

IPMC – Pain Class

Please complete all the forms/questionnaires

These forms assist in identifying conditions that could impact your treatment plan and assist in the disposition process

- Patient Information
- Pain History
- Defense and Veterans Pain Rating Scale
- Rolland Morris (disability questionnaire)
- ORT (opioid risk tool)
- Family History
- PHQ9 (depression scale)
- GAD7 (anxiety scale)
- PCL (PTSD score)
- Job Information/Social/Legal (page 11)
- PI (pain impact scale)

WELCOME TO OUR DEPARTMENT!

Thank you for serving us -- we look forward to serving you!

IPMC

Pain Class

Kenneth Ferrell, Head RN

Michael Williams, Pharm D - Pain Pharmacist

Leidybeth Rodriguez PsyD - Pain Psychologist

Barbara Stinson

(We)Illness vs (I)Illness?

1948 World Health Organization:

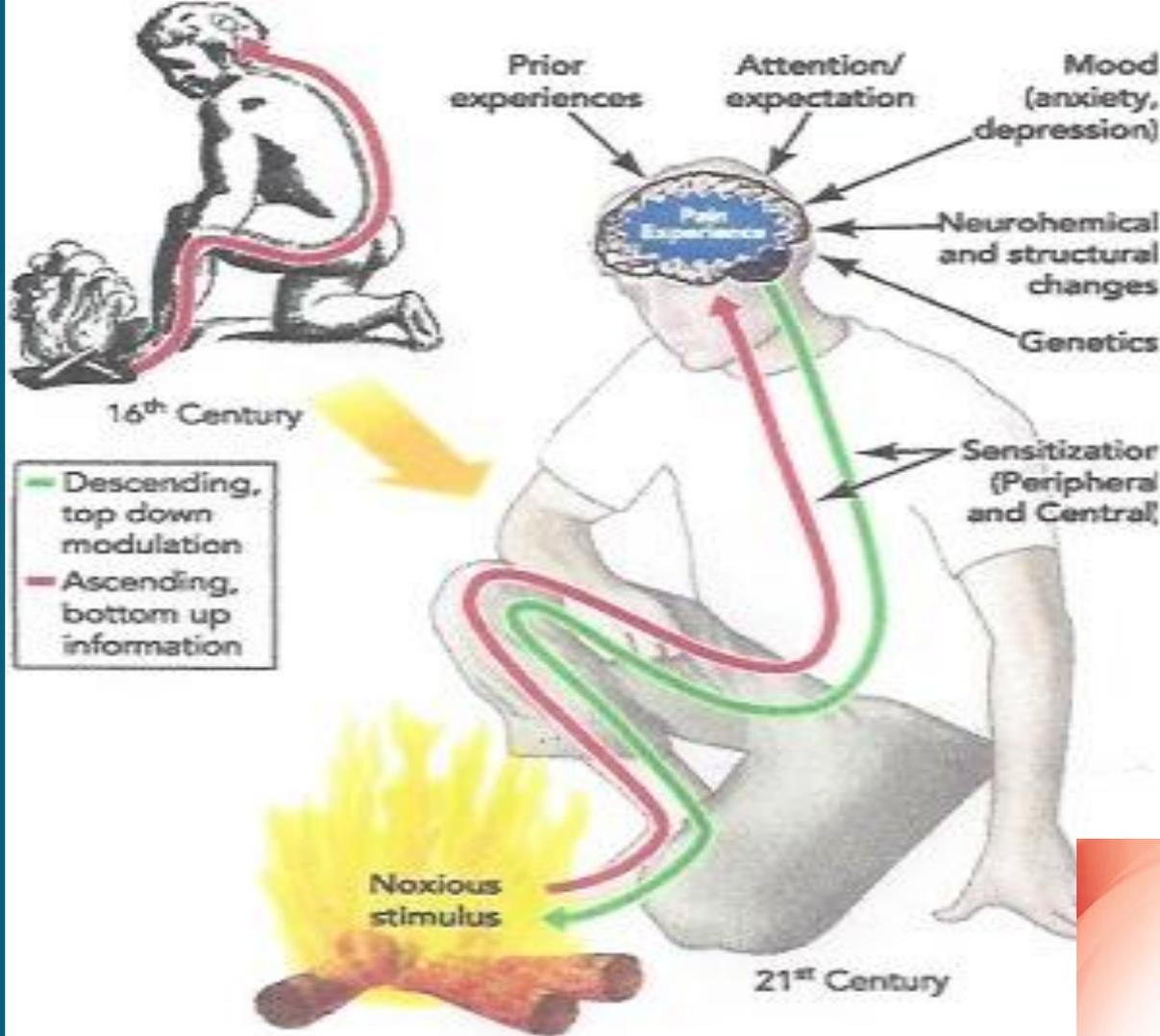
The state of complete physical, mental and social well-being and not merely the absence of disease or infirmity



What is pain?

