

Blending Complementary Care and Conventional Medicine Practices for the Management Of Chronic Pain

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TRADITIONAL PAIN MANAGEMENT CARE

SYMPTOM FOCUSED CARE – *not disease focused care*

TRADITIONALLY PHARMACOLOGIC BASED CARE

PROCEDUREAL CARE

INTERVENTIONAL/SURGICAL CARE

RESTORATIVE FOCUSED CARE



PASSIVE ENGAGEMENT IN TREATMENT

PASSIVE Treatments for Pain *Help Short-Term

- Expecting doctors to fix your pain
- Using medications all day every day
- Avoiding physical activity
- Use of any nicotine (cigarettes, dip, e-cig, vape)
- Having the physical therapist work on you
- Having the massage therapist or chiropractor work on you
- Eating comfort foods
- Only using “pills” for depression/anxiety/PTSD
- Only using “pills” for sleep problems
- Regular acupuncture treatment

Source: Dr. Philip Nelson Pharm D Charles George VA Medical Center VIPM Services

WHOLE HEALTH APPROACH TO HEALTH AND PAIN MANAGEMENT CARE

A holistic look at the many areas of life that can affect pain, health, work environment, relationships, diet, sleep patterns, etc

Source: <https://www.va.gov/PATIENTCENTEREDCARE/explore/about-whole-health.asp>



ACTIVE PARTICIPATION IN PAIN MANAGEMENT CARE

ACTIVE Treatments for Pain *Help Long-Term*

- Making personal efforts to improve your pain
- Using medications only as needed (because other active treatments are helping pain)
- Remaining as physically active as possible and pacing your activity
- No nicotine (cigarettes, dip, e-cig, vape)
- Doing physical therapy exercises regularly at home (that your therapist showed you)
- Doing self-massage
- Eating an anti-inflammatory diet
- Using “skills” to treat depression/anxiety/PTSD
- Using “skills” to treat sleep problems
- Doing acupressure on yourself
- Doing movement therapy regularly (such as gentle yoga or tai chi)
- Using relaxation/breathing techniques regularly
- Maintaining a healthy weight
- Challenging negative thoughts

Complementary, Alternative and Integrative Medicine

Often used to describes terms such as non-traditional methods of treating disease processes/conditions

COMPLEMENTARY:

is used together with conventional medicine, it's considered "complementary."

ALTERNATIVE:

