POWER OVER PAIN

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11th Street Family Health Services

- Clinic Information
  - Multidisciplinary center:
    - Primary care
    - Dental
    - Behavioral health (social work, art/dance/musical therapy, psychology)
    - Physical therapy
    - Supportive services (fitness, CIT, multiple classes and groups, etc.)

- Neighborhood Demographics
  - Median family income: $13,000
  - Uninsured: 40%
  - Adverse childhood experiences (ACE) score of 4 or more: 49%

Chronic Pain at 11th Street

- Challenging to coordinate care
- PCP died
- Opioid reliant patients
- Idea of centering
- We wanted to:
  - Coordinate care
  - Educate and empower patients
  - Provide high quality evidence based care
  - Provide trauma informed care
  - Build resilience
  - Engage patients
  - Taper opioid use

ACE: Dose Dependent Risk Factor

- Mental Health Concerns
  - Schizophrenia
  - Anxiety
  - Depression
  - Bipolar disorder
  - Personality disorders

- Social Health Concerns
  - ↓ success in education and employment
  - ↓ economic success
  - ↑ maladaptive coping patterns
  - ↑ risky behaviors

- Physical Health Concerns
  - Headaches
  - Asthma
  - Hypertension
  - High cholesterol
  - Respiratory infections
  - Chest pain
  - Sexually transmitted diseases
  - Chronic pain
  - Substance and alcohol abuse
  - Hyperlipidemia
  - Diabetes
  - Obesity
  - Multiple somatic complaints
Neuroplastic Changes Resulting From Chronic Emotional Stress

- Emotional Stressors
  - Hippocampal Formation
    - Decreased Size
  - Amygdala
    - Increased Size
  - Hypothalamic-Pituitary-Adrenal Axis
  - Issues with Memory and Cognition
  - Heightened Emotional Response
  - Hormonal Abnormalities
  - Affective and Anxiety Disorders

Mood, Immune System, and Digestive Disorders

Issues with Memory and Cognition

Decreased Size

Increased Size

Heightened Emotional Response

Hormonal Abnormalities

Affective and Anxiety Disorders

Power Over Pain

- Open psycho-educational group
- 12 weeks
- 18 handouts
- Multidisciplinary education
- Instruction
  - Lecture
  - Small group discussion
  - Reading (handouts and book)
  - Problem solving
  - Idea sharing
- Social worker every session to assure healthy group culture
- "Tool kit"

The Serenity Prayer as a Flow Chart

Can I Change This?

Yes
- Courage
- Change
- Accept

No
- Serenity
- Accept

Don't Know

Knowledge

Comprehension

Application

Analysis

Evaluation

Synthesis

To create something, to integrate ideas into a solution, to propose an action, to formulate a new classification scheme

To judge the quality of something based on its adequacy, value, logic, or use

To identify the organization structure, to pull meaning from parts, relations, and organizing principles

To apply knowledge to new situations, to solve problems

To understand, interpret, compare, contrast, or explain

To know specific facts, terms, concepts, principles, or theories

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Curriculum

- bit.ly/poweroverpain
  - Tool kit, goal setting and becoming your own pain expert (neuroscience education)
  - Medications
  - Exercise, pacing and graded exposure
  - Diet and nutrition
  - Mindfulness and learning to relax
  - Barrier assessment and goals check-in
  - Fighting fatigue
  - Metaphoric and motor imagery
  - Music for pain management
  - Changing thoughts, feelings, and behavior
  - Communication and relationships
  - Gaining self-confidence, building resiliency and conclusion of group with goals check-in
**Preliminary Findings**

- **Theme 1:** Transformation from being stuck to feeling empowered
  - BEFORE: stuck physically, emotionally, cognitively, and socially
  - AFTER: better at self care, felt empowered and motivated, and had a better understanding of chronic pain that helped break/deal with stigmas

- **Theme 2:** Most valued aspects of the POP program
  - Social support, shared experience, exchange of ideas
  - Relaxation techniques and meditation

- **Theme 3:** Preferred pain management techniques
  - Exercise and activities
  - Relaxation techniques
  - Meditation
  - Music (to refocus, relax, or energize)
  - Social engagement (e.g., interacting and talking with others, helping others)

**Patient Quotes**

- “And not really focusing on the pain. Instead just doing what I can do and what I can’t do I just don’t try to force myself to do things. So that also helps me cope with it.”
- “You have someone to talk to that knows that you’re not lying.”
- “Yeah it gave me a new knowledge about pain and how to redirect my thinking, you know like photography kind of helped me like take the cover off so I can get a better view, and a brighter perspective about the direction I’m going in now.”
- “I really got a lot out of it as far as different little homemade remedies you could do to ease this pain instead of always medicated, medicated, medicated.”

**References**

Neuroscience

- Canadian Pain Coalition: Overcome Pain
  - Great for patients but, each part is 45 in long so it is for the right person at the right time
  - http://www.canadianpaincoalition.ca/media/video/overcome_pain/part_1/
  - http://www.canadianpaincoalition.ca/media/video/overcome_pain/part_2/
- Moseley Ted Talk
  - https://www.youtube.com/watch?v=gwd-wLdHjts

Behavioral Health

- Trauma informed care
- APA Resilience Information
- Resilience Ted Talk: The Idea of Emotional Hygiene

Public Health

- Institute of Medicine
  - IOM Report: Living Well with Chronic Illness: A Call for Public Health Action
  - IOM Report: Capturing Social and Behavioral Domains and Measures in Electronic Health Records
  - IOM Report: New Directions in Child Abuse and Neglect Research
- Adverse Childhood Experiences (ACE) Study
  - http://www.acetoday.org
  - http://www.cdc.gov/ACE
  - Summary of ACEs TED Talk
    - http://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime
  - Vince Felitti: Review of ACEs data – excellent review of data, 90 min
    - https://www.youtube.com/watch?v=Me07G3Erbw8
  - ACEs Handout
  - NPR All Things Considered Series: What Shapes Health?
    - http://www.npr.org/series/389312217/what-shapes-health

Education

- Overview of Adult Learning
  - http://ed.ted.com/on/ZXsW1M1J

- Drexel University Power Over Pain Educational Handouts for Patients with Chronic Pain
  - bit.ly/poweroverpain

- The Pain Survival Guide: How to Reclaim Your Life
  - Dennis Turk, PhD and Frits Winter, PhD
  - ISBN: 978-1-4338-0486-1

Wellness

- WHO Activity Recommendations for Adults

- CDC Activity Recommendations for Adults
  - https://www.cdc.gov/physicalactivity/basics/adults/

- WHO Dietary Recommendations for Adults

- Harvard School of Public Health Nutrition Source
  - https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/
Your Colleagues

- Sarah Wenger, PT, DPT, OCS
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- The International Association for the Study of Pain
  - http://www.iasp-pain.org/
- The American Chronic Pain Association
- Association of Clinicians for the Underserved
  - http://clinicians.org/

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