

Chronic Pain Prevention

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Head & Neck
Pain Clinic**



Disclosure

- I have no financial relationships to disclose.
- I will not discuss off label use and/or investigational use in my presentation.

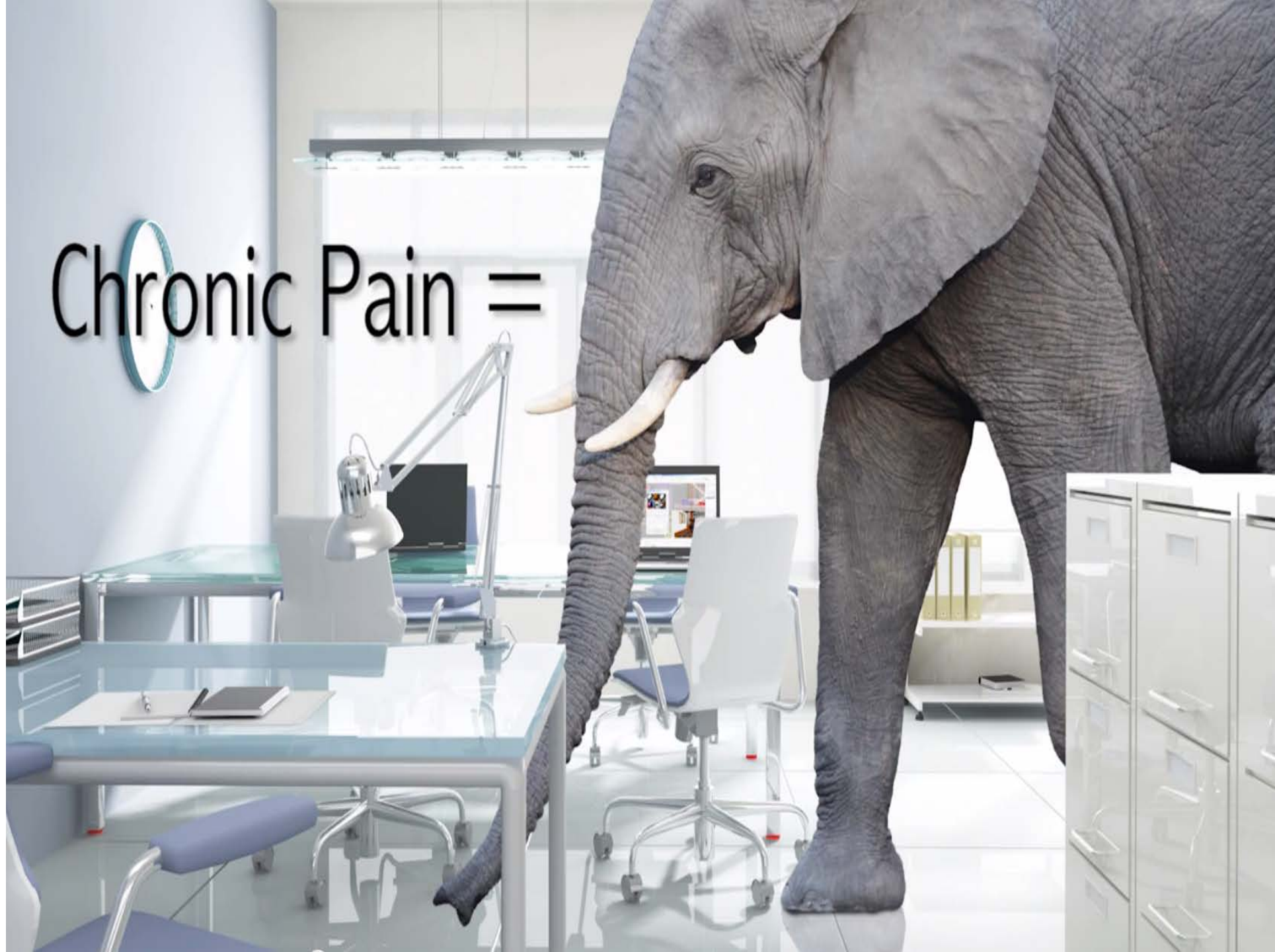
Learning Objectives

- Describe the personal and societal dilemma of chronic pain
- Review a broader human system's model for understanding chronic pain
- Explain how to prevent chronic pain by reducing risk factors and enhance protective factors
- Explain the 4 T's of Transformative Care: Treatment, Testing, Training, Team

Topics

- The dilemma of chronic pain
- The importance of preventing chronic pain
- Expanding education, research, and advocacy for preventing chronic pain
- Toolkits for Preventing Chronic Pain

Chronic Pain =



#1 driver of healthcare costs

Chronic pain costs U.S. up to \$635 billion, study shows

Date: September 11, 2012

Source: American Pain Society

Summary: Health economists have reported the annual cost of chronic pain in the United States is as high as \$635 billion a year, which is more than the yearly costs for cancer, heart disease and diabetes.