A non-mainstream practice used in place of conventional medicine

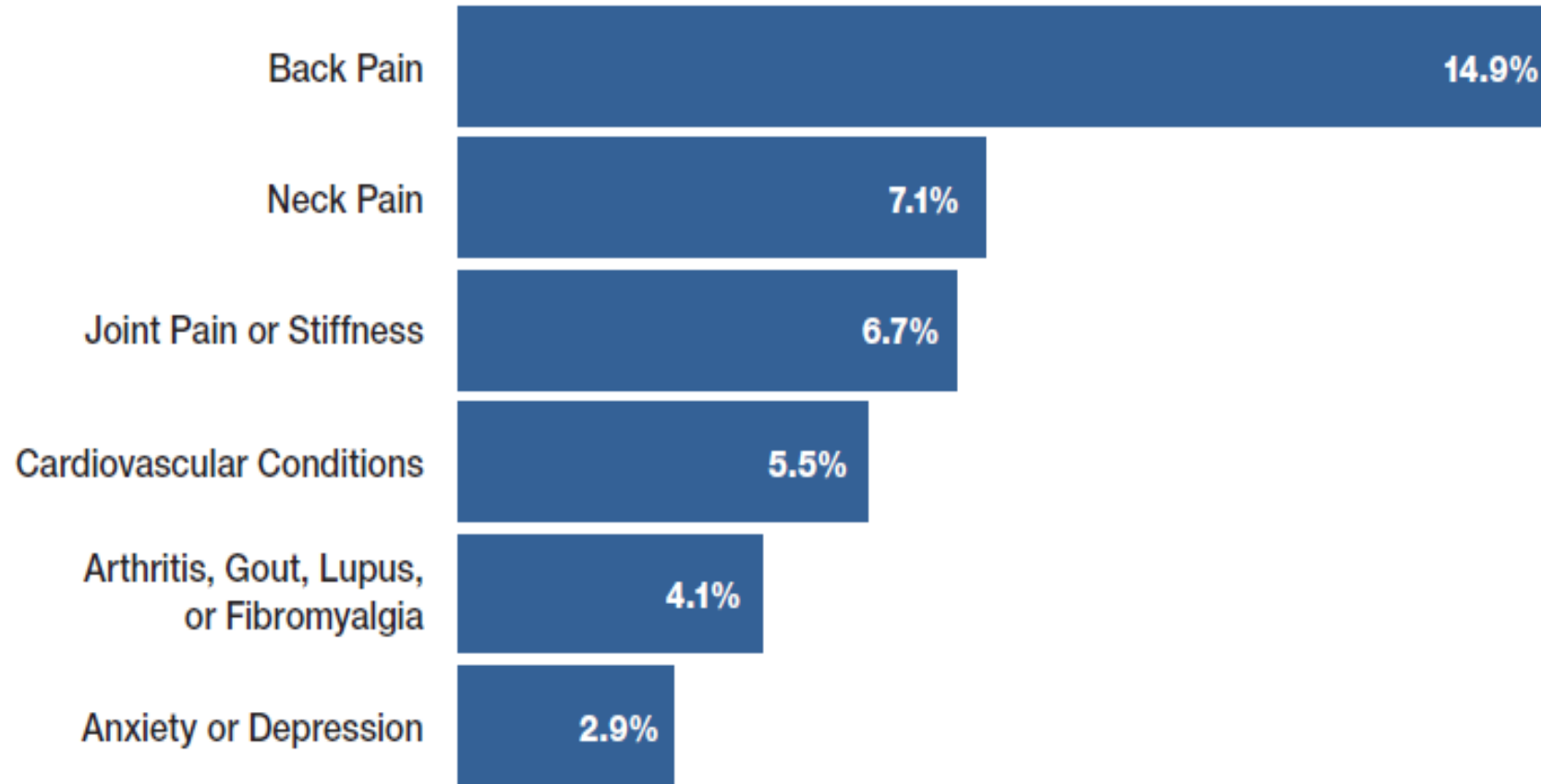
INTEGRATIVE:

Use of conventional and complementary approaches together in a coordinated way.

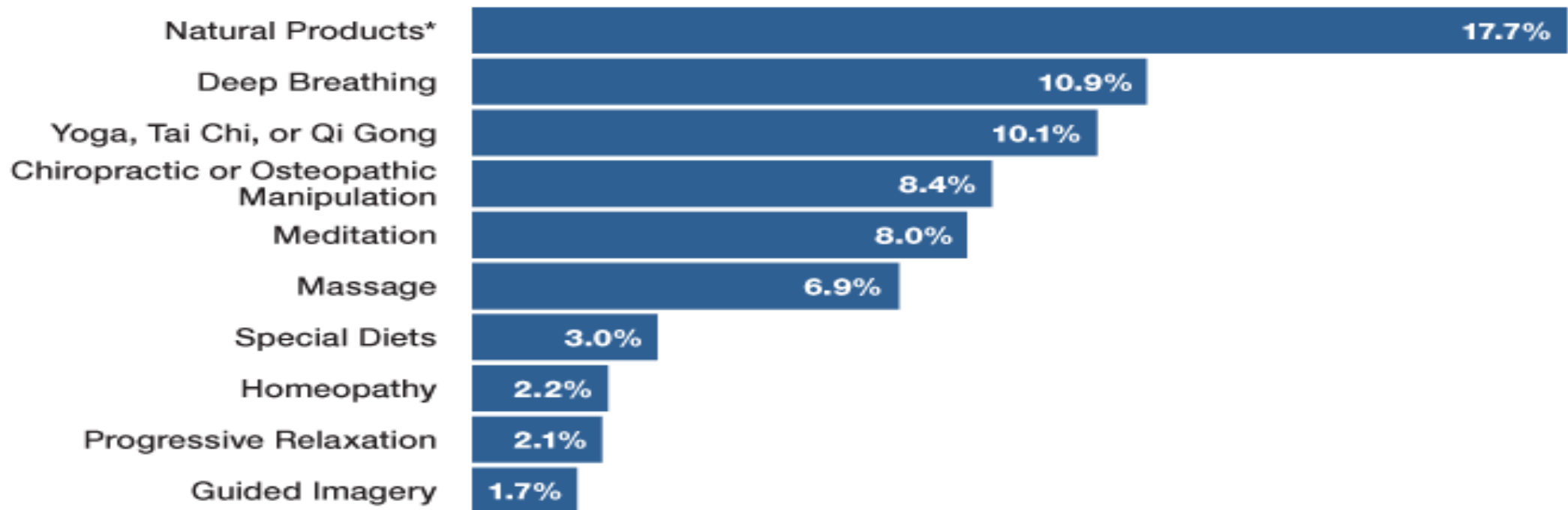
Source: <https://nccih.nih.gov/health/integrative-health>



