



The National Academies of
SCIENCES · ENGINEERING · MEDICINE



The Role of Nonpharmacological Approaches to Pain
Management: A Workshop

Chester “Trip” Buckenmaier, MD, COL US Army (Ret)

Director, Defense and Veterans Center for Integrative Pain Management

Professor Anesthesiology

Uniformed Service University

5 Dec 2018

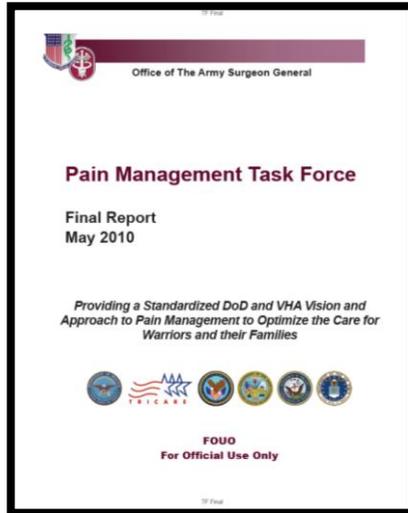


Disclosures



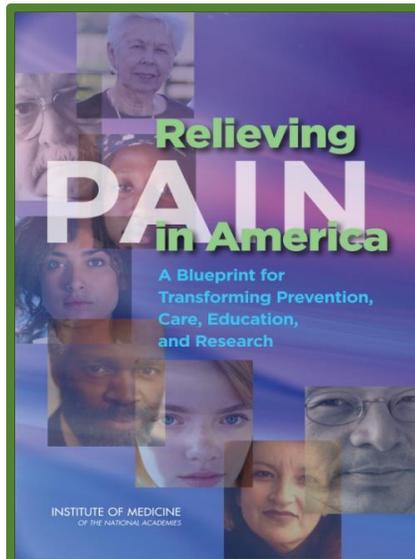
- The presenter has no relevant financial relationships or conflicts of interest.
- No discussion of off-label use of drugs or devices.
- The presentation is the personal opinion of the presenters and does not reflect the official views of the Department of Defense or any other Federal Agency.

Pain Management Task Force



- Provide recommendations for a MEDCOM **comprehensive pain management strategy** that is **holistic**, **multidisciplinary**, and **multimodal** in its approach, utilizes **state of the art/science** modalities and technologies, and provides **optimal quality of life** for **Soldiers and other patients** with acute and chronic pain.