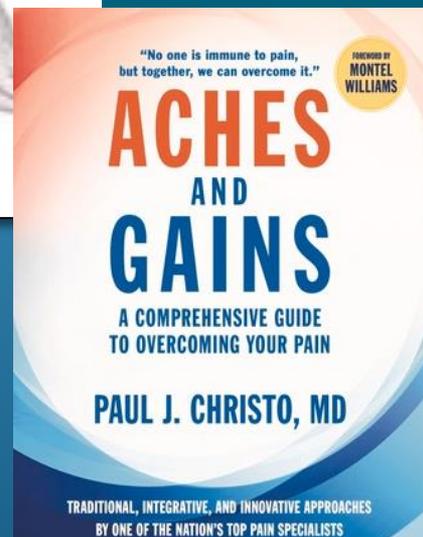
Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage.

-- American Pain Society



Aches and Gains: A Comprehensive Guide to Understanding Your Pain

Paul J. Christo, MD



What is IPMC?

- **I** = Interdisciplinary (combining or involving two or more academic disciplines, professions, departments which crosses traditional boundaries of care = integrated care)
- **P** = Pain
- **M** = MANAGEMENT
- **C** = Clinic/Center

What do we do? – a pain clinic provider who is an expert in pain care will provide the following:

- evaluate your pain condition
- assess the multiple dimensions of pain and how it impacts your life
- an exact diagnosis is not always needed to make progress
- develop a treatment plan with FUNCTIONAL, QUALITY OF LIFE and pain goals
- provide treatment as well as educational tools for management
- stabilize condition and return to primary care for maintenance

IPMC Services

- **Behavioral Health Support** –IBHC - only LEVEL A evidence
 - Mindfulness & Cognitive Behavioral Therapy for pain – you can do on your own!
 - Biofeedback
- **Complimentary Pain Support Services** – most LEVEL B evidence
 - Acupuncture (traditional Chinese medicine) and BFA
 - Chiropractic (limited at this time) and Osteopathic Manipulation
 - Physical and Occupational Therapy
 - Aromatherapy and essential oils
 - Yoga (off post free resources available)
- **Procedural Care** - most LEVEL B evidence
 - Epidural Steroid Injections
 - Nerve Blocks
 - **diagnostic:** utilizing injectable such as lidocaine
 - **therapeutic:** utilizing technique such as radiofrequency ablation (denervation)
 - Joint Injections
 - Trigger Point Injections
 - Regenerative Medicine – Prolotherapy and PRP
 - Spinal Cord Stimulator

Clinic Policies

For your consideration:

- Come to ALL appointments in physical fitness uniforms or loose clothing
- Cell phone etiquette (even buzzing can be distracting)
- Actively participate in your care – let us know what you want
- Keep an open mind – revisit prior treatments, medications, complimentary care options
- Goals should be on improved function and quality of life and hopefully pain will improve as well. Expectations should be real.
- Maintain close contact with your primary care manager through the process (2-3 weeks after initial face to face)
- Lifestyle optimization – sleep, stop nicotine use of any form, maintain physical activity, adjust diet – anti inflammatory diet

Appointments

643-2310

Please arrive at least 15 minutes prior to your scheduled appointment and check with the Medical Support Assistants

Paperwork may need to be completed at appointments prior to seeing your provider

Please do not “No Show”

If you are unable to keep your scheduled appointment

- Call ahead to reschedule; the longer you wait, the further your appt
- If it's the day of your appt, inform our front desk staff 643-2310 option 1
- If after hours and your appt is >24 hrs out, call the cancellation line
- 643-2310, option 6 or 907-CNCL (2625)

Telephone Consults

Registered Nurse Line 643-2310 option 2

Purpose of Registered Nurse Telephone consultation

- Communicates your concern to the IPMC provider
- Answer questions/concerns related to treatments, procedures, etc.
- Do not leave messages related to scheduling/canceling appointments

Leave a current phone number and personalized voicemail so we can return your call

The RN will :

- contact you to gather information regarding your concern
- relay your concern to the provider
- call you back with an answer to your concern/request if needed

Although most calls are answered daily, per policy your request will be answered within 3 business days/72 business hours

- Be mindful, if you call on Thursday or Friday, it is possible you may have to wait through the weekend for a return call

