

Establishing Quality Care for CRPS & Chronic Pain Conditions



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Effective Approach for the Management Of Complex Pain Conditions



- Interdisciplinary Approach
- Biopsychosocial Model
- Evidence-Based



Multidisciplinary vs. Interdisciplinary



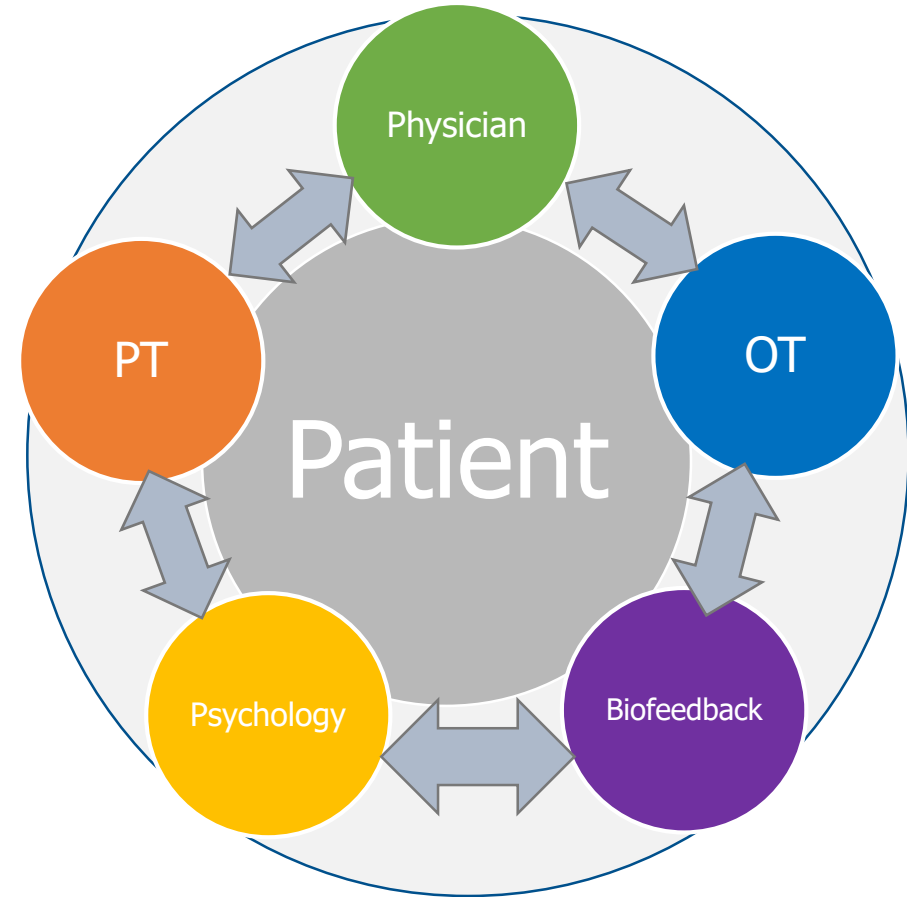
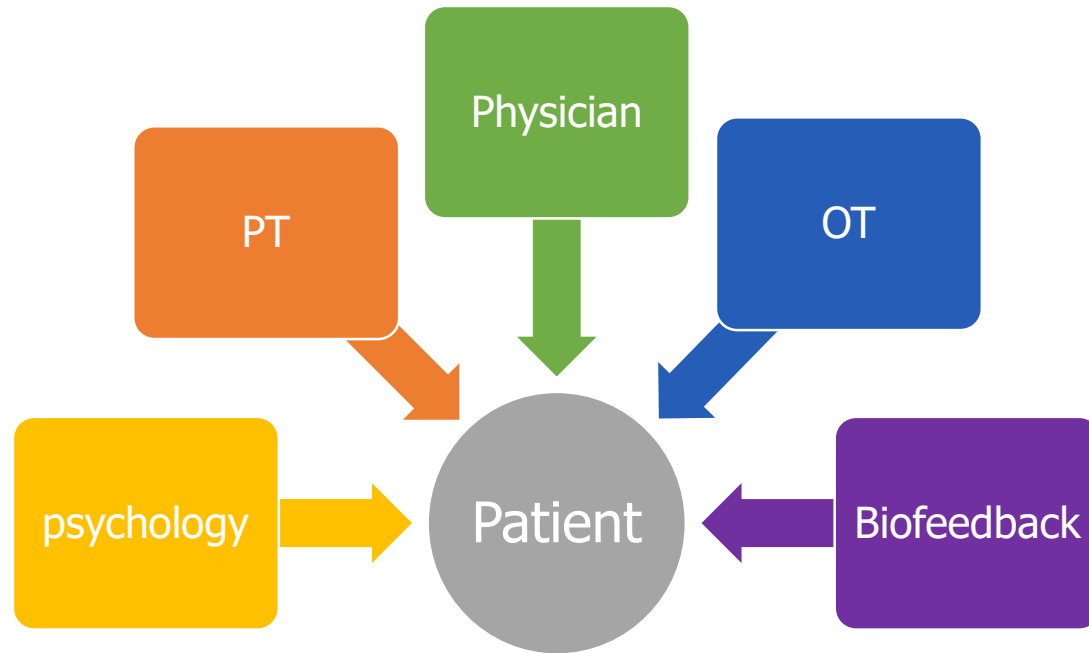
Multidisciplinary: Team of health care professionals from different fields who coordinate within each profession, but are not considered to overlap.