Diseases/Conditions for Which Complementary Health Approaches Are Most Frequently Used Among Adults—2012**



10 most common complementary health approaches among adults—2012



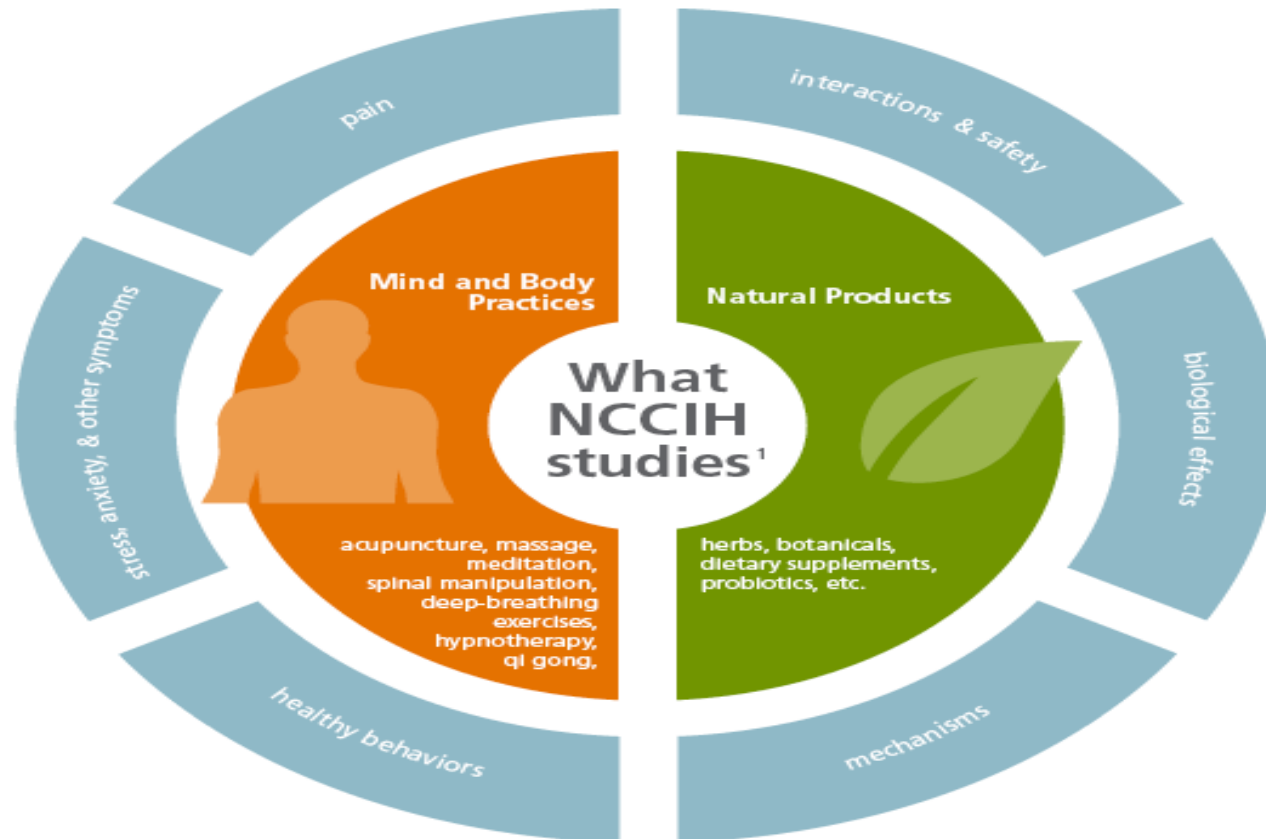
*Dietary supplements other than vitamins and minerals.