Procedures

- Arrive at least 15 minutes prior to your scheduled time to allow for nursing triage
 - **Your procedure may be cancelled if any of the below are not followed**
- A licensed driver is required & must be in the clinic at discharge to drive you home
- **No solid food** for six (6) hours prior to your appointment.
- **Stop all NSAIDS/anti inflammatory meds** seven (7) days prior to your procedure
 - Aspirin, Motrin/Ibuprofen, Naproxen/Aleve, Mobic, BC powder, Excedrin
- **Stop all anticoagulant/blood thinning meds** seven (7) days prior to procedure
- Your prescribing provider will need to manage the brief discontinuation of these meds
 - Plavix/Clopidogrel, Warfarin/Coumadin, Ticlid
- No surgeries, dental work, immunizations, tattoos 2 weeks before/after procedure
- Females will be ordered and must obtain a **pregnancy test** prior to procedures
- When sick, reschedule. For flu-like symptoms or any type of infection within seven (7) days of your pending procedure, please call the front desk to reschedule

Pain Health Psychology

APPROACH TO PAIN MANAGEMENT

<https://youtu.be/9VN0UH72WWk>

Clinical Pharmacy Services

- Medication Therapy Management/Education
 - Proper use, storage, and disposal of medications
 - **Medication effectiveness**
 - **Drug interactions**
 - **Side effects of medication (opioids and others)**
 - Optimize medication therapy & recommend changes
- Medication Utilization Review
- Sole Provider Agreements (**Patient Safety**, Prevent multiple opioid prescriptions, **Medication security**; treat as a loaded weapon or \$1000.00 cash!)
- Monitor e-Profiles
- **Patient must bring pain medications to appointments for renewals**

Medication Refills

- Your regular medications should have refills; call the refill line to order more
- **Narcotics/opiates require a follow up appointment for renewal**
- After each visit, stop by the front desk to schedule your next appointment
- If you are unable to keep your follow up appointment, reschedule for the next available date.
- Call the nurse line least a week before you run out of medications
 - Remember nurse calls are answered within 72hours; Please call the clinic before you are down to your last few pills
- Generally the provider will order enough medication to last to the next appointment (usually about 7 days of medication)

**Additional opiates will not be provided until you are seen in the clinic.
You must keep your scheduled appointment to get your full renewal of
medication.**

Medication Therapies

- Anti-inflammatory drugs (heart and kidney problems, **GI BLEED**)
- Acetaminophen (**liver failure above 4000mg/day**)
- Anticonvulsants (Gabapentin and others = nerve stabilization)
- Antidepressants (tricyclic and SNRIs = help sleep and **turn down pain volume/reduce pain signals**)
- Locally acting topical preparations
 - Lidocaine Patch/Lidocaine CREAM: must use daily, **takes 7 to 10 days for effect**
 - Voltaren Gel: must use at least 3 times a day (**AM, after work and at bedtime**)
 - Capsaicin: apply to small test area to start, **wash hands thoroughly after application**

Green Risk Level

Statement in comments section of disposition

- **DO NOT drink alcohol while taking this medication**
- Always take medication as prescribed
- Follow the activity warnings on the medication label
- **No flight or airborne operations**
- **No firearms, no weapons**
- Your pain medication is an opioid agonist and a controlled substance with an abuse liability similar to morphine. It can be **abused** and is subject to **criminal diversion**
- This profile is in addition to any current active profiles

Battlefield Acupuncture (BFA)

History of acupuncture and BFA

- Being done since 500 BCE by Chinese
- Dr. Paul Nogier brought to the west on his observations while in China
- The ear has points that map to the brain – studies from 1970's onward with intense military involvement
- Dr. Niemtzow (Air Force – oh well) developed BFA protocol

What can BFA do for you?

- Pain relief
- Improve function and quality of life
- Mood improvement
- Energy improvement