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Related Topics

Health & Medicine

> Pain Control

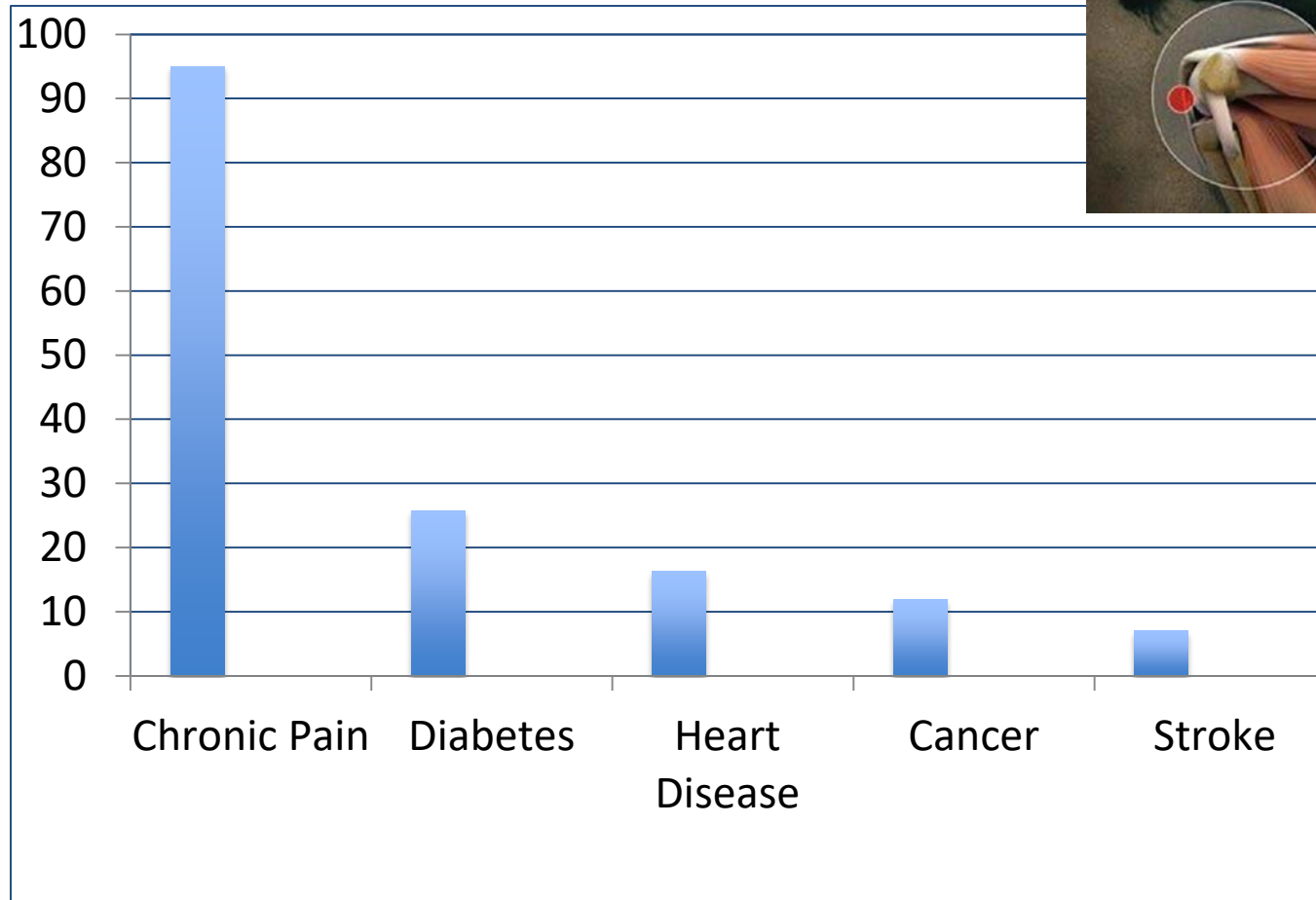
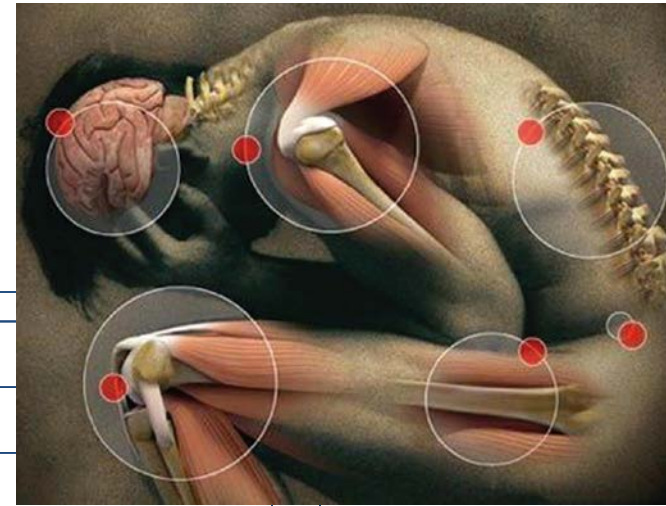
H health economists from Johns Hopkins University writing in *The Journal of Pain* reported the annual cost of chronic pain is as high as \$635 billion a year, which is more than the yearly costs for cancer, heart disease and diabetes.