Source: Clarke TC, Black LJ, Stussman BJ, Barnes PM, Nahin RL. Trends in the use of complementary health approaches among adults: United States, 2002-2012. National health statistics reports; no 79. Hyattsville, MD: National Center for Health Statistics. 2015.

CAM Treatment Options for Managing Pain



WHAT THE RESEARCH TELLS US



Review Examines Clinical Trial Evidence on Complementary Approaches for Five Painful Conditions

2016 Approaches were examined in trials of five pain conditions often seen and treated in primary care settings: **back pain, osteoarthritis, neck pain, severe headaches and migraine, and fibromyalgia.**

Data revealed the **following complementary approaches had more positive than negative results and thus may help some patients manage certain painful health conditions:**

- ▶ Acupuncture and yoga for back pain
- ▶ Acupuncture and tai chi for osteoarthritis of the knee
- ▶ Massage therapy for neck pain—with adequate doses and for short-term benefit
- ▶ Relaxation techniques for severe headaches and migraine

SOURCE: Nahin RL, Boineau R, Khalsa PS, Stussman BJ, Weber WJ. Evidence-based evaluation of complementary health approaches for pain management in the United States.(link is external) Mayo Clin Proceedings. September 2016;91(9):1292–1306.

ENERGY THERAPIES

DEFINED:

Belief the body contains energy fields and when imbalances occur in these fields illness such as chronic pain can occur

TYPES:

Meditation


Mindfulness Based Stress Reduction

Acupressure

Acupuncture

Healing Touch

HEALING TOUCH

- ▶ Healing Touch is an energy therapy in which trained nurses/professionals consciously use their hands in a heart-centered and intentional way to support and facilitate physical, emotional, mental and spiritual health.
 - ▶ Touch is on or above the body with the patient clothed, in a gown or pajamas.
 - ▶ Music is often used during the Healing Touch Session.
 - ▶ Session can be as short as 20 minutes or as long as one hour.
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ACUPUNCTURE

Technique whereby specific points on the body are stimulated—most often by inserting thin needles through the skin. It is one of the practices used in traditional Chinese medicine

What's the Bottom Line?

There have been extensive studies conducted on acupuncture, especially for back and neck pain, osteoarthritis/knee pain, and headache. However, researchers are only beginning to understand whether acupuncture can be helpful for various health conditions.

How much do we know about acupuncture?

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SOURCE: <https://nccih.nih.gov/health/acupuncture/introduction#hed2>



ACPUNCTURE

What do we know about the effectiveness of acupuncture?

Research suggests that acupuncture can help manage certain pain conditions, but evidence about its value for other health issues is uncertain.

What do we know about the safety of acupuncture?

Acupuncture is generally considered safe when performed by an experienced, well-trained practitioner using sterile needles. Improperly performed acupuncture can cause serious side effects.

SOURCE: <https://nccih.nih.gov/health/acupuncture/introduction#hed2>



What the Science Says About the Effectiveness of Acupuncture

2016 Research Summary National Center for Complementary and Integrative (NCCIH)

- ▶ Help ease types of pain that are often chronic such as low-back pain, neck pain, and osteoarthritis/knee pain. It also may help reduce the frequency of tension headaches and prevent migraine headaches. Therefore, acupuncture appears to be a reasonable option for people with chronic pain to consider.

SOURCE: <https://nccih.nih.gov/health/acupuncture/introduction#hed2>

MIND–BODY THERAPIES

Therapies “positively influencing the mind to improve the health of the individual.”

2 Components of MDT:

1. Restore the mind to a peaceful neutrality
2. To use the “ready mind” to improve overall health thus reduce pain

TYPES

Yoga

Tai Chi

Qi Chong

Source: Mayo Clinic: Solutions for Living with Chronic Pain (Spring 2016)



YOGA

- ▶ **Yoga is a mind and body practice with historical origins in ancient Indian philosophy**
 - May be seen as a spiritual path
 - Promotes flexibility, strength and endurance
- ▶ **ULTIMATE GOAL** – reach a complete peacefulness of the body and the mind via breathing, meditation and posture/flexibility/strength

Source: Mayo Clinic: Solutions for Living with Chronic Pain (Spring 2016)

TAI CHI and QI GONG

- ▶ **A Form of Martial Arts** (tai chi movements, if practiced quickly, can be a form of combat or self-defense)
- ▶ **Both involve certain postures and gentle movements with mental focus, breathing, and relaxation. The movements can be adapted or practiced while walking, standing, or sitting.**
- ▶ **BENEFITS:**
 - Strengthen Muscles
 - Improve Joint Flexibility
 - Reduce Stress
- ▶ Tai chi and qi gong are centuries-old, related mind and body practices. They involve certain postures and gentle movements with mental focus, breathing, and relaxation. The movements can be adapted or practiced while walking, standing, or sitting.

