how to present the content to patients.
› Understanding Pain Handout: This is a brief introductory handout that briefly discusses what persistent pain is and asks patients to identify domains in their life that they struggle with because of their pain. The domains they choose on this worksheet, informs which module they should begin with.
› 5 Pain Management Domain Videos: Each module starts with a 5-7 minute video that gives background information on how pain interacts with the specific health domain and provides experiences from both clinicians and patients on how to improve them.
› 5 Pain Management Domain Learning Tool Handouts: Each module will have a 2-sided handout that is meant to explain what kinds of behaviors improve pain experience, and why.
  › Decision Making Checklist: The first side is a very quick list of health behaviors that any patient can learn best practices from. They are also asked to select several health behaviors from this side that they want to employ in their lives.
  › Getting a Deeper Understanding: The second side of the learning tool is a more in-depth explanation of how pain and the health domain interact, what processes are often at play, and why the health promotion strategies work.
› 4 Pain Management Domain Worksheets: Each module ends with a worksheet that allows patients to track their progress in employing the health behaviors they chose from the decision-making checklist located in the corresponding learning tool. These include a sleep diary, food diary, ABCD stress diary, and physical activity planner. The tapering domain does not have a corresponding worksheet because it is a sensitive topic that should be navigated differently from patient to patient.

https://www.oregonpainguidance.org/resources/patient-education-toolkit/
Shared Decision Making Tool starts the conversation

UNDErstanding Your Pain Story

Developing a Plan
1. My most important goal around pain is: ____________________

2. Below, circle the two things that represent some of the biggest part of your pain story:

   - Understanding My Pain
   - Reducing Medication
   - My Thoughts and Feelings
   - My Physical Activity
   - My Sleep
   - My Nutrition

3. Consider whether you’d like help with these things. If you would, what would you most like help with? ____________________
Key domains: Knowledge of pain

Knowledge of pain

Sleep

Nutrition

Mood

Activity

KEY DOMAINS
Knowledge of Pain: Connecting With Your Patient

"We now understand some things about pain differently. And we know that when a person understands pain better, it can actually help in several ways. You may already know a great deal, but would you be willing to watch a video for a few minutes so that we can talk about it and build a plan together?"

See Resources or visit the Oregon Pain Management Commission (OPMC) for the Pain Care Toolbox
Tools for explaining pain

Videos

Written material/shared decision making
Key Domains: Activity and Pacing

Knowledge of pain
Sleep
Nutrition
Mood
Activity
Activity and Pacing: Connecting With Your Patient

"It's common to feel that you should avoid doing things when you are in pain but actually the opposite is true. Would you like to hear more?"

"We're used to thinking that, if we feel pain, what we are doing isn't safe. But actually, when you have pain that lasts a long time, it often means that your pain system has become overly protective."

"In this situation, the things we do in everyday life aren't making our condition worse, even if what we are doing causes discomfort. As you begin to increase your activity and your body adapts to new challenges, you will probably feel sore and stiff, which is completely normal. Gentle movement will ease the soreness, over time."

"Remember, you are sore but safe."

See Resources or visit the Oregon Pain Management Commission (OPMC) for the Pain Care Toolbox.
Key domain: Activity

- Gradual return to activity to improve conditioning
- Pacing – WORKING SMARTER NOT HARDER
- Activity improves sleep
- REMEMBER: YOU ARE SORE BUT SAFE
- Doing more is more important than exercising
- Expect flare ups and learn to manage them with pacing
- Gentle movement, tai chi, therapeutic yoga, aquatic exercise, PT, OT
- Remember: MOTION IS LOTION
About Pacing

Pain Response – *With* Persistent Pain

- **New Potential Injury**
- **Flare Up**
- **New Pain Response**

[https://www.youtube.com/watch?v=hjenuiXDUZg](https://www.youtube.com/watch?v=hjenuiXDUZg)
Activity tools:

Patient Education Videos

Why does activity help with pain?
You may be worried that physical activity will make your pain worse, but movement can lessen your pain. Physical activity helps ease muscle stiffness and improves your mobility. It can also help control your weight, lift your mood, and help you sleep better.
Key Domains: Sleep

- Knowledge of pain
- Sleep
- Nutrition
- Mood
- Activity
"One of the most important things you can do to decrease pain is to improve your sleep. Would you like to hear more?"