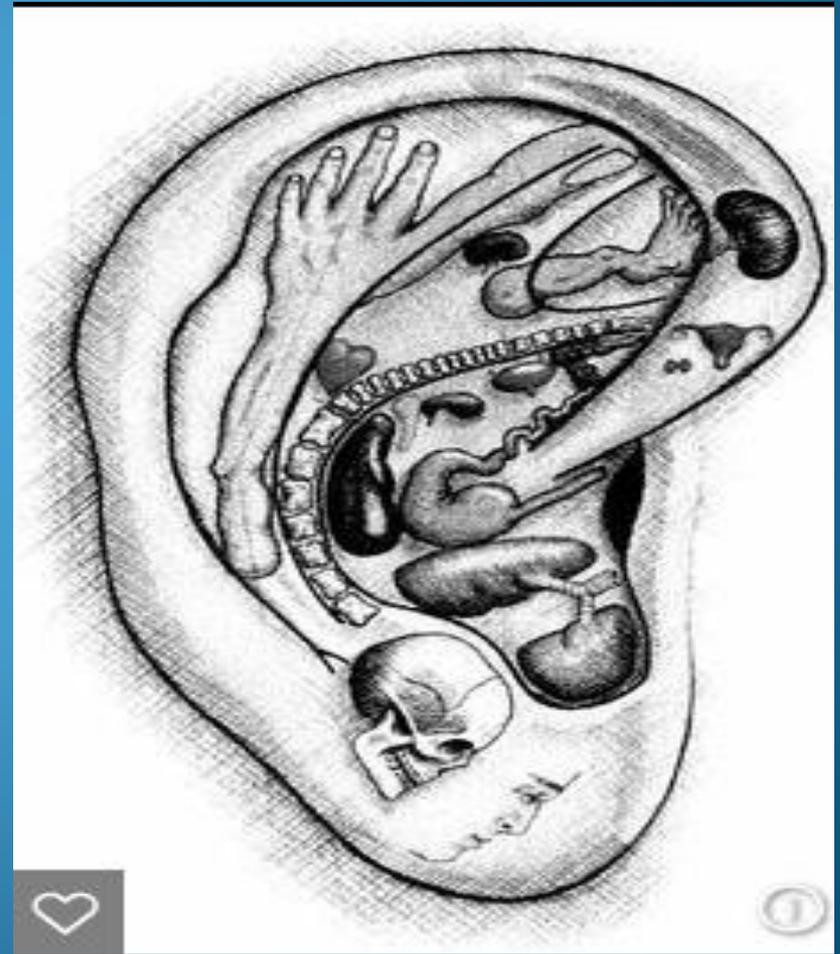
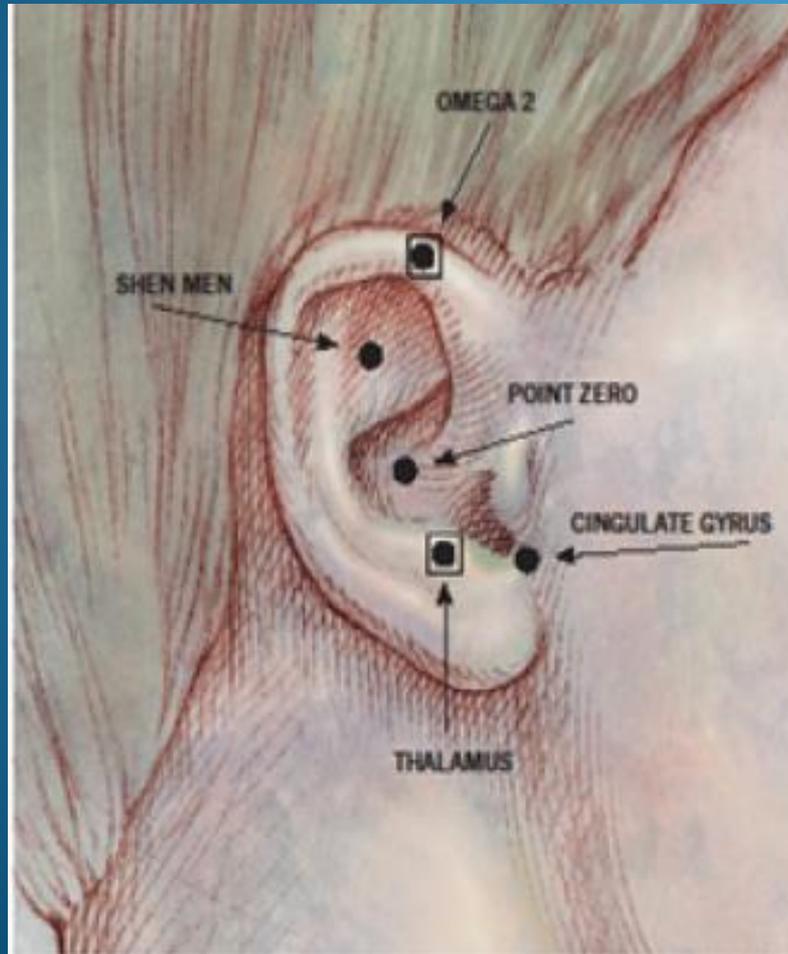
Equipment #1



Equipment #2

- Your ear!!

Battlefield Acupuncture Points



Consent Form and Response

- Please sign if you agree to proceed with procedure
 - Name, last four, date
 - Pain Condition
 - Before and After levels of pain (0-10 scale)