



The Role of Nonpharmacological Approaches to Pain Management

Session I Overview

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Session I Content

- Evidence of Effectiveness
- Emerging Models of Care



Session I Overview

- Content related
 - Understanding pain
 - Differentiating treatment and management
- Logistics
 - Rules of engagement

Understanding Pain



Nociception

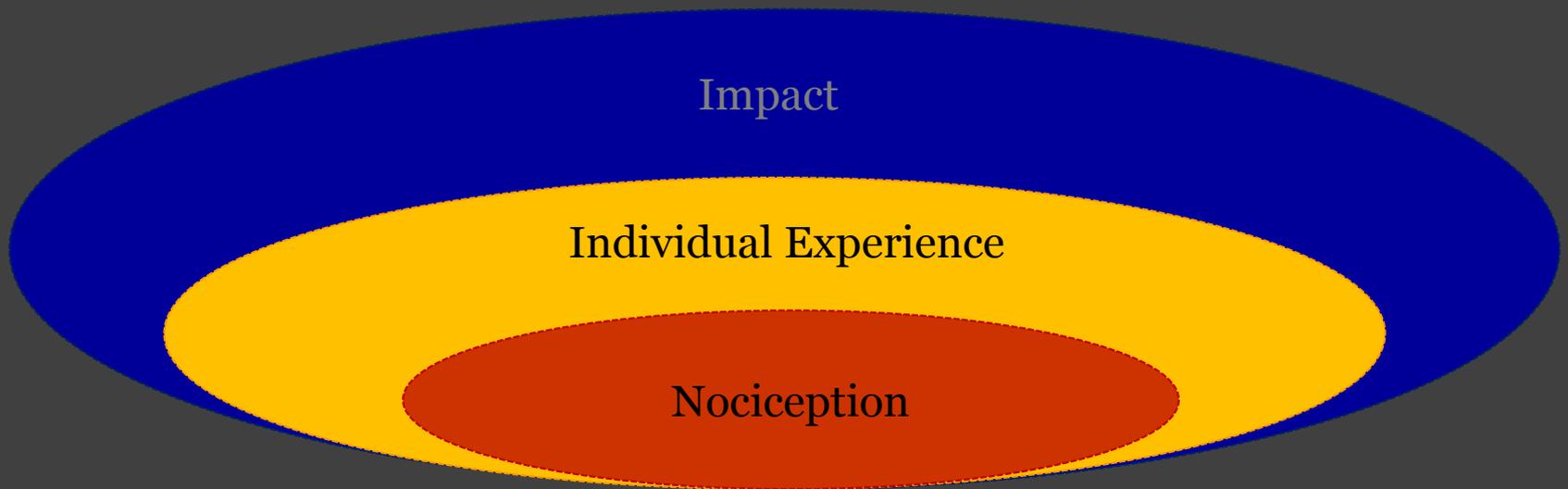
Understanding Pain



Individual Experience

Nociception

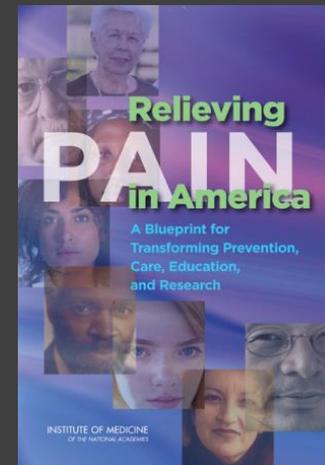
Understanding Pain



Understanding Pain

“Pain is a major driver for visits to physicians and other healthcare providers, a major reason for taking medications, a major cause of disability, and a key factor in quality of life and productivity”

“Given the burden of pain in human lives, dollars, and social consequences, relieving pain should be a national priority”