**#1 reason
people seek
care**

67%
of all visits

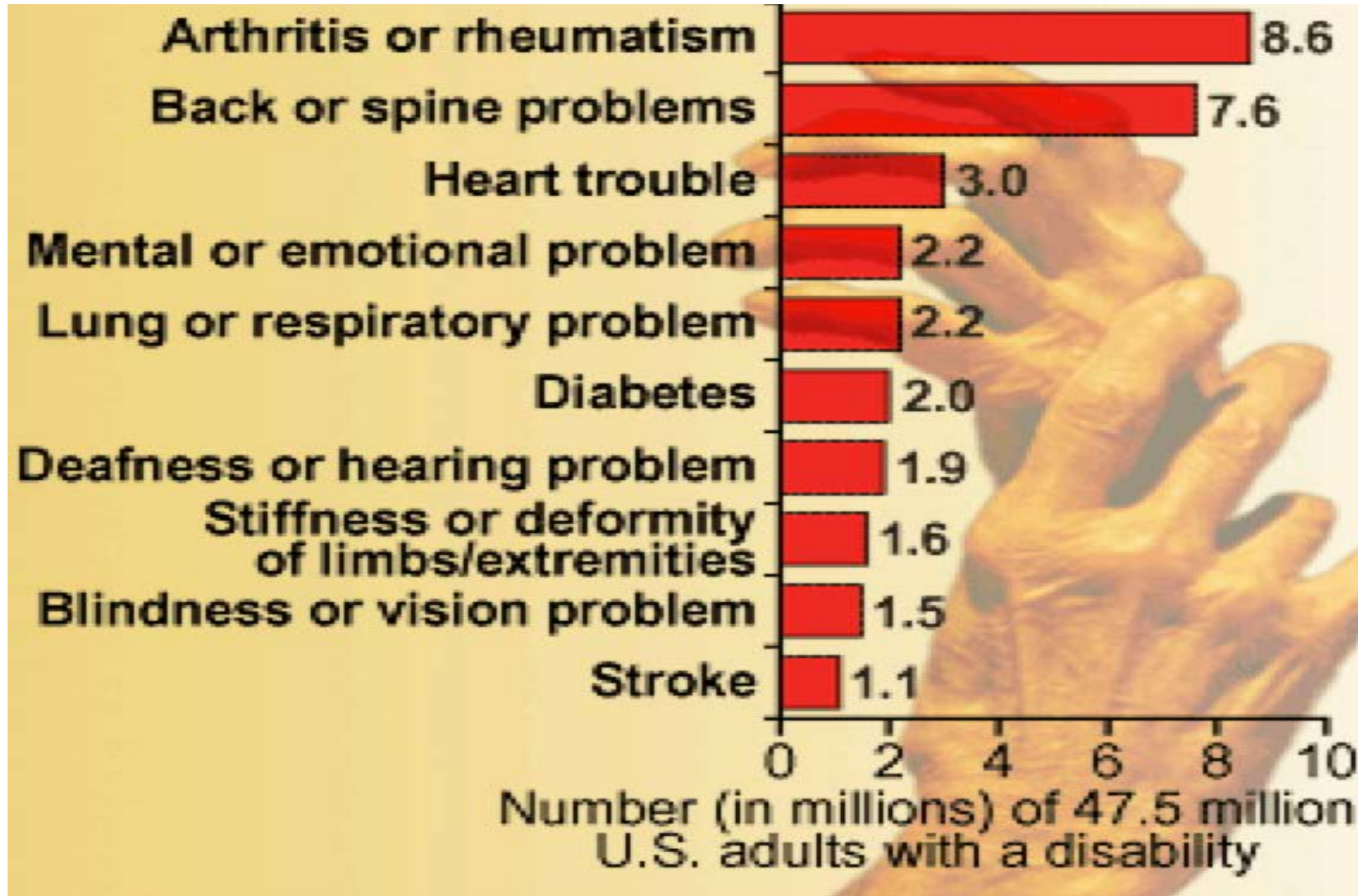


It's the most common chronic condition

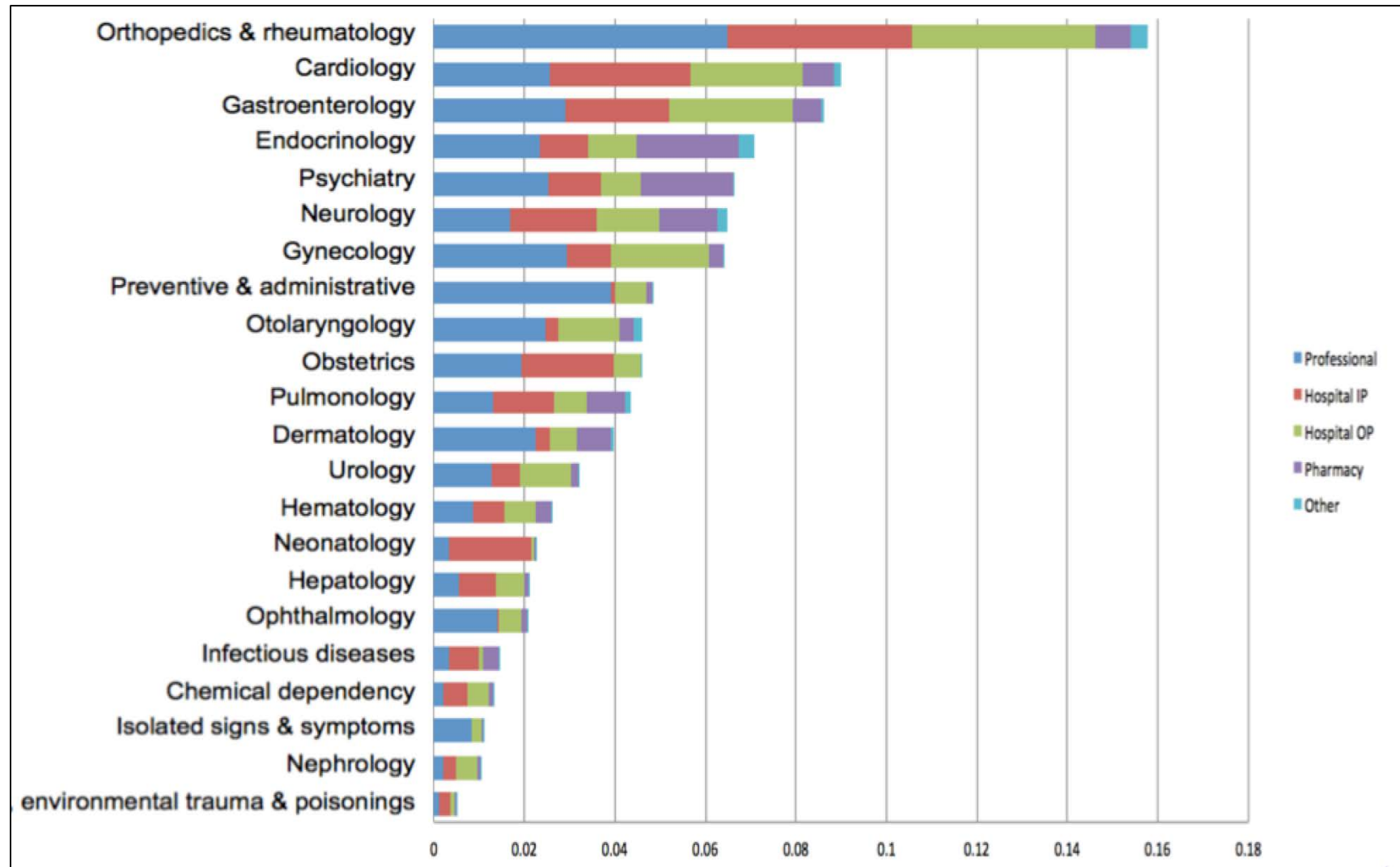


Figures in millions of people from the Institute of Medicine of The National Academies and the American Diabetes, Heart and Cancer Associations

The #1 Cause of Disability



#1 cost driver of health care



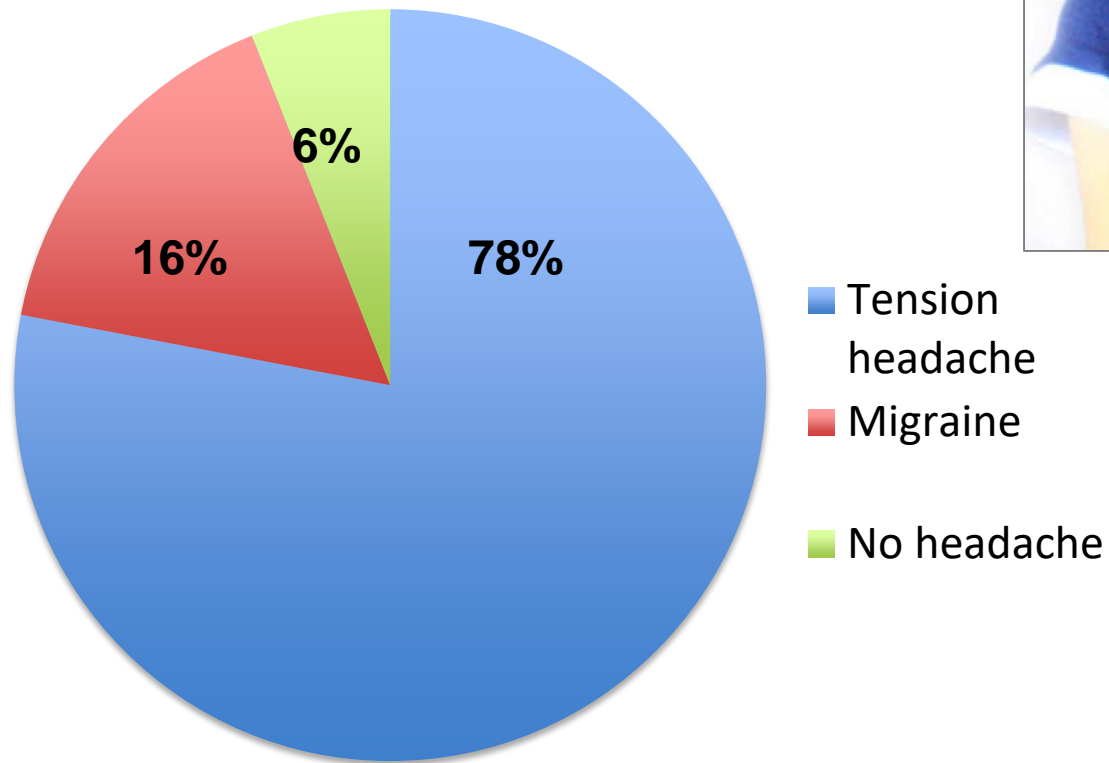
HealthPartners Health Plan, 2010 Cost Analysis by specialty

#1 cause of addiction



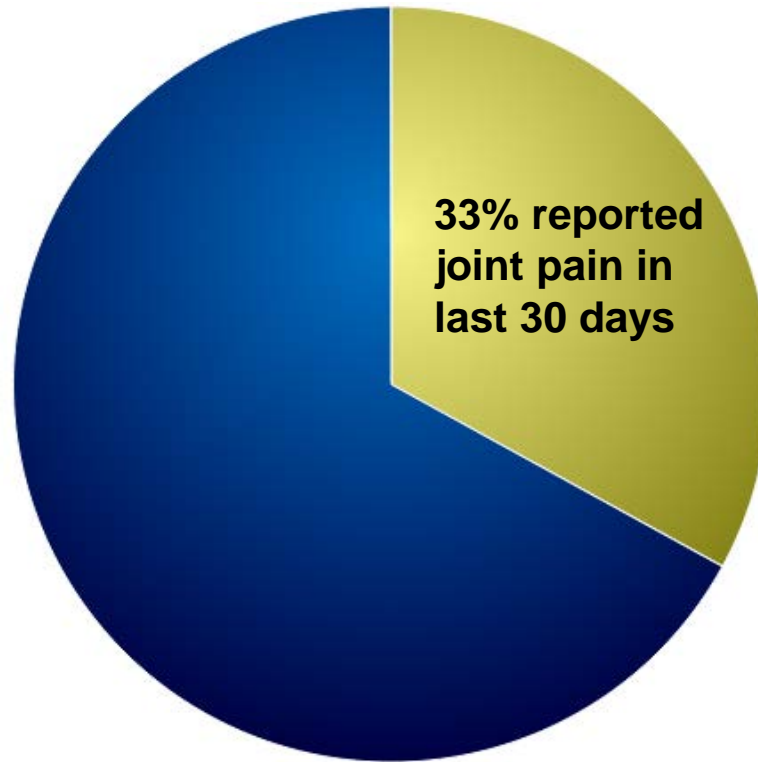
Headache and facial pain are the most common...