Interdisciplinary: Team of health care professionals from different fields working in coordinated fashion toward common goals for a patient

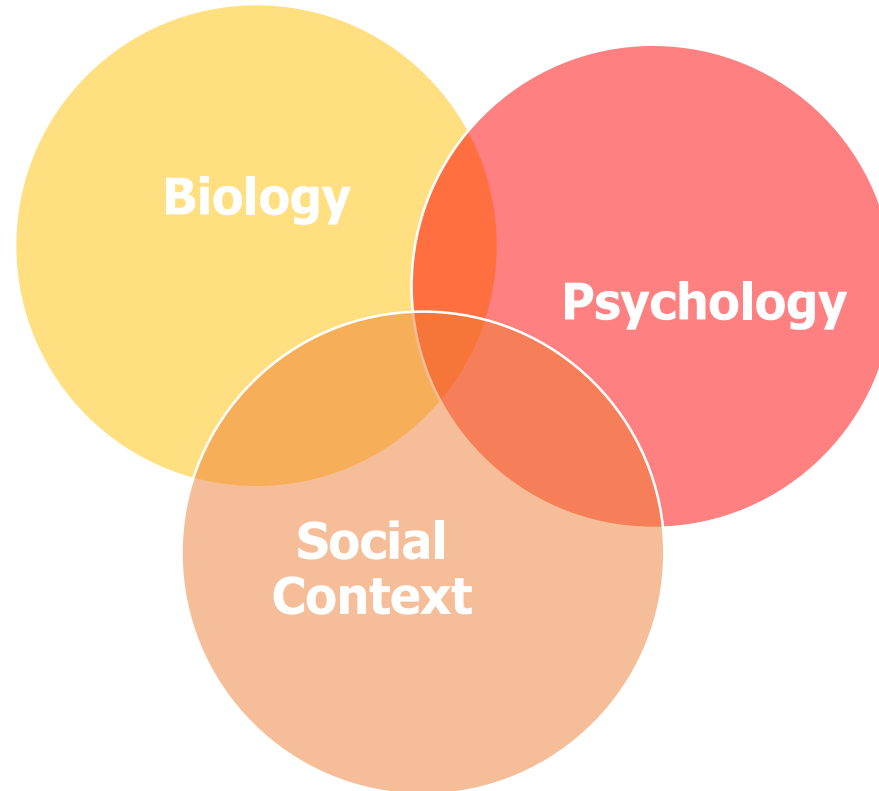
The treatment of chronic or complex pain through a **interdisciplinary pain management** approach has been well established in the evidence-based scientific literature.^{1-4,7.}



Multidisciplinary vs. Interdisciplinary



Biopsychosocial Model



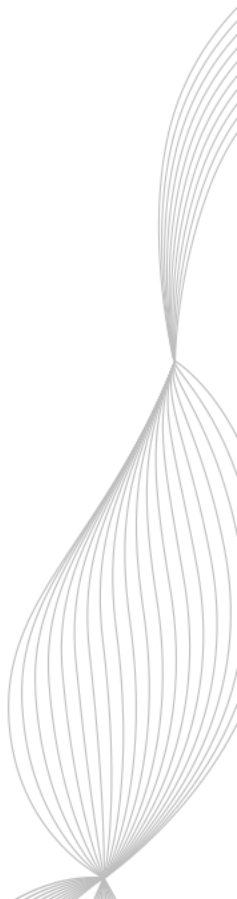
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Evidence Based Intervention