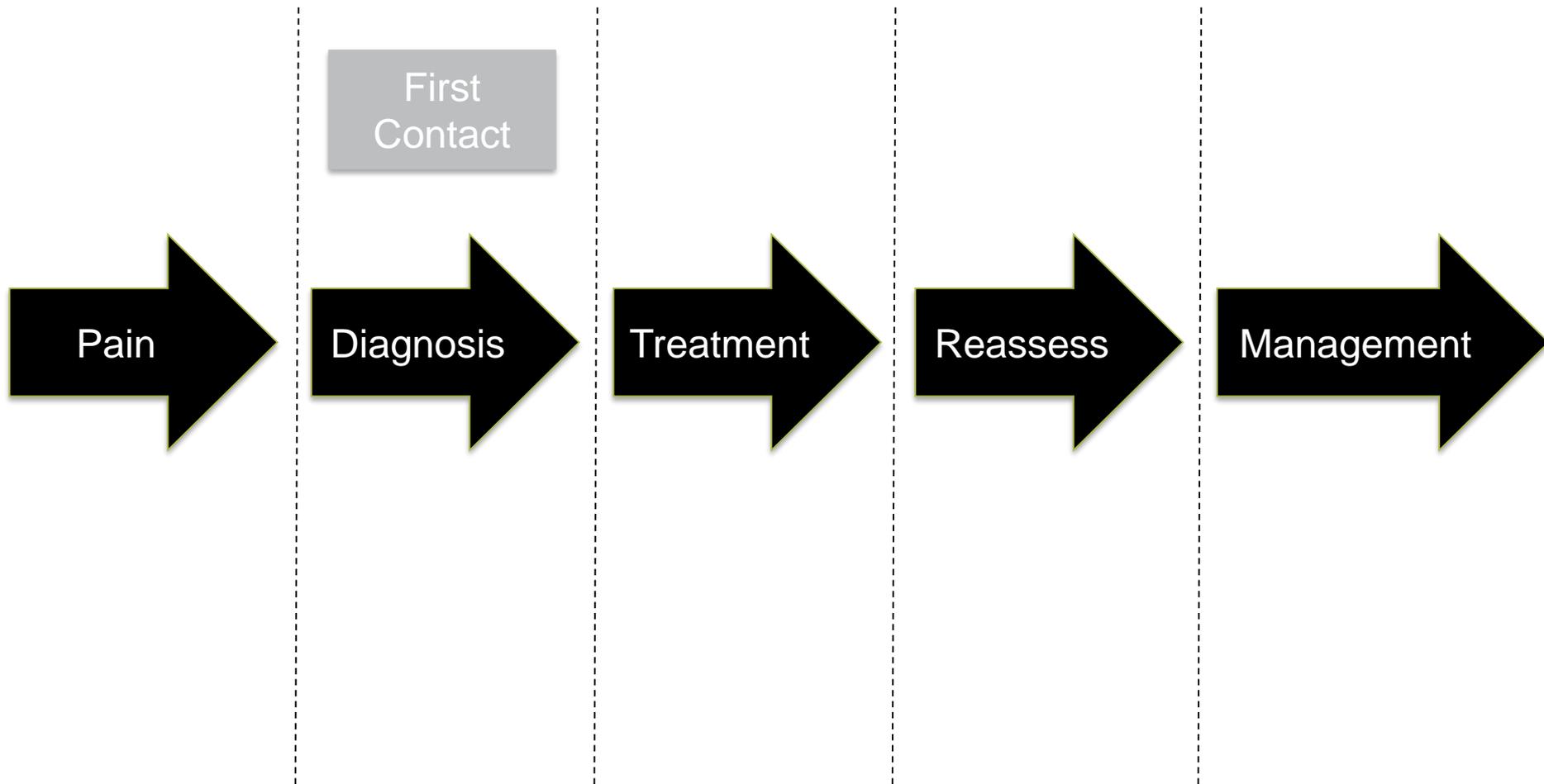


Relieving Pain

- Individual *pain treatments* target one layer
 - Reducing nociception
- *Pain management* is a broader approach that ideally addresses multiple layers
 - Reducing nociception
 - Individual beliefs and attitudes
 - Impact on social or vocational roles