Lifetime Prevalence of Headache



47% had at least one
headache within the
past year

Joint pain is the most expensive...

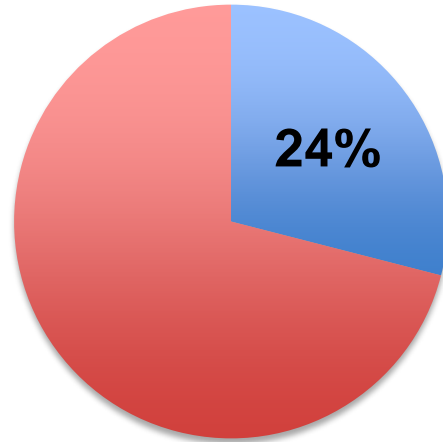


<http://www.cdc.gov/arthritis>

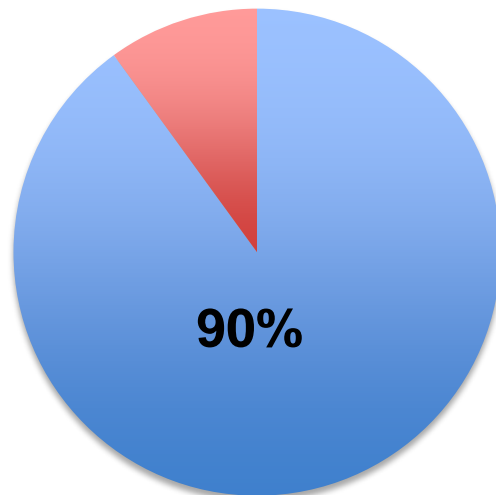


Back and neck pain cause more disability...

Any Given Day



Sometime in their life



Summary Health Statistics for U.S. Adults: National Health Interview Survey, Center for Disease Control, 2011

Billions are spent treating it



Most people with pain at 1
month still have pain 5
years later

Up to 20% develop long-
term disability

...Despite these extensive
and expensive treatments



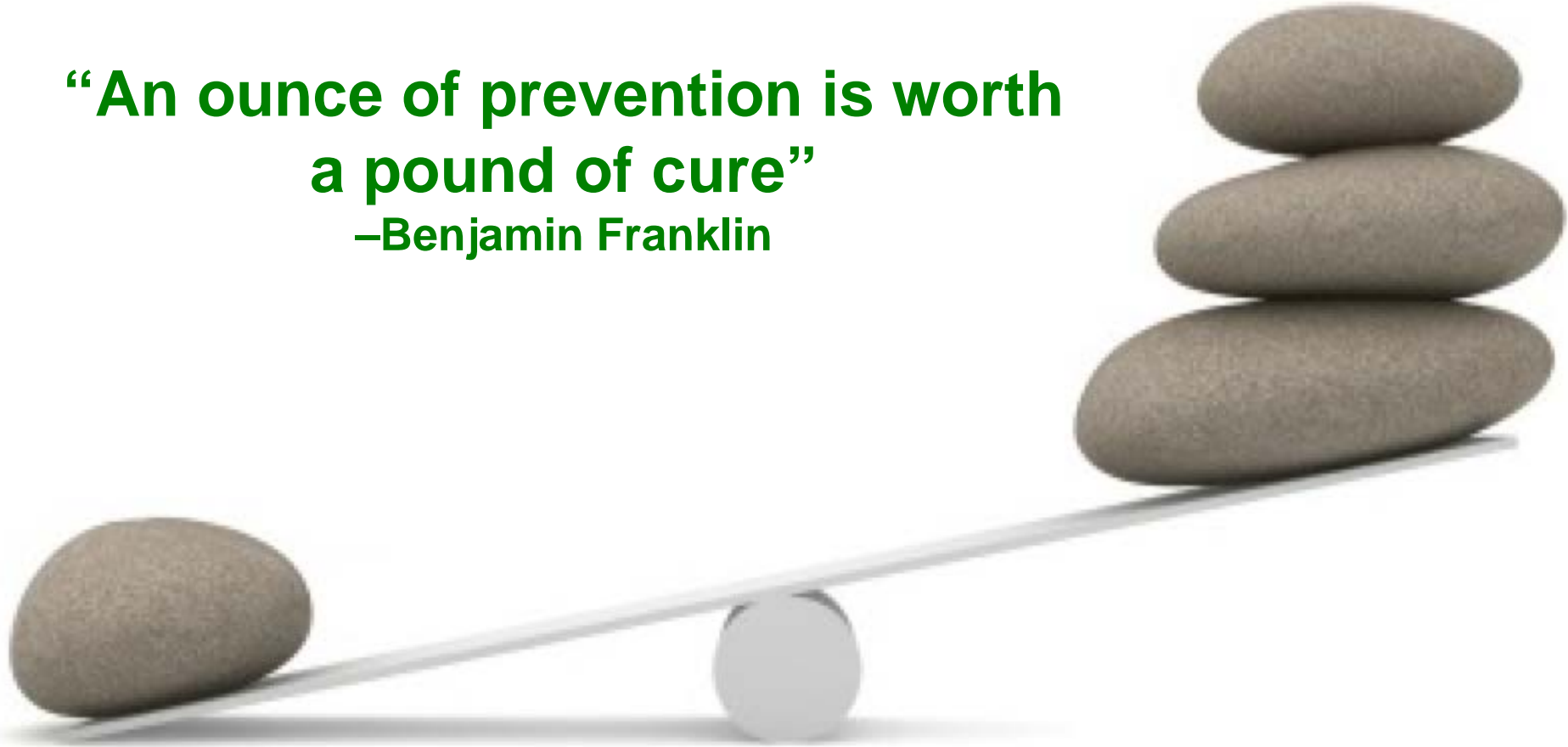
-Hestbaek (2003), Deyo (2009). Aggarwal(2010). Scher (2003) Cote (2004)

What do we do about
it?



A Solution

**“An ounce of prevention is worth
a pound of cure”
–Benjamin Franklin**





Risk Factors (causes)

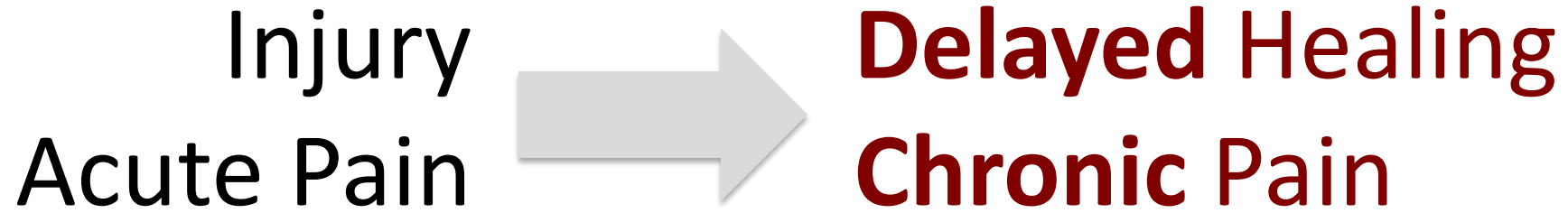
Characteristic, condition, or behavior, such as poor sleep, diet, stress or smoking, that increases the possibility of illness, injury, pain (increases inflammation or sensitization).