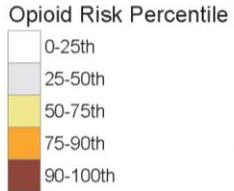
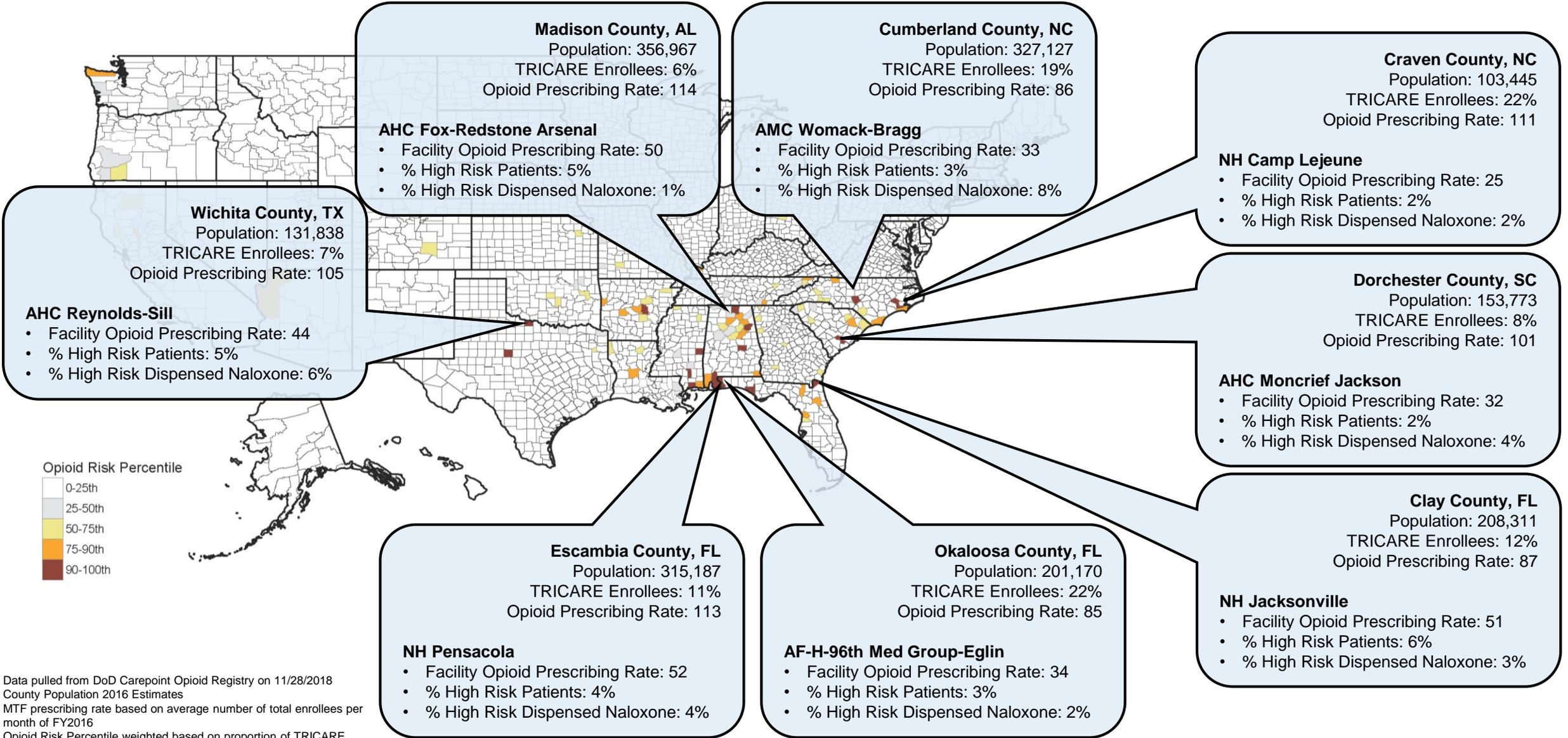
- *Army Pain Management Task Force Charter; signed 21 Aug 2009*



- *Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education and Research*
 - *June 2011*

Military Installations Located Near US Counties With High Opioid Prescribing Rates and TRICARE Enrollees

Opioid prescribing rates are per 100 people for both county-level and military installation-level data

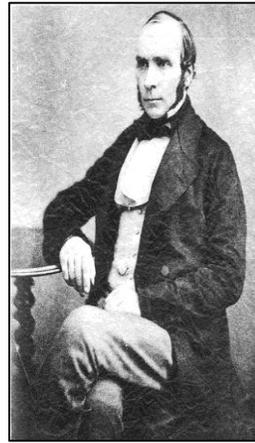


Data pulled from DoD Carepoint Opioid Registry on 11/28/2018
 County Population 2016 Estimates
 MTF prescribing rate based on average number of total enrollees per month of FY2016
 Opioid Risk Percentile weighted based on proportion of TRICARE enrollees in the county and county opioid prescribing rates
 Facility level prescribing rates of opioids and naloxone based on distinct patients seen from 12/1/2017 to 08/01/2018

Another epidemic: Cholera



London, 1854: Cholera, John Snow and the Broad Street Pump



Pain Intensity



The NEW ENGLAND
JOURNAL of MEDICINE

Perspective

Intensity of Chronic Pain — The Wrong Metric?