- Interdisciplinary approach
- Active approach
- Pain Science Education

There is strong evidence to suggest that pain science can have an important impact on the recovery of patients with persistent or complex pain.^{5-6.}

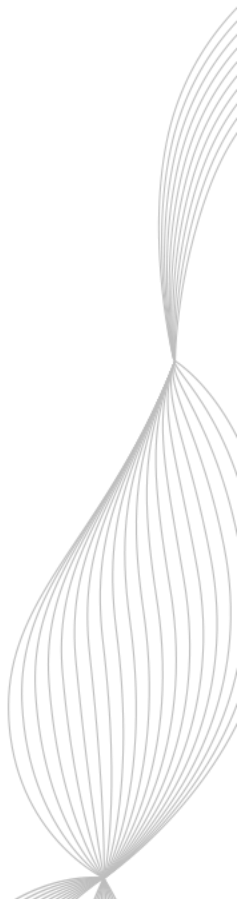


Pain Science Education



Education can have positive effect on:

- Pain rating
- Disability
- Movement
- Catastrophic thinking
- Pain anxiety
- Coping
- Fear avoidance/Fear of movement
- Healthcare utilization



Shirley Ryan AbilityLab



- Located in downtown Chicago
- Rehabilitation specialty hospital
- Provide multiple levels of care:
 - Inpatient
 - DayRehab
 - Outpatient



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Pain Management Center at Shirley Ryan AbilityLab



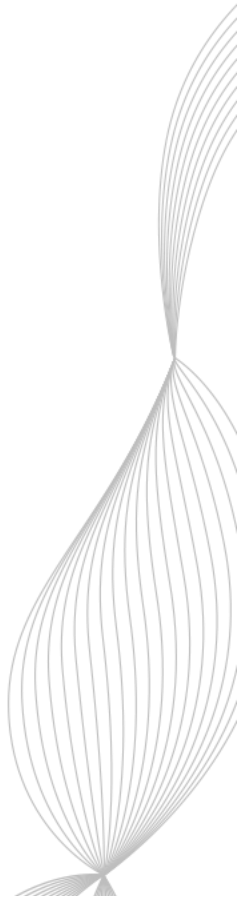
- Evaluated by a physician and psychologist
- Intensity recommendations can vary greatly:
 - **Adult Program** → 1 half-day/week for 6-8 weeks → Five 7-hour days/week for 4 weeks
 - **Pediatric/Adolescent Program** → 1-2 half day/week
- Combination of one-on-one treatment as well as groups



Pain Management Center at Shirley Ryan AbilityLab



- Weekly team conference
- Progress is assessed frequently and adjusted as needed
- Inclusion of psychology, biofeedback, physical therapy, occupational therapy, vocational counseling and nursing
- Clinicians have expertise in complex pain conditions
- Active approach
- Focus on pain science education



Role of Physician



- Accurate diagnosis
- Counseling patient and family on evidence-based approaches
- Communication with other healthcare providers
- Comprehensive medical and rehabilitation management
- Long-term monitoring



Role of Psychology



- Cognitive-Behavioral Therapy (CBT)
 - Assists patients in recognizing, confronting, and changing unproductive thoughts
 - Emphasizes role of thoughts, beliefs, and attitudes
 - Replacing maladaptive behaviors with adaptive behaviors
- Mindfulness
 - Paying attention to present moment
 - Paying attention “on purpose”
 - Conscious direction of awareness



Role of Psychology



- Mind-Body Connection
- Coping Skills
- Emotional Regulation
- Cognitive Restructuring
- Stress Management
- Family Education
- Relaxation Training