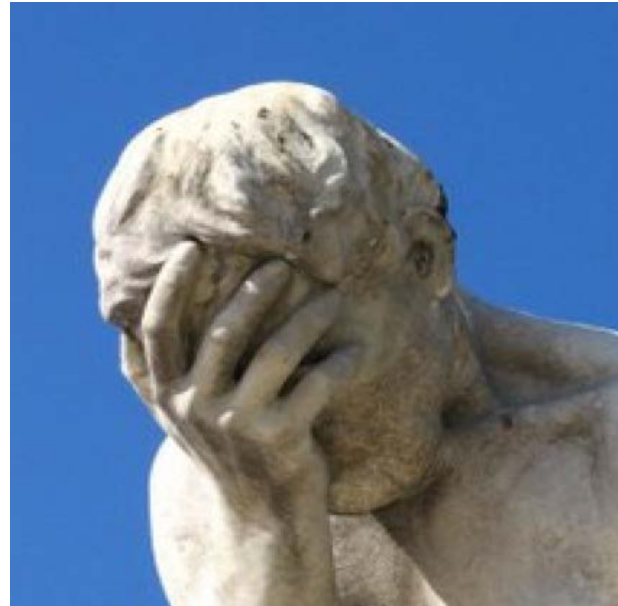
Protective Factors (cures)

Characteristic, condition, or behavior, such as exercise or healthy diet, that prevents or reduces vulnerability to developing a illness and pain (decrease inflammation or sensitization)