"Going to bed and getting up at the same time each day can reduce stress on your body and decrease pain."

"As little as 10 minutes of aerobic exercise, such as walking or cycling, can significantly improve nighttime sleep quality, mood, and energy level."
Key Domain- Sleep

Sleep – wake cycle often disrupted
Fatigue makes pain worse
Rest is essential to rejuvenate and repair tissues
Learning to calm the nervous system can promote rest
Teach sleep hygiene
Address sleep apnea
Sleep log could be helpful to see patterns
Refer for Cognitive Behavioral Therapy for Insomnia CBT-I (CBT-i coach)
Sleep: Tools

Video:

Why does sleep affect pain?
Getting restful sleep can make you feel energized, more active, more social, and reduce your cravings for unhealthy foods. Any of those improvements can help reduce your pain.

TIPS FOR INCREASING RESTFUL SLEEP

Create a nighttime routine

- Do something physical everyday
- Skip naps, if possible
- Turn off bright lights
- Shut off electronics
- Get out of bed if you have racing thoughts
- Avoid watching TV

Limit caffeine, nicotine, alcohol

- Get back on rich, fried, spicy, or citrusy foods

Keep your room cool
Focus treatment on these key domains

- Knowledge of pain
- Sleep
- Nutrition
- Activity
- Mood

KEY DOMAINS
<table>
<thead>
<tr>
<th>Common Co-morbid Psychological Conditions w Chronic Pain</th>
<th>Thought</th>
<th>Emotion</th>
<th>Behavior</th>
</tr>
</thead>
</table>
| **Anxiety & PTSD**                                     | “I feel overwhelmed”  
“I feel out of control”  
“Nobody understands me”  
“Nobody believes me” | Fear      | Withdraw from activity |
| **Depression**                                         | “Last time I went to the park I had a flare up, I can’t do anything I enjoy”  
“I feel guilty I can’t contribute to my family”  
“I feel worthless” | Grief  
Guilt | Withdraw from activity |
| **Grief & Loss of Identity**                            | “I’ve always hard to be the best ___”  
“Who am I now?”  
“My daughter has to help me wash my hair and shave my legs”  
“I use to be the provider for the family”  
“I’ve lost my sense of independence” | Shame  
Grief | Withdraw from activity |
Their Shrinking World...

Our goal is to help people get their life back...
"Mood and pain can have a big impact on each other. Can I share some information with you?"

"With pain we tend to do less, socialize less and do fewer things we enjoy. This causes stress which affects our ability to manage pain and makes the pain feel worse."

"Learning tools to manage stress, such as relaxation and mindfulness can help reduce pain."
Mood – Key Domain

• Depression, anxiety, PTSD, history of trauma, complex grief, isolation and stress can impact pain

• The brain interprets chronic pain as a chronic stressor and activates the body’s stress response

• The release of cortisol and pro-inflammatory cytokines can affect tissue regeneration, immune function and metabolic controls which can increase pain

• Decreasing pleasurable activities increases the focus on pain
YOUR WORDS MATTER! Negative thoughts about pain can lead to maladaptive coping and increased suffering and disability.

**Thought:** “I have DDD.” “My back is crumbling”

**Emotion:** fear

**Behavior:** seek additional medical treatment

**Idea:** change wording from “DDD” to “normal age related changes.”
Neuroplasticity

The ability of the brain to form and reorganize synaptic connections, especially in response to learning or experience or following injury.

Remember:
THE NERVES THAT FIRE TOGETHER WIRE TOGETHER
Calming the Nervous System

• Diaphragmatic breathing
• Mindfulness training
• Progressive muscle relaxation
• Visualization
• Self-hypnosis
• Biofeedback
• Sleep
• Movement (tai chi, yoga)
• Apps: Calm.com, Headspace.com, Insighttimer.com
How do mood and thoughts affect pain?