Role of Physical & Occupational Therapy



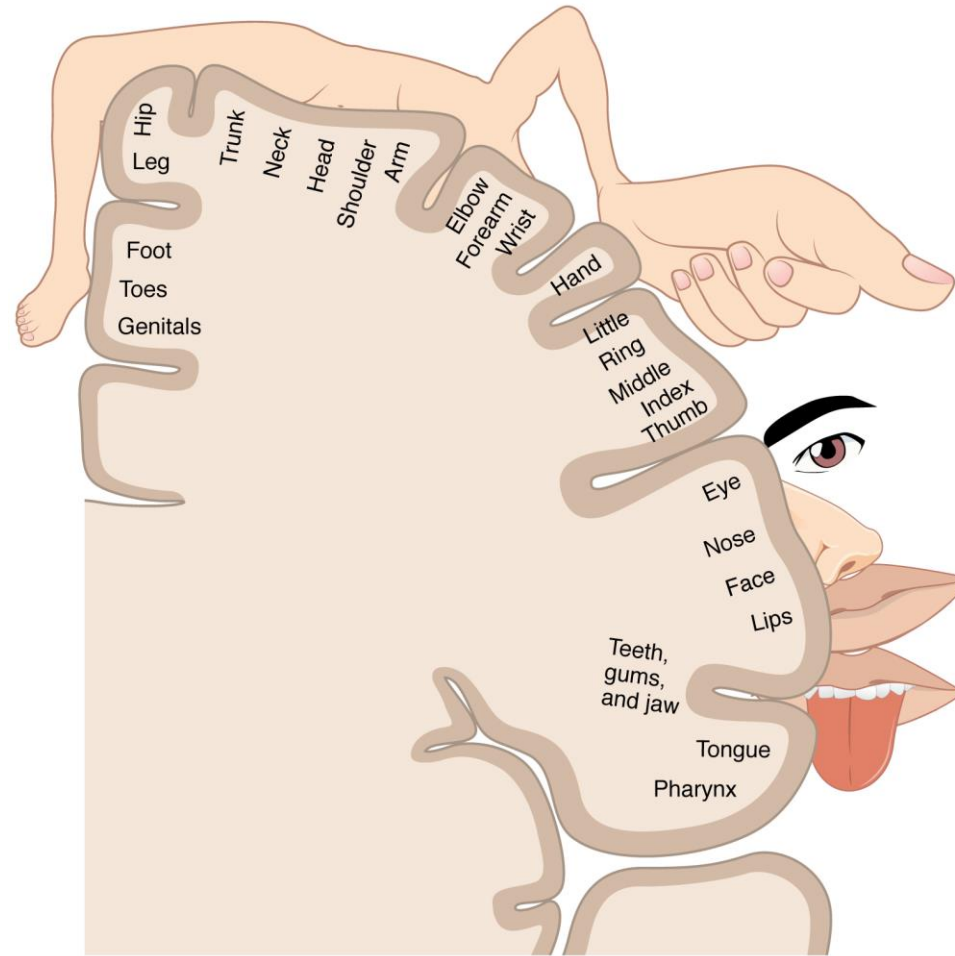
Active	Passive
Therapeutic Exercise (stretching, strengthening, neurodynamics, conditioning)	Modalities – TENS, ultrasound
Localization	Soft tissue mobilization
Desensitization	Dry Needling
Graded Motor Imagery	Heat
Mirror Therapy	Ice
Patient education	Joint mobilization/manipulation



Role of Physical Therapy



- Therapeutic Exercise
 - Stretching
 - Strengthening
 - Neurodynamics
- Localization
- Conditioning



Localization Training



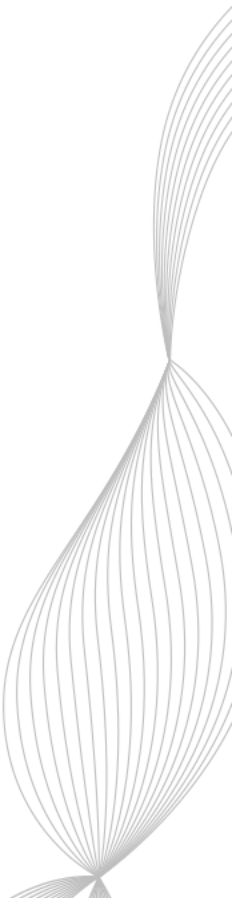
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Role of Occupational Therapy



- Desensitization
- Graded motor imagery
- Mirror therapy



Patient Story: Sarah H



- Injury began April of 2016
- Began care at Shirley Ryan AbilityLab in late 2016



Questions?

References



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