



Alternative Treatments to Chronic Pain

Speaker: Elisabeth Fowlie Mock, MD

Thursday, December 20, 2018

12 – 1 PM

Audio is available through your computer speakers.

Mission

Maine Quality Counts is a nonprofit located in Manchester, Maine.

We are working to improve the health of all Maine people (and beyond) by transforming the way healthcare is delivered.

Priorities

QC Brings Together the People Who Give, Get and Pay for Healthcare to Address Shared Priorities:



- Improve the alignment of healthcare systems to transform health for all Maine people
- Provide quality improvement assistance to practices
- Engage consumers in healthcare
- Promote the integration of physical and behavioral health

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mainequalitycounts.org

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Important Webinar Notes

- You are in listen-only mode. Please use the Q&A function to ask questions or make comments.
- Video screen size and location is adjustable.
- Tomorrow you'll receive an email with links to slides and recordings.

CME

- **Disclosure: Today's speaker does not have any relevant financial relationships with the manufacturers(s) of any commercial products(s) and/or provider of commercial services discussed in this CME activity.**
- **CME** will be available for participants who have signed into the live webinar. If there are multiple people at one computer, please type their names and email addresses into the chat box for our attendance records.
- We do not have separate nursing CEUs- but you can get a CME certificate.
- A CME evaluation survey will be sent after the webinar via email the day following the webinar.
- Please complete the survey via Survey Monkey within 2 weeks.
- **New CME Documentation Procedure: You are now able to access your CME document immediately by clicking the link at the very end of the survey.**

This activity has been planned and implemented in accordance with the Essentials and Standards of the Maine Medical Association Committee on Continuing Medical Education and Accreditation through the partnership of Maine Medical Education Trust and the Maine Independent Clinical Information Service (MICIS). The Maine Medical Education Trust is accredited by the Maine Medical Association to provide Continuing Medical Education (CME) activities for physicians.

Today's Speaker

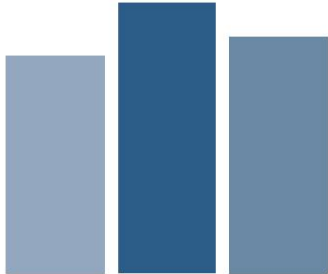


Speaker: Elisabeth Fowlie Mock, MD, MPH, FAAFP

Elisabeth is a Family Physician living in Holden, ME, and practicing part-time as an Adult Hospitalist (or “Nocturnist”) at Eastern Maine Medical Center in Bangor. She does consulting work and teaches for the Maine Medical Association’s Academic Detailing Program, MICIS. She attended Colby College and Emory University and received her MD from Vanderbilt University School of Medicine. After a residency in rural Family Medicine, she received her MPH in Health Policy and Administration from UNC-Chapel Hill. She is a Past President of the Maine Academy of Family Physicians and an Alternate Delegate to the American Academy of Family Physicians. Elisabeth very recently took her addiction medicine boards.

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MICIS



Maine Independent Clinical Information Service



Alternative Treatments for Chronic Pain

MICIS Workshop Speakers:
Peter Michaud, RN, JD
Elisabeth Fowlie Mock, MD, MPH
Gordon Smith, JD

Disclosures

- MICIS does not accept any money from pharmaceutical companies
- This presentation includes “off label use” of medications

Materials May Include:

- “un-ad” one page handout for each topic
- Update on ME laws slide set
- How to Use Naloxone (pt brochure)
- Chapter 21 rules
- DHHS prescription guide
- National/state numbers
- Resource documents at MICISMAINE.org