Sources:

<https://nccih.nih.gov/health/acupuncture/introduction#hed2>

Mayo Clinic: Solutions for Living with Chronic Pain (Spring 2016)

WHAT THE RESEARCH SAYS ABOUT TAI CHI

Practicing Tai Chi may:

- ▶ Improve balance and stability in older people and those with Parkinson's
- ▶ Reduce pain from knee osteoarthritis
- ▶ Help people cope with fibromyalgia and back pain
- ▶ Promote quality of life and mood
- ▶ Offer psychological benefits, such as reducing anxiety.

SOURCE: <https://nccih.nih.gov/health/taichi/introduction.htm#hed1>



MEDITATION

Mind and body practices focus on the interactions among the brain, mind, body, and behavior.

Process whereby one focuses on breathing or the repetition of a word or phrase or sound to quieten the mind

MINDFULNESS


DEFINED:

a nonjudgmental awareness in which each thought, feeling, and sensation that arises is acknowledged and accepted as it is.

Source: (<https://www.takingcharge.csh.umn.edu/explore-healing-practices/mindfulness>)



OTHER OPTIONS FOR ASSISTING WITH PAIN RELATED CARE

- ▶ Chiropractic
 - ▶ Education – individualized and group
 - ▶ Cognitive–Behavioral Therapy– P (CBT–P)
 - ▶ Biofeedback
 - ▶ Acceptance and Commitment Therapy
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HANDS-ON THERAPIES

AROMATHERAPY

DEFINED:

a form of healing using essential oils from plants, flowers herbs and tree extracts either inhaled or applied

BENEFITS:

Promotes relaxation and calm

Certain essential oils have antiviral, antifungal and antibacterial benefits

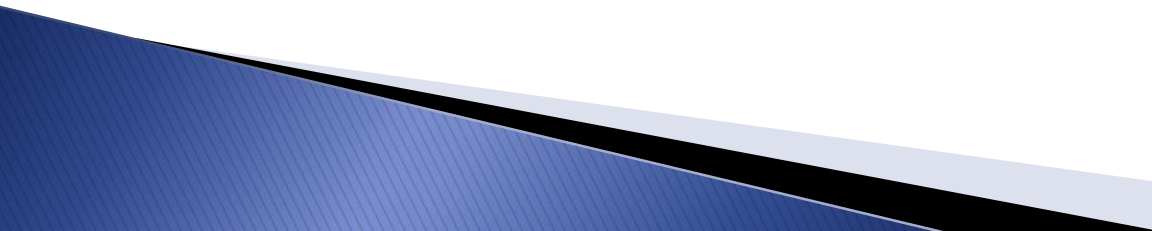
AROMATHERAPY USES

“Essential Oils”

ESSENTIAL OILS DEFINED:

- ▶ VOLITALE LIQUIDS distilled from plants (their seeds, bark, stems, roots, flowers, fruit, ect)

BENEFITS OF ESSENTIAL OILS:

- ▶ Regenerating to the body
 - ▶ Protective and Improve Immune System
 - ▶ Have Anti-fungal, Anti-Viral and Anti-infective Properties
 - ▶ Some have anti-tumor and antiseptic properties
- 

IMPORTANT INFORMATION


**DO NOT STOP ANY PRESCRIBED
MEDICATIONS** or use essential oils
internally and/or ingest without prior
talking with your MD



Properties of Essential Oils

- ▶ **Antibacterial:** an agent that prevents growth of or destroys bacteria
- ▶ **Anti-depressant:** (DO NOT STOP PERSCRIBED Anti-depressant therapy) an agent that helps alleviate depression
- ▶ **Anti-Fungal:** An agent that prevents and combats the spread of germs
- ▶ **Anti-infectious:** An agent that prevents and combats spread of infection
- ▶ **Anti-Inflammatory:** An agent that alleviates inflammation