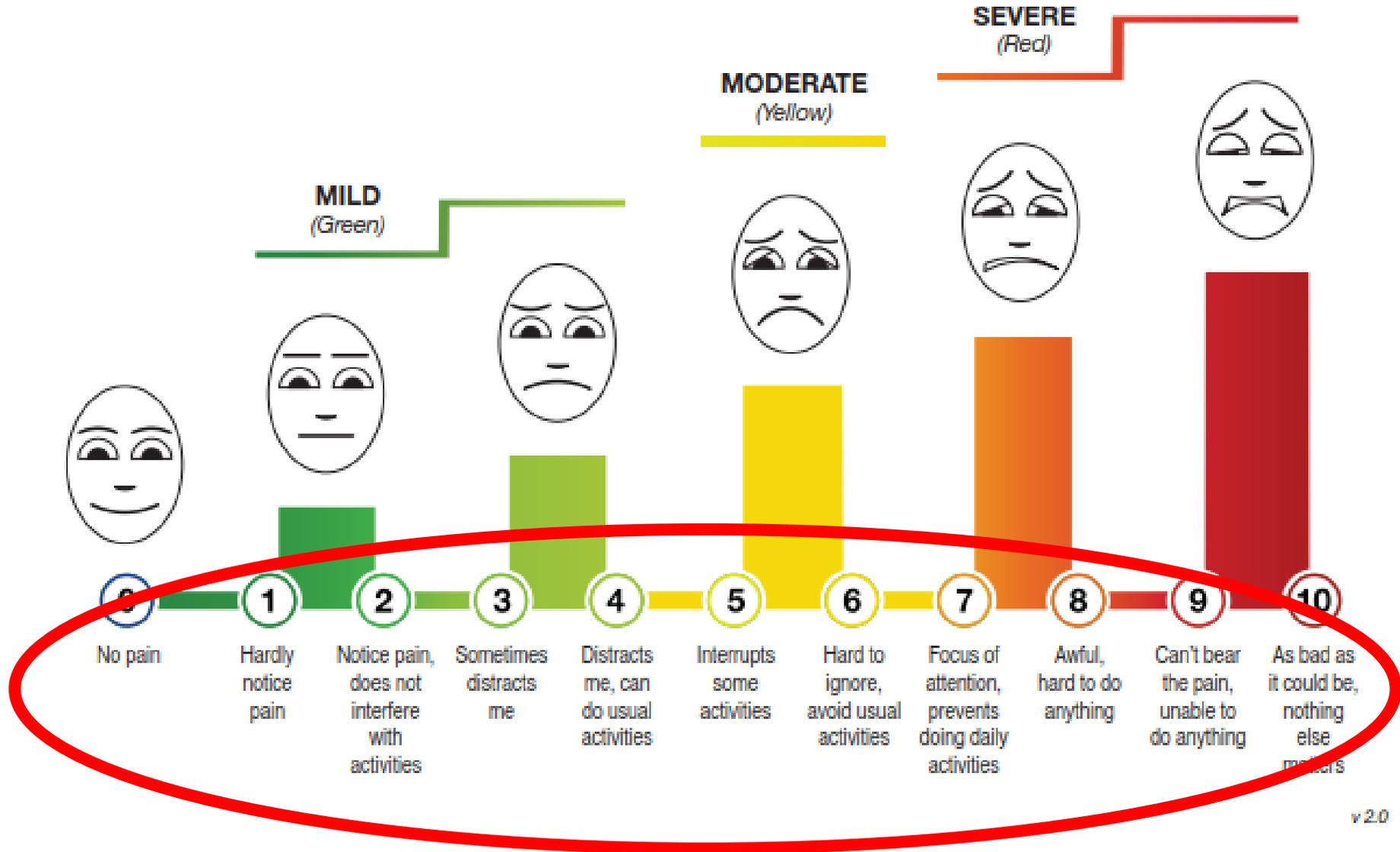
Jane C. Ballantyne, M.D., and Mark D. Sullivan, M.D., Ph.D.

N Engl J Med 2015; 373:2098-2099 [November 26, 2015](#)

DOI: 10.1056/NEJMp1507136

Both the idea that chronic pain could be effectively and safely managed with opioids and the principles of opioid pain management were based on the successful use of these drugs to treat acute and end-of-life pain. That success was based on the “titrate to effect” principle: the correct dose of an opioid was whatever dose provided pain relief, as measured by a pain-intensity scale.