Learning Objectives

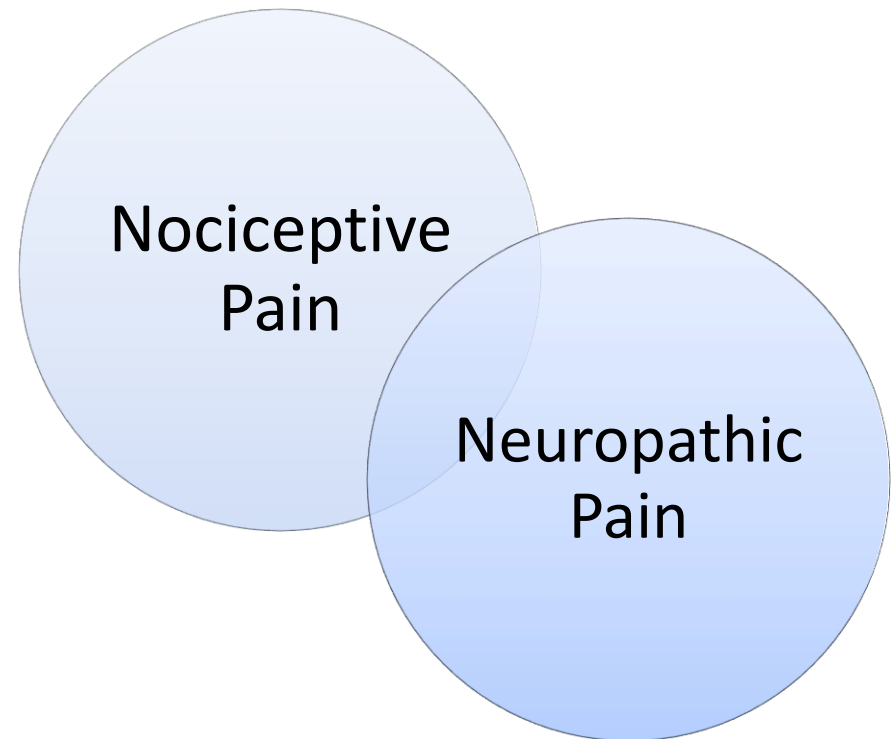
- Discuss alternative treatments for chronic pain management
- Highlight a team based approach to care for patients living with chronic pain
- Understand ways to reduce pain by addressing the physical, psychological, social and spiritual components of pain

Outline

- Introduction
- Nonpharmacological treatments
- Pharmacological treatments (non-opioid)
- Best practices

Chronic Pain Best Practices

- Multiple approaches
- Utilized in concert
- Coordinated
- Multidisciplinary team
- Medication not sole focus of treatment
- Set reasonable expectations



HARM REDUCTION/HEALTH PROMOTION

- Access to NALOXONE
- Avoid co-prescribing benzos and opioids
- Identifying OUD and referring to treatment

BEST PRACTICE EXAMPLES

- Mercy Pain Center-integrated chronic pain treatment
 - 1/14/16 Quality Counts webinar “Expanding the Team”
 - <https://www.youtube.com/watch?v=-C6D8Q5OZIU&feature=youtu.be>
 - <http://mainequalitycounts.org/wp-content/uploads/2018/01/Presentation-Slides-8.pdf>
- Harrington Health Center-mapping of complementary medical neighborhood

Brainstorming exercise & discussion

NONPHARMACOLOGICAL

NONPHARMACOLOGICAL APPROACHES

- Behavioral
- Exercise/touch
- Anti-inflammatory diet
- Complementary practitioners
- Energies
- Interventional approaches
- Emerging therapies

BEHAVIORAL

- Cognitive behavioral therapy (CBT)
- Individual & group counselling
- Biofeedback
- Mindfulness
- Relaxation therapy
- Psychotherapy
- Hypnosis
- Meditation
- Guided imagery
- Balneotherapy

EXERCISE/TOUCH

- Aerobic
- Aquatic
- Yoga
- Tai Chi; QiGong
- Massage
- Reflexology
- Therapeutic touch
- Kinesiology tape