Properties of Essential Oils

- ▶ **Antimicrobial:** An agent that resists or destroys pathogenic microorganisms
 - ▶ **Anti-parasitic:** An agent which prevents and destroys parasites
 - ▶ **Antirheumatic:** An agent that helps and relieves arthritis
 - ▶ **Antiseptic:** An agent that helps and prevents the development of microbes
 - ▶ **Antispasmodic:** An agent that prevents and eases spasms
 - ▶ **Analgesic** – A substance that relieves pain
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APPLICATION OF ESSENTIAL OILS

DIRECT APPLICATION

- ▶ *Topical application of essential oils on the skin, hair, in the mouth, teeth, nails and other mucous membranes*

Essential Oils are **very potent** therefore application requires mixing in a “Carrier Oil” such as

- ▶ Fractionated Coconut Oil
- ▶ Almond Oil
- ▶ Olive Oil, Jojoba Oil

GUIDLINES FOR DIRECT APPLICATION

Due to the potency of the oils MORE is not always better

To achieve the desired results 1–3 drops of an oil are adequate

AGAIN USING A CARRIER OIL IS BEST

DIRECT APPLICATION SITES

Feet

- ▶ Rapid absorption due to large pores on the soles of the feet

EARS/WRISTS

- ▶ Quick Absorbing areas: behind ears and on wrist

LARGE BODY SURFACES

- ▶ Used as massage for large areas ALWAYS dilute oils by 15–30% with “fractionated carrier oils”

OTHER FORMS OF APPLICATIONS


- ▶ Compresses
- ▶ Auricular Therapy – application to points on the rim of the ears
- ▶ In Reflexology/Reflex Therapy – application *to specific points* on the feet and hands
- ▶ Baths (3–6 drops added to water); Make a bath salt, bath Gel, shower gel, body scrub

ESSENTIAL OILS FOR AROMATHERAPY

Delivery of Oils:

- ▶ Diffuser – easiest and simplest allow for inhalation via humidified air
- ▶ Cool Mist Vaporizer or Humidifiers (DO NOT MIX WITH inhalation Medications)
- ▶ Direct Inhalation: Easy method – place on hands (1–2 drops) and cups hands over nose and mouth
- ▶ Hot Water Vapor – 3 drops of a chosen oil and inhale
- ▶ Perfume or Cologne

SOOTHING ESSENTIAL OILS


- ▶ **Lavender** (multiple benefits)
 - ▶ **Ylang Ylang**
 - ▶ **Romaine Chamomile**
 - ▶ **Clary Sage**
 - ▶ **Orange**
 - ▶ **Vetiver** (this one is great for sleep)
 - ▶ **Geranium**
 - ▶ **Sandlewood** (also good for colds and sleep)
 - ▶ **Bergamot**
 - ▶ **Rose**
- 

INVIGORATING/ENERGIZING OILS

All are mixed with a carrier oil prior to application

- ▶ Peppermint
- ▶ Eucalyptus
- ▶ White Fir
- ▶ Lemon
- ▶ Basil
- ▶ Wintergreen
- ▶ Thyme

If you have allergies to any of the above do not use the essential oil



ESSENTIAL OILS TO MANAGE PAIN

All are mixed with a carrier oil prior to application

- ▶ **CINNAMON:** for physical and muscle fatigue
- ▶ **CLOVE:** Lupus, Muscle aches/pain/fatigue, osteoporosis, Rheumatoid Arthritis, Toothache pain
- ▶ **Cypress:** Chronic Pain, Raynaud's disease, Rheumatoid Arthritis, Hemorrhoids
- ▶ **Eucalyptus:** Cooling to the body, Ear Inflammation, Kidney Stones, Neuralgia, Neuritis, Over exercised muscles, Pain , Tennis Elbow

ESSENTIAL OILS TO MANAGE PAIN

All are mixed with a carrier oil prior to application

- ▶ **LAVENDAR:** Anxiety; Bee stings/Bites; Inflammation; Herpes Simplex; Rheumatoid Arthritis; Lupus; Fibromyalgia; Teething pain; Tension; Wounds; Tic/Insect Bites
- ▶ **LEMON:** Cold Sores; Constipation; Kidney Stones; Hangovers, heartburn, pancreatitis
- ▶ **WINTERGREEN:** Arthritic Pain; Bone pain; Bone Spurs; Cartilage injury; Frozen Shoulder; Joint Pain; Sore Rotator Cuff