Defense and Veterans Pain Rating Scale



DoD/VA PAIN SUPPLEMENTAL QUESTIONS

For clinicians to evaluate the biopsychosocial impact of pain

1. Circle the one number that describes how, during the past 24 hours, pain has interfered with your usual ACTIVITY:



2. Circle the one number that describes how, during the past 24 hours, pain has interfered with your SLEEP:



3. Circle the one number that describes how, during the past 24 hours, pain has affected your MOOD:



4. Circle the one number that describes how, during the past 24 hours, pain has contributed to your STRESS:



A new take on an old scale...

Pain Medicine

VOLUME 17, NUMBER 8, 2016
painmedicine.oxfordjournals.org

Pain Medicine
VOLUME 17, NUMBER 8 2016
PAGES 1389-1587

Pain Medicine

DEFENSE AND VETERANS PAIN RATING SCALE

0 No pain
1 Hardly noticeable pain
2 Noticeable pain
3 Moderate pain
4 Severe pain
5 Moderate pain
6 Severe pain
7 Severe pain
8 Severe pain
9 Severe pain
10 As bad as anything you could imagine

DoD/VA PAIN SUPPLEMENTAL QUESTIONS

For clinicians to evaluate the biopsychosocial impact of pain.

1. Circle the one number that describes how, during the past 24 hours, pain has interfered with your **ACTIVITY**:
0 Does not interfere 1 2 3 4 5 6 7 8 9 10 Completely interferes
2. Circle the one number that describes how, during the past 24 hours, pain has interfered with your **SLEEP**:
0 Does not interfere 1 2 3 4 5 6 7 8 9 10 Completely interferes
3. Circle the one number that describes how, during the past 24 hours, pain has affected your **MOOD**:
0 Does not affect 1 2 3 4 5 6 7 8 9 10 Completely affects
4. Circle the one number that describes how, during the past 24 hours, pain has interfered with your **HEALTH**:
0 Does not interfere 1 2 3 4 5 6 7 8 9 10 Completely interferes

THE OFFICIAL JOURNAL OF

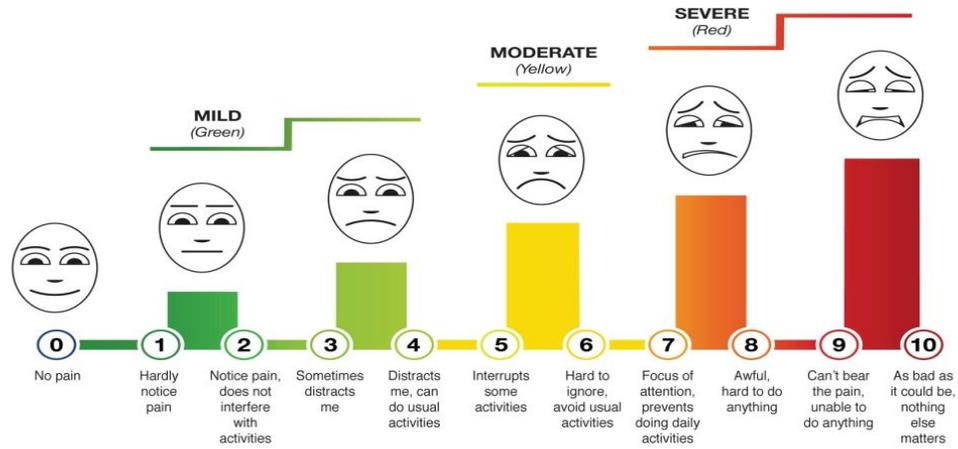
PRINT ISSN: 1526-2375
ONLINE ISSN: 1526-4637

OXFORD UNIVERSITY PRESS

If clinicians focus on improvements in patient physical and emotional function for pain management, integrative health can compete with traditional pharmacologic approaches to pain.

This is the cultural change the DoD is working to effect within its medical systems by adopting the DVPRS as the DoD pain scale.