ANTI-INFLAMMATORY DIET

- Plant-based foundation
- Fiber rich
- Limited saturated fat, no trans fat
- Omega-3 fatty acid rich
- Avoid processed foods & refined sugars
- Nuts and seeds
- Avoidance of gluten and/or dairy

COMPLEMENTARY PRACTICES

- Osteopathic manipulation
- Acupuncture
- Physical therapy
- Occupational therapy
- Chiropractic
- Music therapy

ENERGIES

- Ultrasonic stimulation
- Electrical neuromodulation
 - Transcutaneous electrical nerve stimulation (TENS)
 - Spinal cord stimulation
- Thermal application (heat/cold)
- Reiki
- Whole body vibration
- Infrared therapy

INTERVENTIONAL APPROACHES

- Ablative techniques
- Botulinum toxin injections
- Nerve blocks
- Trigger point injections
- Epidural steroid injections
- Minimally invasive surgical techniques

EMERGING THERAPIES

- Virtual reality i.e. “SnowWorld”
 - Acute/peri-operative pain
 - Chronic pain

Understanding Pain: Brainman Chooses

- <https://www.youtube.com/watch?v=jlwn9rC3rOI>

Best Practices

- Calais orthopedic surgery group-taper off opioids preop for elective cases
- Bucksport Regional Health Center-"Pain on the Brain" required curriculum through behavioral health & palliative care exemption committee case review

Brainstorming exercise & discussion

PHARMACOLOGICAL

PHARMACOLOGICAL APPROACHES

- Nonopioid Analgesics
- Antidepressants
- Anticonvulsants
- Adjuvants
- Natural medicines
 - Anti-inflammatory
 - Antidepressants
 - Misc.

Nonopioid Analgesics

- Acetaminophen
- NSAIDs-naproxen
 - Platelet aggregation inhibition
 - GI: dyspepsia & gastric ulceration
 - Nephrotoxicity
 - Cardiovascular
- COX-2 inhibitors-celecoxib

Antidepressants

- Tricyclics (TCAs)
 - Desipramine & nortriptyline
 - Amitriptyline
- Serotonin norepinephrine reuptake inhibitors (SNRIs)
 - Venlafaxine
 - Duloxetine
- Selective serotonin reuptake inhibitors (SSRIs)

Anticonvulsants

- Gabapentin
- Pregabalin
 - Topiramate
 - Lamotrigine
 - Levetiracetam
 - Phenytoin
 - Valproate
 - Carbamazepine/oxcarbazepine
- ~~NOT Benzodiazepines (esp clonazepam)~~

Adjuvants

- Topicals—lidocaine, capsaicin, NSAID, doxepin
- Antispasmodics/muscle relaxants (~~not carisoprodol~~)
- Botulinum toxin
- Cannabis & cannabinoids

Natural medicines-Anti-inflammatory

- Bromelain
- Cat's Claw
- Devil's Claw
- Stinging nettle
- Turmeric
- Willow bark

Natural medicines-Antidepressants

- 5-HTP
- L-tryptophan
- St. John's wort
- Acetyl-L-carnitine
- Alpha-lipoic acid

- Counterirritants:
 - Camphor
 - Capsicum

Natural medicines-Misc

- Arnica
- Avocado
- Cetylated fatty acids
- Chondroitin sulfate
- Comfrey
- Glucosamine sulfate (+HCl)
- Marijuana/cannabis
- MSM
- N-acetyl glucosamine
- SAmE
- Soybean oil
- Many others

Cannabis--Benefits

- High-quality evidence for several conditions
- Possible decrease in opioid use for chronic pain (causality not shown)
- No respiratory depression, not lethal in overdose
- For some patients, financially accessible by growing own supply

Cannabis—Side Effects

- Risk of use disorder 9% in general public, higher in patients prone to “chemical coping”
- Chronic bronchitis (smoking/inhaled)
- Psychosis and anxiety
- Cognitive dysfunction—drop in IQ temporary in adults, can be permanent in adolescents
- Doubled risk of motor vehicle crashes while under the influence

