



Advisory Committee Update

Date: 4/15/24

Subject: Persistent Pain

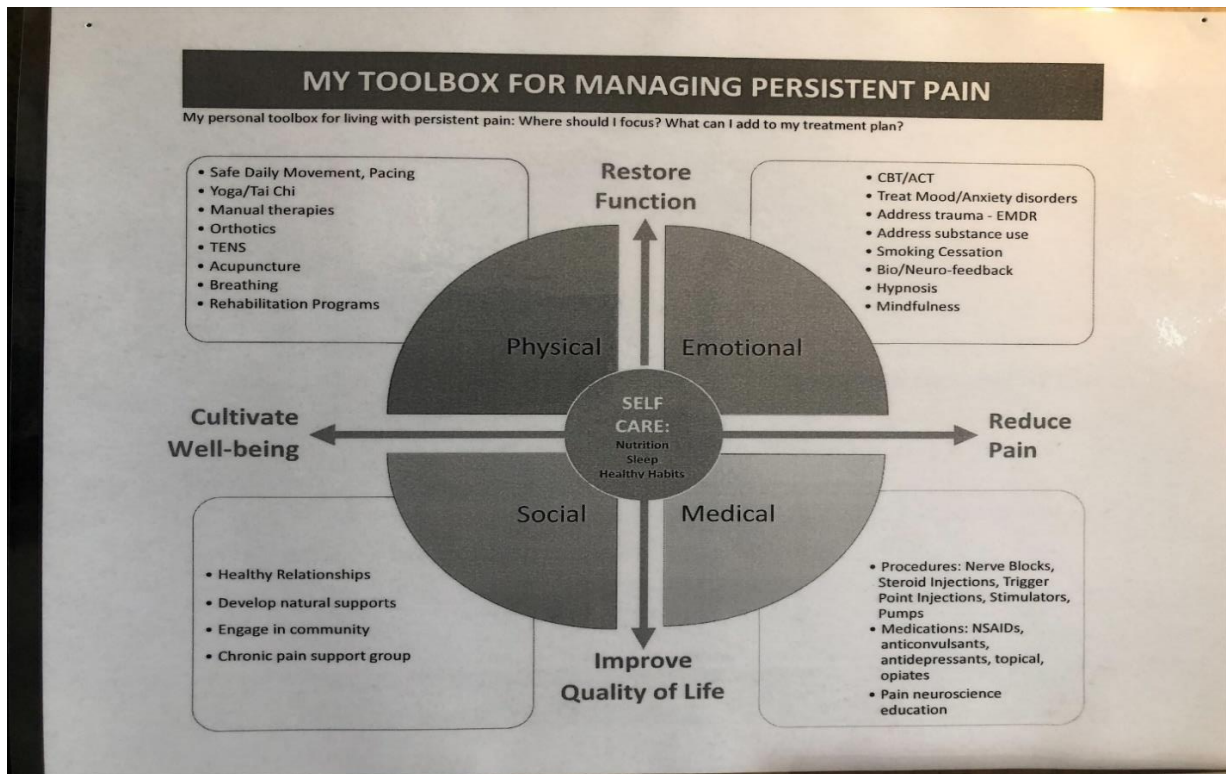
The definition for persistent pain has been revised. It now reads “An unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage. Pain is always a personal experience that is influenced to varying degrees by biological, psychological, and social factors. A person’s report of an experience as pain should be respected. Although pain usually serves an adaptive role, it may have adverse effects on function and social and psychological well-being” (IASP, 2021)

In working with patients who live with persistent pain, one can certainly speak to the complexity of pain and how it can impact people’s lives so dramatically. There is a lot of research and new approaches to treatment of persistent pain but what all experts agree on is using a multidisciplinary approach – physical, medical, social, emotional interventions.

Below is a tool that we use in the pain SMA that we build upon over the 10-week session. It highlights all of the complexities of managing persistent pain for the whole person, putting themselves at the center. There is also a great website that you can refer patients to called mypainplan.org, which is managed by the U.S. Pain Foundation.

There is a lot of stigma for patients who live with chronic pain as well as a sense of shame. It is vital to the patient-provider relationship to listen, acknowledge what they feel and let them feel heard. Addressing chronic pain with a patient is a marathon and starts with the trusting relationship.

Please continue to refer patients to Persistent Pain SMA by sending a patient case to me.



Thank you

Laura Duffy FNP, persistent pain and substance abuse clinical champion