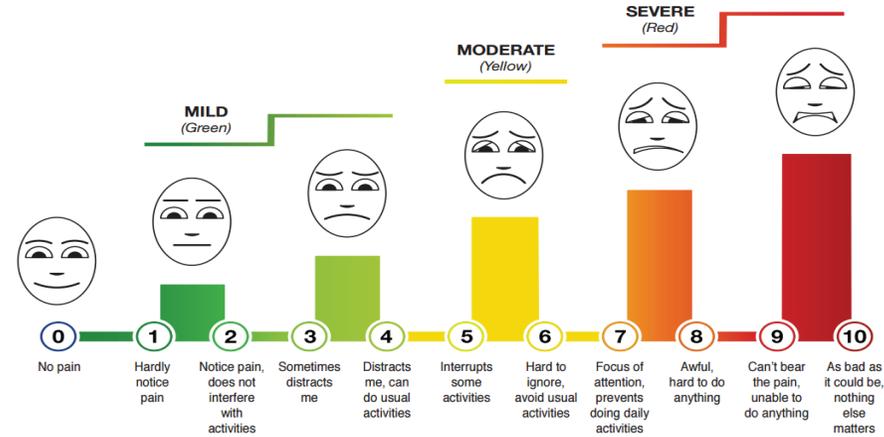
Defense and Veterans Pain Rating Scale



v 2.0



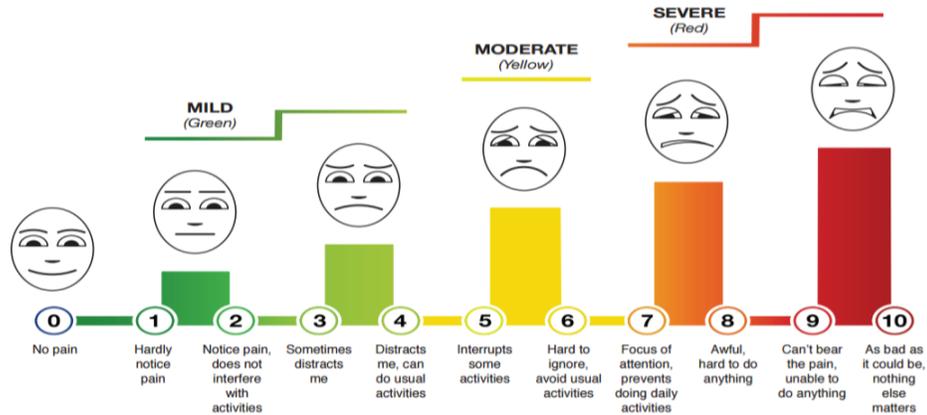
Pain Rating Scale



v 2.1

Your Logo Here

Pain Rating Scale



v 2.1

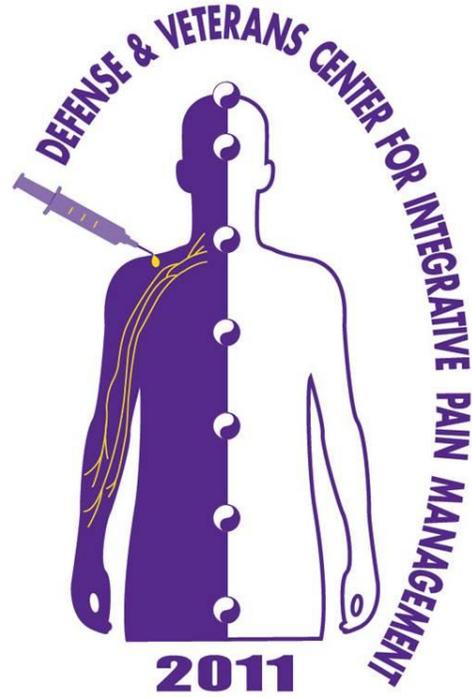
Press **Esc** to exit full screen



A collaborative effort of
The Joint Pain Education Program (JPEP)



Collaborative Opioid Tapering



www.dvcipm.org