Positivity is incredibly important in managing your pain. Positive thinking can help reduce negative feelings, pain, stress, and increase your motivation to make healthy choices.
Key domains: Nutrition

- Nutrition
- Knowledge of pain
- Sleep
- Mood
- Activity
"What you eat affects your pain and should be a key part of our plan together. This is something you can do for yourself every single day. Would you like to hear more?"

"If you think of pain like a fire, a bad diet pours gasoline on the fire, and the good diet pours water on the fire. There are foods we often eat that actually increase our pain through inflammation, like processed foods. And, there are also foods that decrease inflammation and pain such as fresh vegetables."

"Are you aware of any things in your diet that aren’t helpful? Can you replace a couple of them with better choices? Is there a time when you remember having a healthier diet? What made that possible?"
Nutrition – Key Domain

• What we eat can throw fuel on the pain, affect energy level & make us feel worse

• Explore knowledge of healthy eating and cooking

• Understand barriers to eating healthier

• Dietary log can be helpful
Nutrition: Tools

Video

How can food affect your pain?

Eating healthy and nutritious food is important for many reasons. A big benefit is that food can increase your energy levels. If you have more energy, you can make changes in other areas like sleep, physical activity, and your mood and mindset.
Medication: Tools

Why I should think about reducing my pain medication?

Reducing your pain medications may be the safest option for your pain management if:

- Your pain isn’t getting much better even with more pain medication.
- The medications’ side effects make it hard to function normally every day.
- You are prescribed both opioids and other high-risk medications like benzodiazepines.
- You have other health risks such as sleep apnea, pulmonary or lung disease, liver disease, renal disease, a tendency to fall, or you are over 65.

Video

TIPS FOR DECREASING YOUR MEDICATION

A decrease in the amount of medications is sometimes called a taper. People often worry that they will not be able to manage their pain if their medications are changed. The good news is that most people actually feel better after they taper medication because their body works with them to find new and better ways to treat their pain.

GETTING READY TO DECREASE YOUR MEDICATION

- Communicate with healthcare providers about your goals for reducing your medications and ask them how other resources are available to help manage your persistent pain.
- About tapering reduce the dosage symptoms. Many people find this burnout method.

GETTING SUPPORT

- Make a mental place during your medications’ reductions. Share your decision with family and friends, and request their support.
- Learn about therapies that help reduce cravings and withdrawal. Narcotics that can help stop negative thoughts and reduce stress or pain. Ask your healthcare team about getting a referral to specialists in these therapies.

TAKING CARE OF YOURSELF

- Improve your sleep quality by learning about sleep hygiene, or behaviors that help you sleep better.
- Playing music or doing something that helps reduce your anxiety level when tapering pain.
- Practice self-care by taking breaks, doing things you enjoy, and talking to someone who understands your needs.
- Practice good nutrition and drink lots of water so that you can maintain a healthy lifestyle by drinking plenty of fluids during your medication reduction.

IS IT A GOOD IDEA TO DECREASE YOUR MEDICATION?

You may feel more effects about whether reducing your amounts of action is for you. If you are not sure, you should discuss your medication reduction with your prescriber. If you are considering tapering that might cause your mind about reducing your medication dosage is to do a slow taper. Tapering slowly that the symptoms are mild and that you have completed a taper, they may.

As expected, tapering is not easy. People who are in chronic pain may find that symptoms they have are hardly any symptoms.

- Help your medication reduction go smoothly and talk about the process, getting support on the phone.
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**Nutrition:** gained 40 lbs in last year

**Substances:** personal and family hx of alcohol and substance abuse
Shared Decision Making Tool starts the conversation

UNDERSTANDING YOUR PAIN STORY

DEVELOPING A PLAN
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2. Below, circle the two things that represent some of the biggest part of your pain story:

3. Consider whether you’d like help with these things. If you would, what would you most like help with? ____________________________
Questions
References
Oregon State Pain Commission


Chou, R et al, ”Noninvasive Nonpharmacological Treatment for Chronic Pain: A Systematic Review.” AHRQ. Skelly, AC,. June 2018

