

MULTIDIMENSIONAL APPROACH TO CHRONIC PAIN

VMG Chronic Pain Team

VMG System Level	Provider Level	Patient Level
<ol style="list-style-type: none"> 1. Chronic Pain Framework – Our Approach 2. Objective Data <ol style="list-style-type: none"> a. Central Sensitization Inventory b. Oswestry Scale c. Opiate Risk Tool 3. Chronic Pain Guidelines <ol style="list-style-type: none"> a. Do not fill narcotics at first visit to practice b. Goal of under 100 MME c. Meet with Chronic Pain Panel if increasing dose above 100 MME 4. Focus on harm reduction for patients on concomitant opiates and benzos 5. Develop Chronic Pain flowsheet in Athena 6. Update Chronic Pain template and encounter plan 7. Monthly meetings for Chronic Pain Triads in each center 8. Have all/most providers trained and receive DEA X waiver for suboxone prescribing 9. Improve partnership with Pain Management practices 10. Increase access to complimentary treatments – expand Tai Chi and Yoga access across centers 	<ol style="list-style-type: none"> 1. How we discuss pain with our patients 2. Central Sensitization 3. Compound medication availability 4. How to taper a patient on opiates 5. Opiate withdrawal treatment as an outpatient 6. Acute Pain Management for patients on suboxone 7. Shared Medical Appointments in each center 8. Transparency – quarterly reports of patients on csrp 9. Encourage use of Chronic Pain diagnosis in chart, as well as brief treatment plan in problem list 	<ol style="list-style-type: none"> 1. Patient Handouts <ol style="list-style-type: none"> a. Central Sensitization b. Multi-dimensional Approach to Chronic Pain c. Holistic measures that improve pain <ol style="list-style-type: none"> i. Vitamin D ii. Smoking Cessation iii. Exercise iv. Acupuncture v. Positive Thinking vi. Weight Loss d. Side effects/risks of opiates 2. Internet Resources 3. Community Resources Handouts <ol style="list-style-type: none"> a. YMCA programs – Pain Pals of Franklin County, Chronic Pain 12 week program b. Smith College indoor track c. Support Groups d. HVES/Lifepath Groups – Stanford Chronic Disease Self-Management Program

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