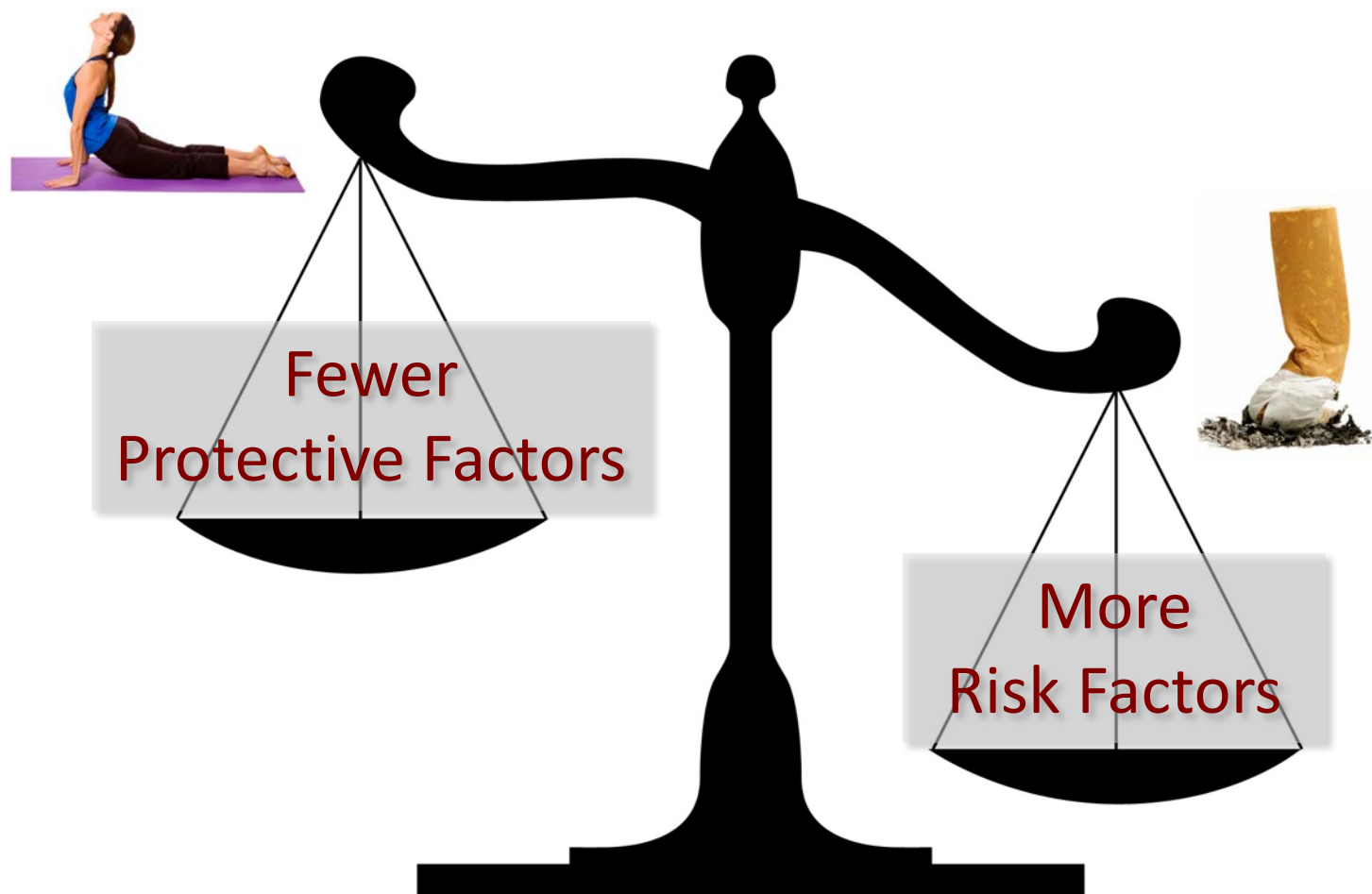
Risk Principle



**Risk
Factors**



Risk Principle



Protective Principle

Injury
Acute Pain

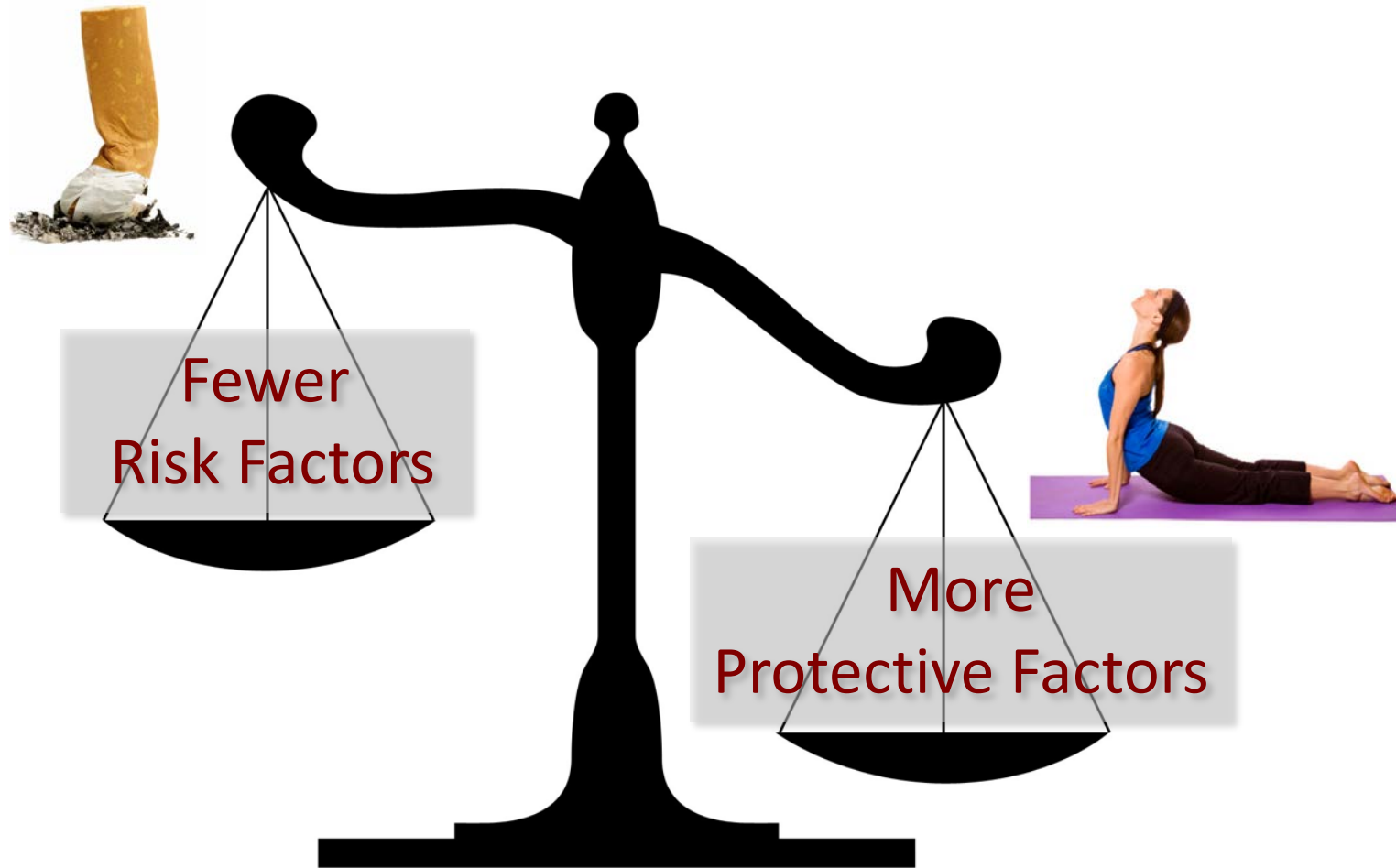


Normal Healing
No Chronic Pain

**Protective
Factors**



Protective Principle



Risk and protective factors for chronic pain

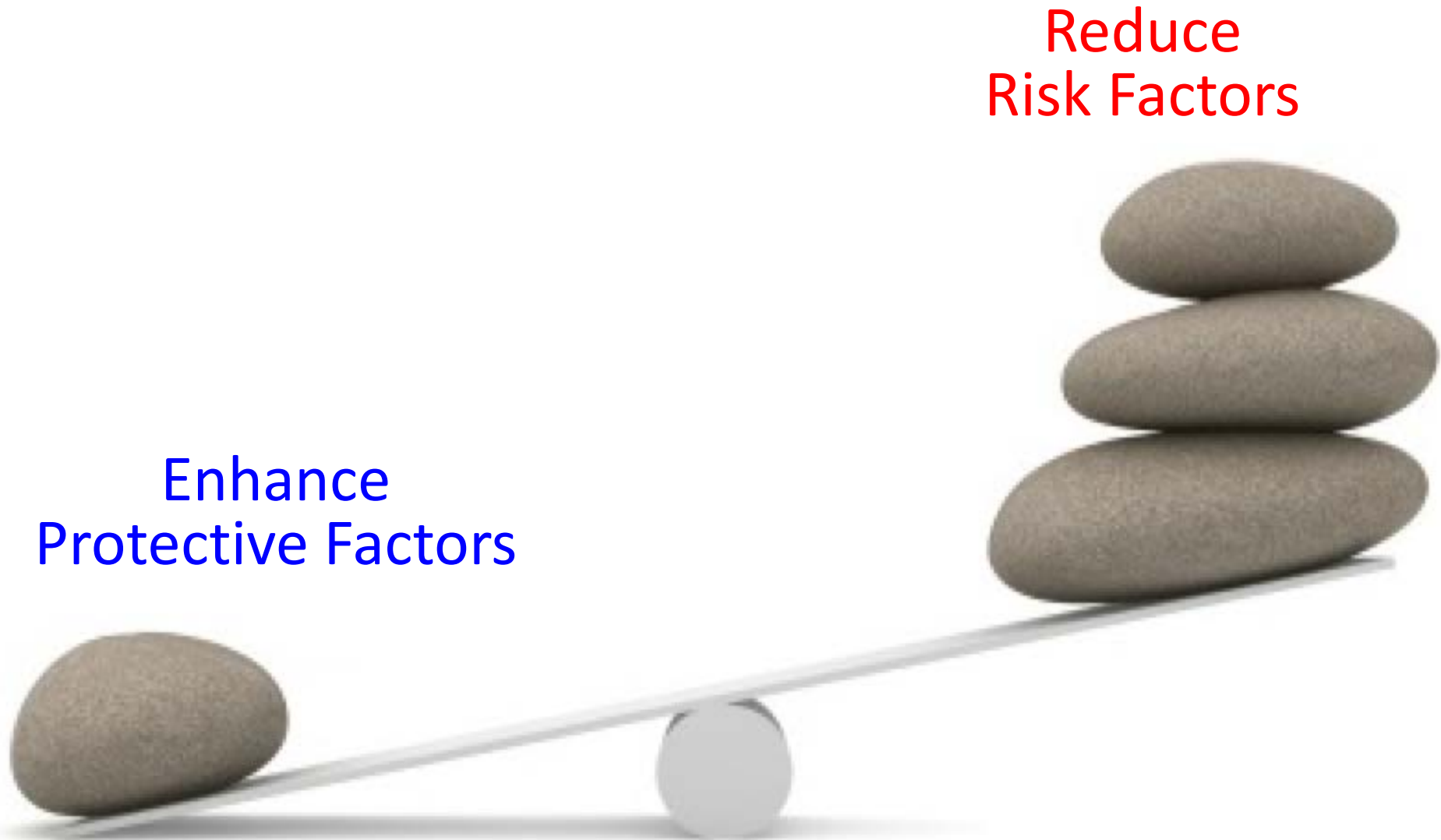


<i>Body</i>	Physical, genetics and physiology	e.g. age, physical fitness, range of motion, posture, strength, past injuries
<i>Lifestyle</i>	Our behaviors and actions	e.g. diet, sleep, pacing, sitting, strain, work activities
<i>Emotions</i>	Expression of our feelings	e.g. anxiety/calm, depression/happiness, anger/peace
<i>Spirit:</i>	Our purpose and passion in life	e.g. direction, beliefs, hopes, faith, compassion
<i>Society</i>	The people that surround us	e.g. harmony with others, social connection and support, PTSD, recovery rewards
<i>Mind</i>	Our thoughts and attitudes	e.g. understanding, expectation, self-efficacy, resilience
<i>Environment</i>	Our interaction with physical environment	e.g. safe, clean, infection-free, adverse event-free, accident-free

Volume control for pain



Training to prevent chronic pain



But, just how
do we do
that?



THE PEOPLE'S CAMPAIGN *for* PREVENTING CHRONIC PAIN



*Chronic Pain. It's Real.
It's Preventable. Learn how.*

Transforming Lives...