Cannabis--Unknowns

- Barriers to scientific study due to Schedule 1 status
- Thousands of chemicals in the plants—difference species and variable concentrations of THC and CBD
- Incentives for big tobacco, venture capitalists and state governments—as of early 2018, a \$7 billion industry

PCSS podcast—fantastic overview of non-opioid treatments and studies

- Naltrexone at microdoses
- Episode 8: Non-opioid pharmacological management of chronic pain, 5/23/17
 - <http://pcsspodcast.org/non-opioid-pharmacological-management-of-pain>

Reference #1-UpToDate Article

(requires subscription)

- “Overview of the treatment of chronic non-cancer pain”
 - Last update 11/30/17, literature review through Jan, 2018
- Graphic 2-page 13 ‘Neuropathic pain: Pharmacologic approach’
- **Graphic 3-page 14 ‘Nociceptive pain: Pharmacologic approach’**
- Graphic 4 comparison on NSAIDs
- Graphic 6 comparison of SEs of antidepressants

Reference #2-Prescriber's Letter (subscription required)

- Multiple summaries, guidelines & charts for chronic pain tx
- Natural Medicines in the Clinical Management of Pain, Vol 15, No 106, Self-study course #150106

MICISmaine.org

Chronic Pain Toolkit

MICIS **HOME OPIOID EDUCATION ABOUT NEWS CONTACT**

Opioid Toolkit

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+ TRAINING MODULES

- WEBINARS

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[Link](#)

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[Link](#)

+ CDC GUIDELINES

+ INFO FOR PROVIDERS

+ INFO FOR PATIENTS

Download

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DOWNLOAD TOOLKIT

Call To Action

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SCHEDULE A SESSION

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Maine Department of Health and Human Services
Maine Medical Association

Highlighted Resources in Toolkit

- CDC 2 page handout on chronic pain tx
 - https://www.cdc.gov/drugoverdose/pdf/nonopioid_treatments-a.pdf
- NIH Chronic Pain in Depth
 - <https://nccih.nih.gov/health/pain/chronic.htm>
- NIH e-book Pain: Considering Complementary Approaches
 - <https://nccih.nih.gov/health/pain/ebook>

In Summary...

- A multitude of nonpharmacological options can benefit patients in acute and chronic pain
- Management of both acute and chronic pain is most effective when done by teams
- Pain is complex and has multiple dimensions: physical, psychological, social and spiritual

other references: MICISMaine.org

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Upcoming Webinars!

Medication for Opioid Use Disorder: A Toolkit for Improving Practice TIP 63, Part I

Speaker: Michelle Lofwall, M.D.

Tuesday, January 29, 2019: 12:00 PM – 1:00 PM EST [Register Here](#)

Medication for Opioid Use Disorder: A Toolkit for Improving Practice TIP 63, Part II

Speaker: Michelle Lofwall, M.D.

Tuesday, February 5, 2019: 12:00 PM – 1:00 PM EST [Register Here](#)

Caring for ME Online Learning

Modules <https://qclearninglab.org/course-cat/caring-for-me/>

- QC has 8 online modules around [SAFE OPIOID PRESCRIBING](#) with funding from the Board of Licensure in Medicine (BOLIM).
- [Compliance with Maine Prescribing Laws](#)
- [Safe Opioid Prescribing & Prescribing Limits](#)
- [Chronic Pain Management](#)
- [Appropriate Diagnosis and Treatment of Opioid Addiction](#)
- [Safe & Compassionate Tapering](#)
- [Snuggle ME Guidelines: Improving Maternity and Newborn Care with Substance Exposure During Pregnancy](#)
- [Benzodiazepine Use and Opioid Use: A Deadly Combination](#)
- [Looking at Alternative Treatments to Pain Management and Listening to the Patient](#)

Contact Information

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QC Website: <https://mainequalitycounts.org/>