Institute of Medicine, National Academies, “Relieving Pain in America,” National Academies Press, Washington, DC 2011


Meeus, Mira, PhD, et al, “Pain Physiology Education Improves Pain Beliefs in Patients With Chronic Fatigue Syndrome Compared With Pacing and Self-Management Education: A Double-Blind Randomized Controlled Trial.” Arch Phys Med Rehabil Vol 91, August 2010


Prescription Drug Monitoring Program

The Oregon Prescription Drug Monitoring Program (PDMP) is a tool to help healthcare providers and pharmacists provide patients better care in managing their prescriptions. It contains information provided by Oregon-licensed retail pharmacies.

Pharmacies submit prescription data to the PDMP system for all Schedules II, III, and IV controlled substances dispensed to Oregon residents. The protected health information is collected and stored securely.

Oregon-licensed healthcare providers and pharmacists and their staff may be authorized for an account to access information from the PDMP system. Oregon-licensed healthcare providers and pharmacists may also be authorized for access accounts. By law, their access is limited to patients under their care.

The program was started to support the appropriate use of prescription drugs. The information is intended to help people work with their healthcare providers and pharmacists to determine what medications are best for them.

Information for the public

- Patient Rights
- Unauthorized Access/Improper Disclosure
- Patient Resources

Information for providers

- User Access and Registration
- PDMP Data Uploader
- Provider Resources
- Provider FAQs

Oregon PDMP Provider Portal

For password resets, call 666-205-1222.
Required Pain Management Education

Section 1

Changing the Conversation about Pain: Pain Care is Everyone’s Job

Oregon Pain Management Commission (OPMC)
Updated: January 2018

- Physicians
- Physician Assistants
- Nursing
- Acupuncture
- Psychologists
- Physical therapists
- Occupational therapists
- Chiropractic physicians
- Naturopathic physicians
- Pharmacists
- Dentists

www.oregonpainmodule.org
The Oregon Pain Website:  [https://www.oregonpainguidance.org/](https://www.oregonpainguidance.org/)
RELIREF+

Improving pain management and opioid safety for older adults (55+)

- **Target:** primary care providers, clinic staff, pain specialists, and behavioral health specialists

- **Program:** web-based / printable resources and online training

**COURSE MODULES**

Scroll through modules 1 through 8 to choose. Download RELIEF+ Speaker Disclosures.

- Module 1: Communicating for Opioid Safety and Pain Management (Part 1)
- Module 2: Best Practices for Pain Management: Nonpharmacological Approaches (Part 1)
- Module 4: Screening For and Addressing Opioid Use Disorder (Part 1)

[https://healthinsight.org/relief-plus](https://healthinsight.org/relief-plus)
Pain and Opioids & Addiction ECHO
https://www.oregonechonetwork.org/
Lorimer Moseley—
*Tame The Beast*—*It's time to rethink persistent pain*

Motivational Interviewing resources
(Miller and Rollnick, 2009)

Motivational Interviewing Network:
https://motivationalinterviewing.org/

The Efficacy of Motivational Interviewing in Adults with Chronic Pain: A Meta-Analysis and Systematic Review
“MI significantly increased adherence to chronic pain treatment in the short term…”

Motivational Interviewing for Healthcare Professionals - Online Education
College of Nursing at the University of Colorado
http://www.ucdenver.edu/academics/colleges/nursing/programs-admissions/CE-PD/Pages/Motivational-Interviewing-for-Healthcare-Professionals.aspx
Save the Date!

Trauma Informed Care in Oregon: Connecting people, practices, and communities

October 16-18, 2019 | Sunriver, Oregon

Resources for Implementing Trauma Informed Care

Find the resources you need as you implement trauma informed care. Browse state, local, and national resources on trauma informed care including materials and databases for health and behavioral health care providers. We’ve also included resources for community partners, family and youth organizations, and individuals and families.
Understanding Pain and What to Do About It in Less than 5 Minutes

Joint Pain Education Project video from the Department of Defense and Veterans Health Administration to learn more about chronic pain management.

https://www.youtube.com/watch?v=cLWntMDgFcs