One
at a
time



Goal 1: Education

Health Professional training



Health Coaching

Patient Training



Massive Open On-line Course

***Prevention of Chronic Pain:
A Human Systems Approach***

MOOC



20 hours of CME
www.Coursera.org



What do learners think?

93% of participants changed their life

85% of health professional changed their care of patients

“There is so much life-changing, life-affirming information available...it is rare and amazing.”

“The learning experience has been tremendous!! Everyone should have this knowledge, especially those in the health profession.”

“Absolutely fascinating and enlightening...This information should be part of every health care educational program!”

“This course has really helped me to understand myself better and why I think, act and see the world as I do.”

“I am eternally grateful for taking the time and energy to provide this beacon of knowledge to the world.”

“This course is a wonderful gift...pain is an avoidable part of our lives.”



Health Professionals

Interdisciplinary
Integrative and
Individualized Approach
to Care

Transformative Care



Treatment
Training
Team

Education on integrating:

- Patient training
- health coaching
- evidence-based treatments



Health Coaching

Training and Certification for health professionals to coach patients on lifestyle changes that promote prevention, healing, recovery, and normal function



- **Bio-behavioral assessments** to evaluate patients and identify risk and protective factors for preventing chronic pain
- **Patient education** on disease process and management options
- **Patient coaching** on reducing risk factors, enhancing protective factors, and restoring health, wellness, and functional status



Patient Training

Web-based platform that offers training to prevent and manage chronic pain

- ✓ Structured, interactive, and self-paced
- ✓ Access from home, work, or away
- ✓ Experiential lessons with home activities
- ✓ Alerts and reminders
- ✓ 8 sessions over 8 weeks
- ✓ Brief, easy to understand learning
- ✓ Supported by a health coach





Training Programs

Web-based cognitive-behavioral training is a proven evidence-based patient-centered approach to improving care and outcomes



- ✓ **Creative:** Engages patients in a story of recovery and relief
- ✓ **Personalized:** Help patients reduce their own specific risk factors
- ✓ **Causes:** Addresses underlying causes not just symptoms
- ✓ **Positive:** Teaches patients to enhance protective factors
- ✓ **Comprehensive:** It's about all realms of a patient's life
- ✓ **Baby steps:** It's about changing little things each day
- ✓ **Reminders:** Create personal reminders on cell phones
- ✓ **Social support:** Help from friends, family, and caregivers

3 Toolkits for Preventing Chronic Pain



Individual: For personal use by you or someone you care about to learn as part of daily lifestyle.

Health professional: For use by patients to learn how to prevent chronic pain as part of their care.

Employer: For use by employees to learn how to prevent chronic pain in the workplace.

What's in a Toolkit?



Each Toolkit is personalized to include;

- On-line Pain & Risk Assessment with Goal Setting
- Personalized On-line Training Program based on the results for Risk Assessment
- Experiential Homework on each risk and protective factor
- Preventing Chronic Pain Manual
- Seminar on Preventing Chronic Pain
- Access to on-line store for pain preventing tools such as massage, exercise, supplements, and monitoring tools
- Access to a Health Coach

Health Professional Toolkit



Toolkits help health professionals improve patient care;

- Assessment and training programs for each patient
- Implementation plan for clinics and hospitals
- Marketing resources to promote the toolkit with patients
- Outcomes assessment to document progress of patients
- In-Person CME/CDE course on transformative care
- Participation in the Chronic Pain Research Network

www.preventingchronicpain.org

Employer Toolkit

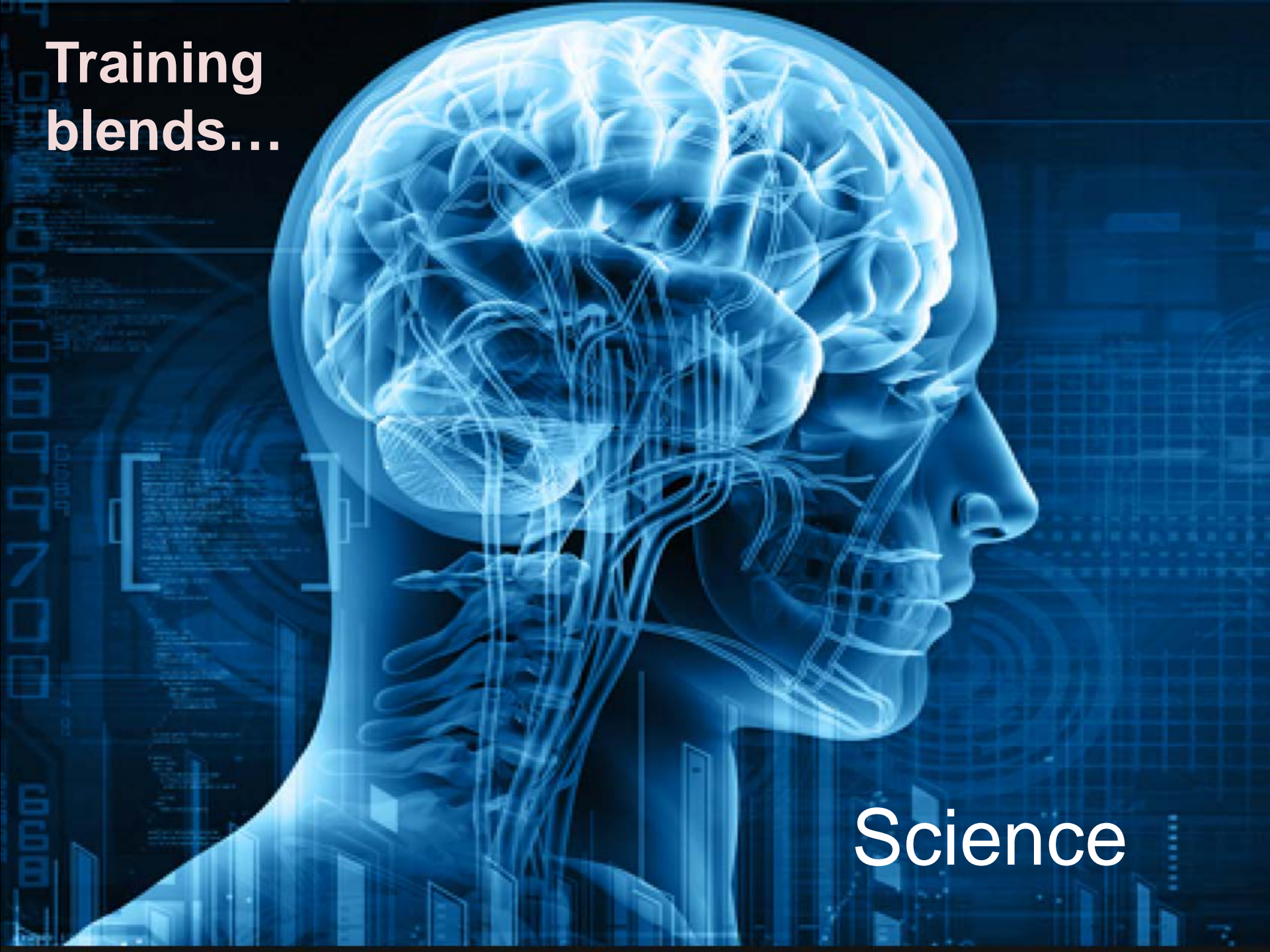


Toolkits help employees prevent chronic pain;