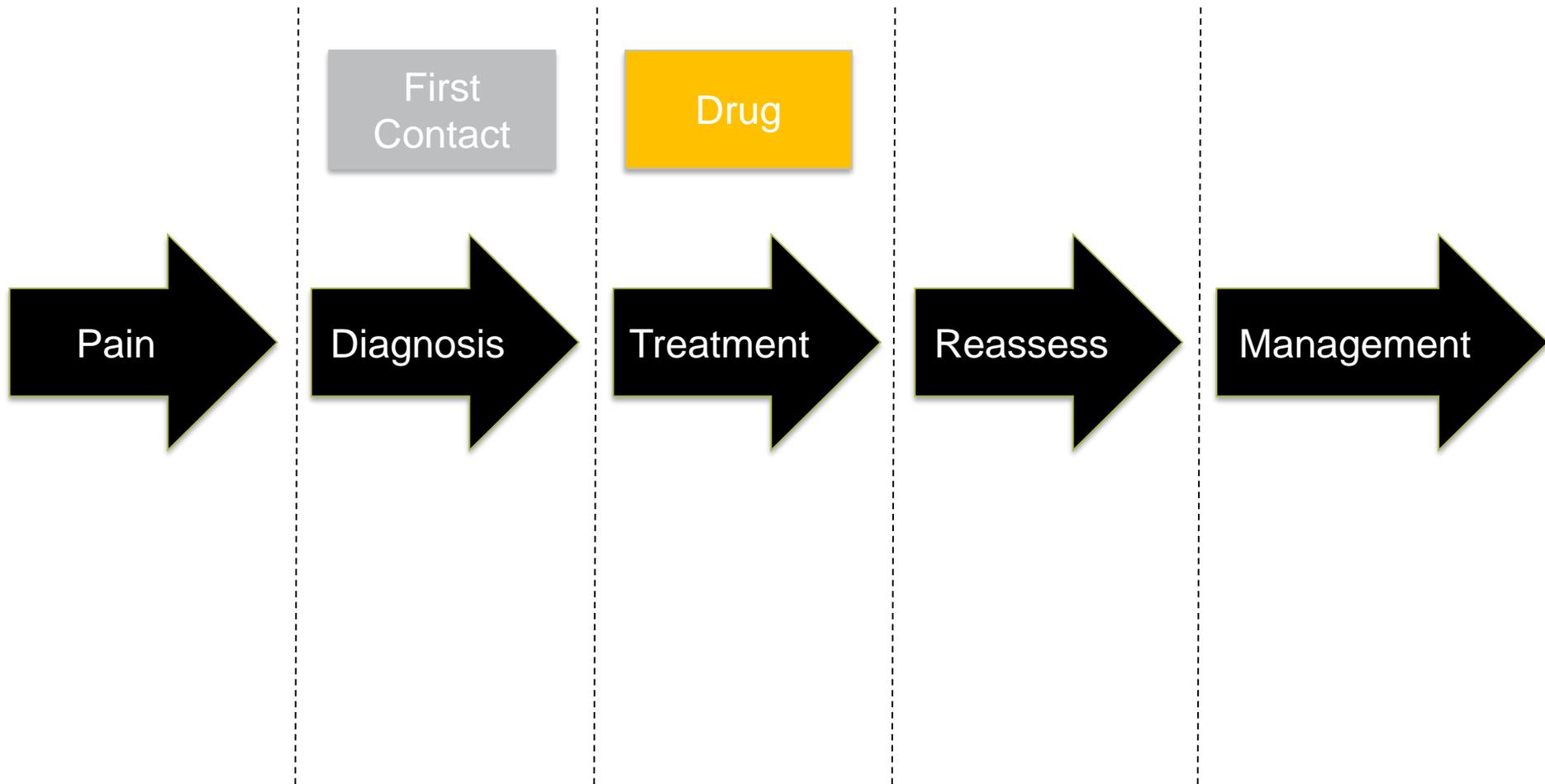


Current Pain Management Pathway



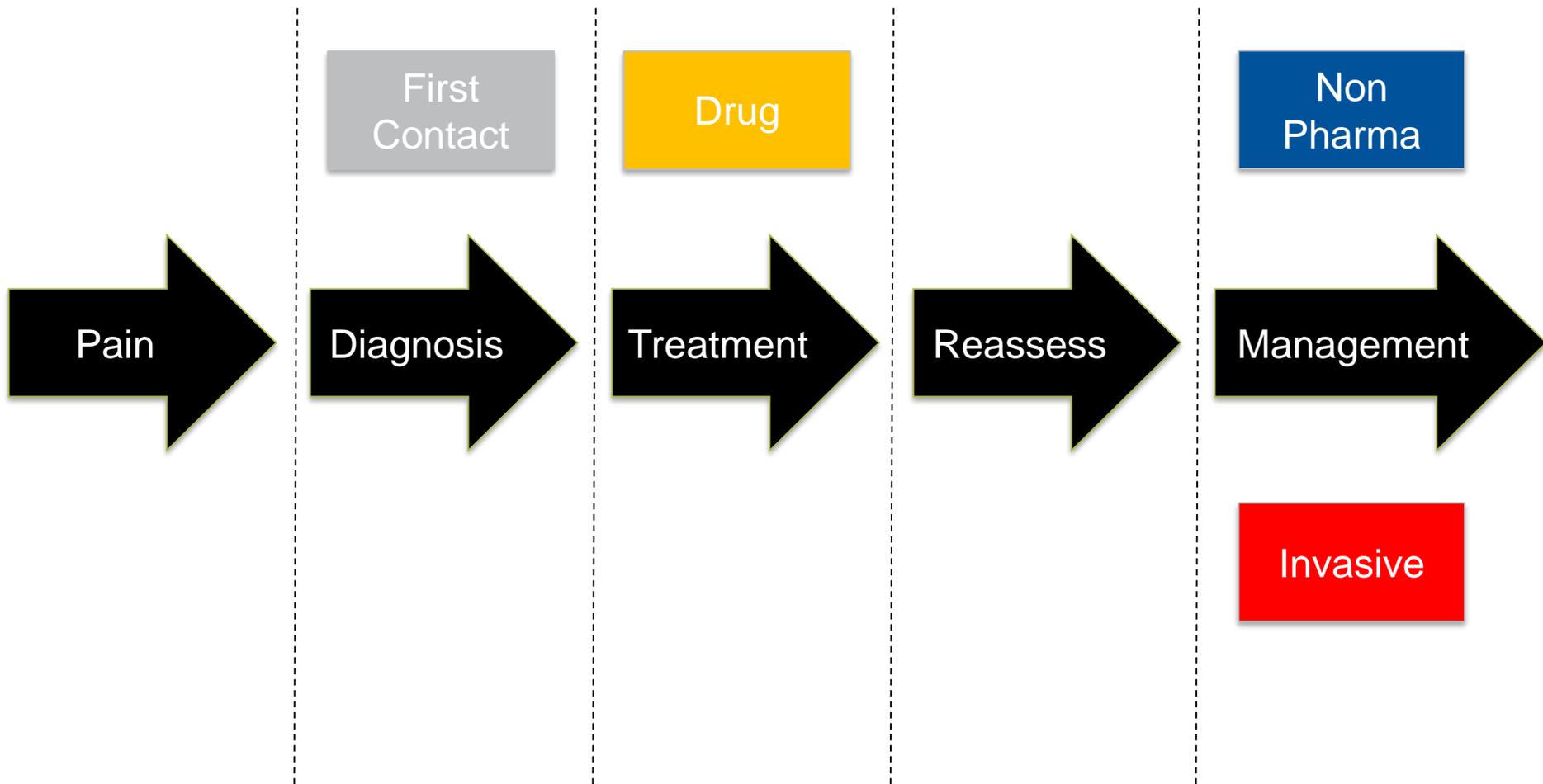


Current Pain Management Pathway





Current Pain Management Pathway



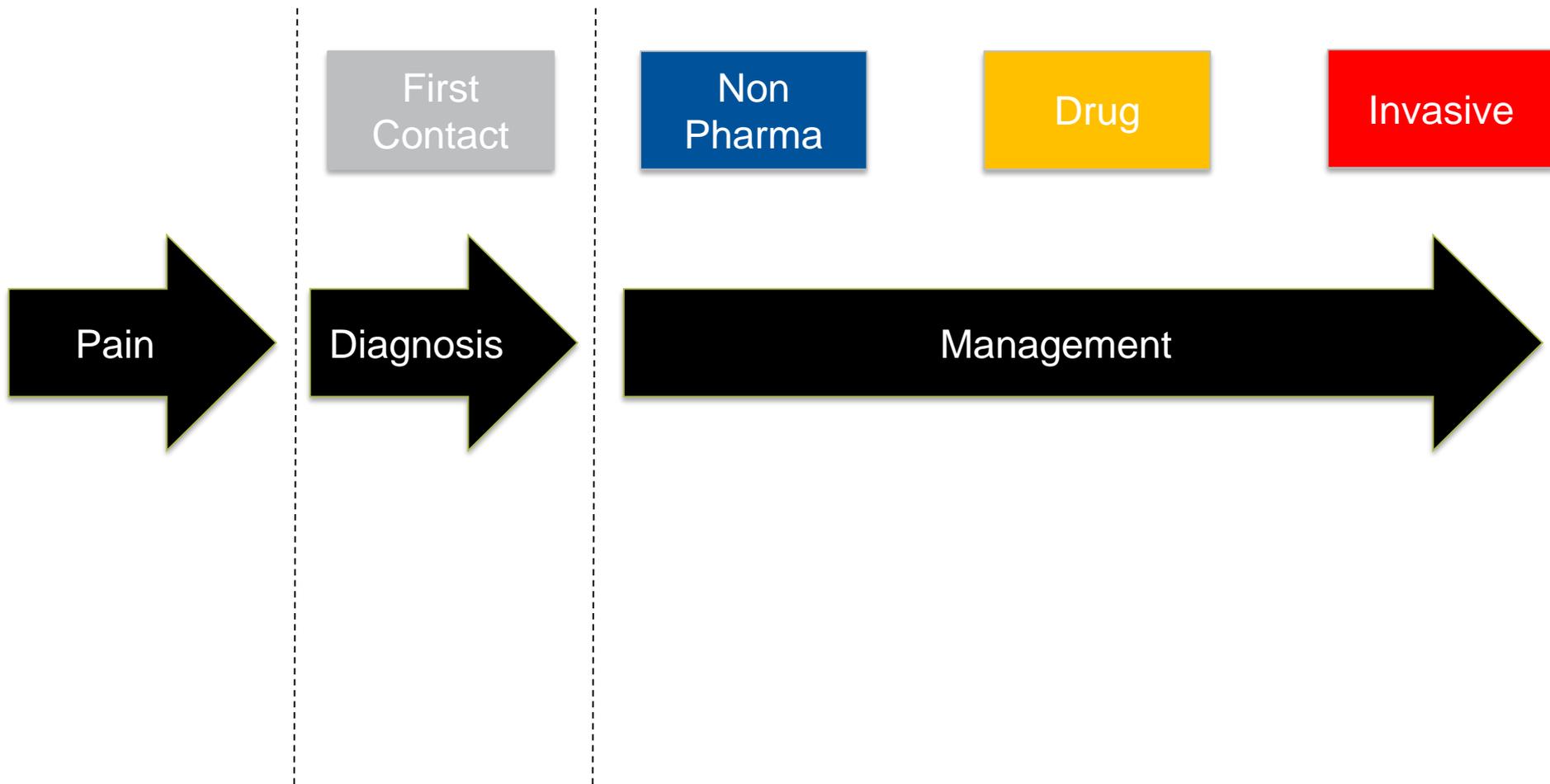


Changes in Care Recommendations

- Emphasis on nonpharmacological treatment as guideline adherent care
 - Centers for Disease Control and Prevention guideline for prescribing opioids for chronic pain (2016)
 - American College of Physicians clinical practice guidelines for low back pain (2017)



Current Pain Management Pathway





Session I Overview

- Nonpharmacological Pain Management
 - What is the evidence?
 - Who should get nonpharmacological care?
 - When should nonpharmacological care be received?
 - How should it be delivered?



Session I Overview

- Nonpharmacological Pain Management
 - Overriding themes
 - What are specific future research priorities?
 - How can we guide pain education for providers?
 - Better inform future policy on health care delivery?



Session I Overview

- Logistics
 - My job = keep things on time
 - Co-moderated by Bob Kerns
 - There will be opportunity for questions and discussion



Enjoy the Session!

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