- Assessment and training programs for each employee
- Implementation plan for any size employer
- Marketing resources to promote the toolkit with employees
- Outcomes assessment to document impact of toolkits
- In-Person Seminar for key staff with manual.
- Additional resources and tools for preventing chronic pain

www.preventingchronicpain.org

**Training
blends...**



Science



COMMON SENSE

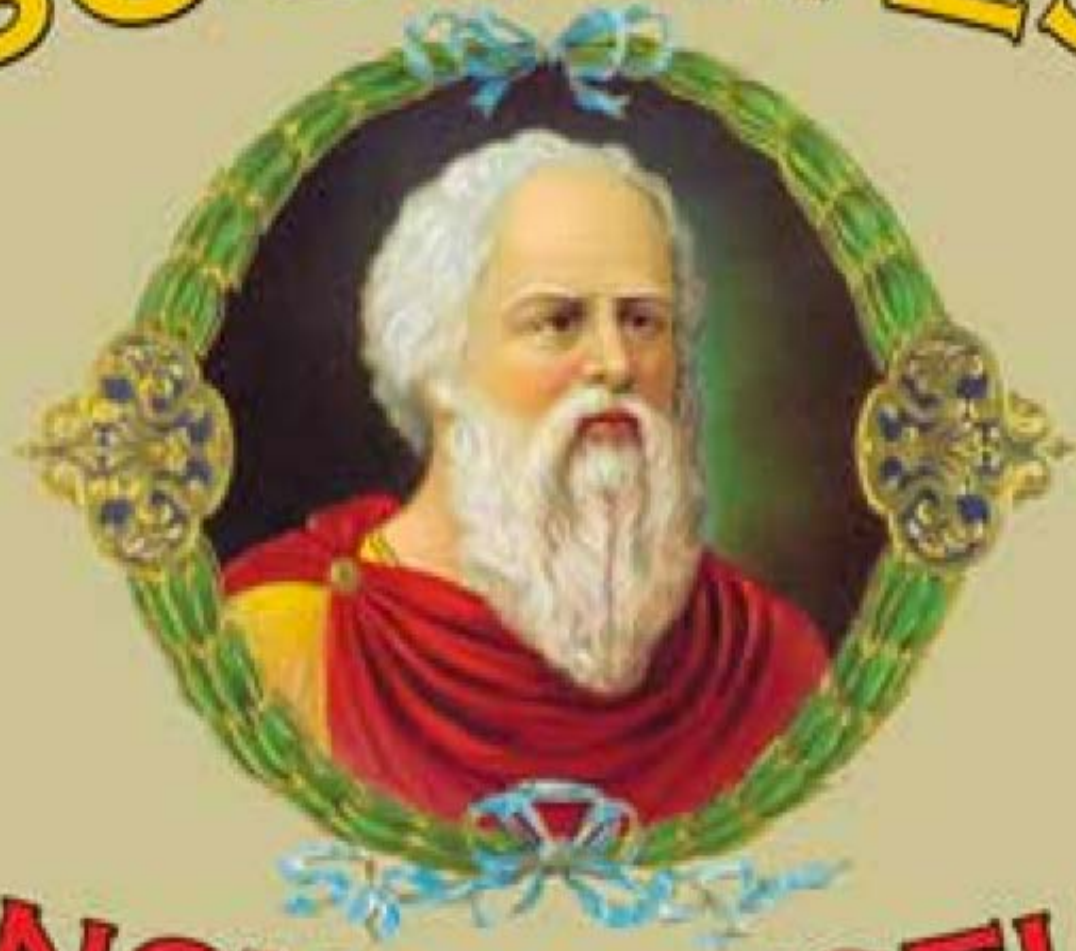
Just because you can, doesn't mean you should.

Experiential learning

*I hear and I forget.
I see and I remember.
I do and I understand.*
—Confucius



SOCRATES



KNOW THYSELF



Goal 2: Research

Connecting health professionals and patients



Determining risk and protective factors

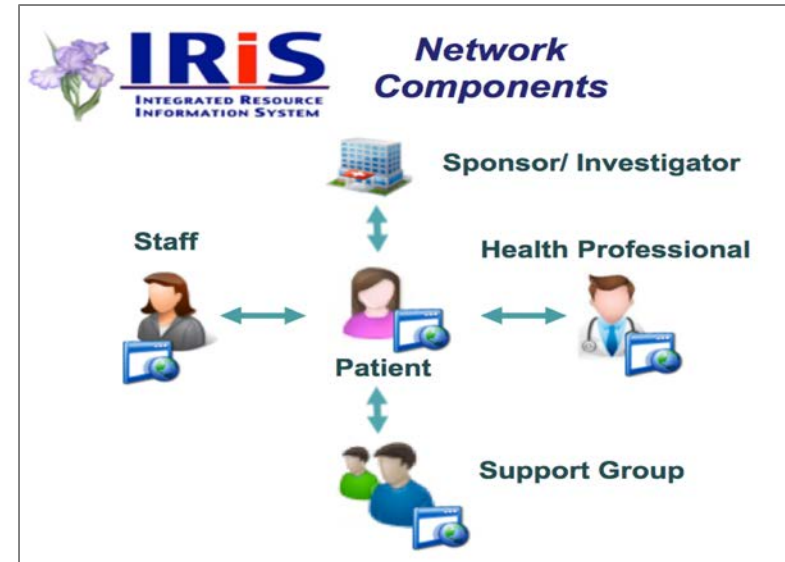
Evaluating New Treatments and Patient Tools





Chronic Pain Research Network

Web-based platform to engage providers and patients in practice-based research and education



- ✓ **Connects:** Health professionals, patients, and investigators
- ✓ **Outcomes:** Documents patient reported outcomes in routine patient care
- ✓ **Skill development:** Educates provider and patients in pain management
- ✓ **Dashboards:** Summarizes important patient characteristics and outcomes
- ✓ **Ease of use:** Easy to link to set up and use
- ✓ **NIH proposal for CPR-Net** submitted



Goal 3: Advocacy

Advocacy to focus as much effort and resources on **preventing chronic pain** as for treatment of chronic pain



Businesses: Promote preventing chronic pain in the work-place

Health plans: Reimburse patient training and health coaching

Government: Support policies to increase public health awareness and research in preventing chronic pain

Communities: Support community programs and environments for preventing chronic pain



Triple Win

- ✓ **Patients:** Pain is improved long-term, less out of pocket costs, improved access to care
- ✓ **Providers:** Improved outcomes of treatment and additional revenue
- ✓ **Employers:** Reduce health care costs, work loss, and disability of employees



Cost Savings*

- ✓ **\$714 per person** savings in emergency room visits and hospital utilization.
- ✓ **\$364 per person** net savings after considering program costs
- ✓ **\$6.6 billion** saved by reaching 10% of Americans with chronic pain



The Chronic Pain Challenge

Stories engage us, evoke empathy and emotions, and are motivating for others



Tell us about your pain success: How do you prevent chronic pain every day?

Tell us about the little things: With chronic pain, we often miss noticing the little things that help us feel good every day. Be creative and make a list of “little things” that make feel good each day.

Stories at www.preventingchronicpain.org

The Big Question?



“So, would you rather be a huge part of the problem or just a tiny part of the solution?”

Neither, we need you to be a **big part of the solution...**



Only you can improve health care!
Support the People's Campaign

Get toolkits!



**For yourself
For your patients
For your employees**



www.preventingchronicpain.org

***“Divine is the task to relieve
pain.”***

-Hippocrates

Thank you

www.preventingchronicpain.org