

A Person with Pain Perspective Self-management Strategies

www.theacpa.org
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A Presentation by the



American Chronic Pain Association

What is Chronic Pain?

- ❖ Pain is a major health issue.
- ❖ The number one cause of adult disability in the US
- ❖ Prevalence of chronic pain in the general population is estimated at **100 million** people

(IOM, Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education, and Research, 2011)

The image features a stack of US dollar bills. In the foreground, a \$20 bill is clearly visible, showing the portrait of Andrew Jackson and the number '20'. The background shows several other stacks of bills, including a \$100 bill with the number 'AB 786 B2' visible. The overall scene is set against a soft, greenish-yellow background.

Pain Is a Major Economic Issue.

Pain costs an estimated **\$560 to \$635 billion annually** in lost workdays, medical expenses, and other benefit costs.

(IOM, Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education, and Research, 2011)

What is Chronic Pain?

- ❖ Chronic pain is a process that turns the sufferer from a person to a patient.
- ❖ American Chronic Pain Association helps them move from patient to person.



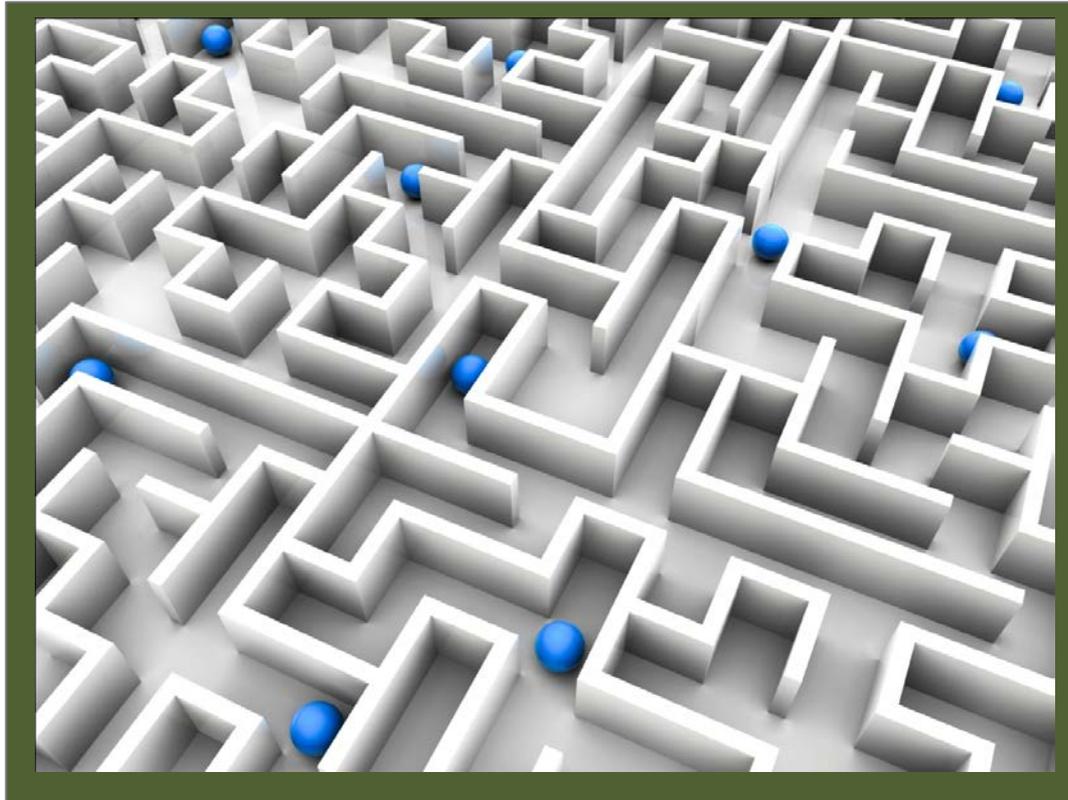
Pain Can Be Confusing

- ❖ A person with pain is willing to do anything if he or she believes it will reduce or end the pain.
- ❖ Fear of the pain is the greatest controlling factor.



Pain Can Be Confusing

- ❖ Medical miracles are preformed everyday.
- ❖ Our expectation is that medicine can eliminate pain with a pill or simple procedure.

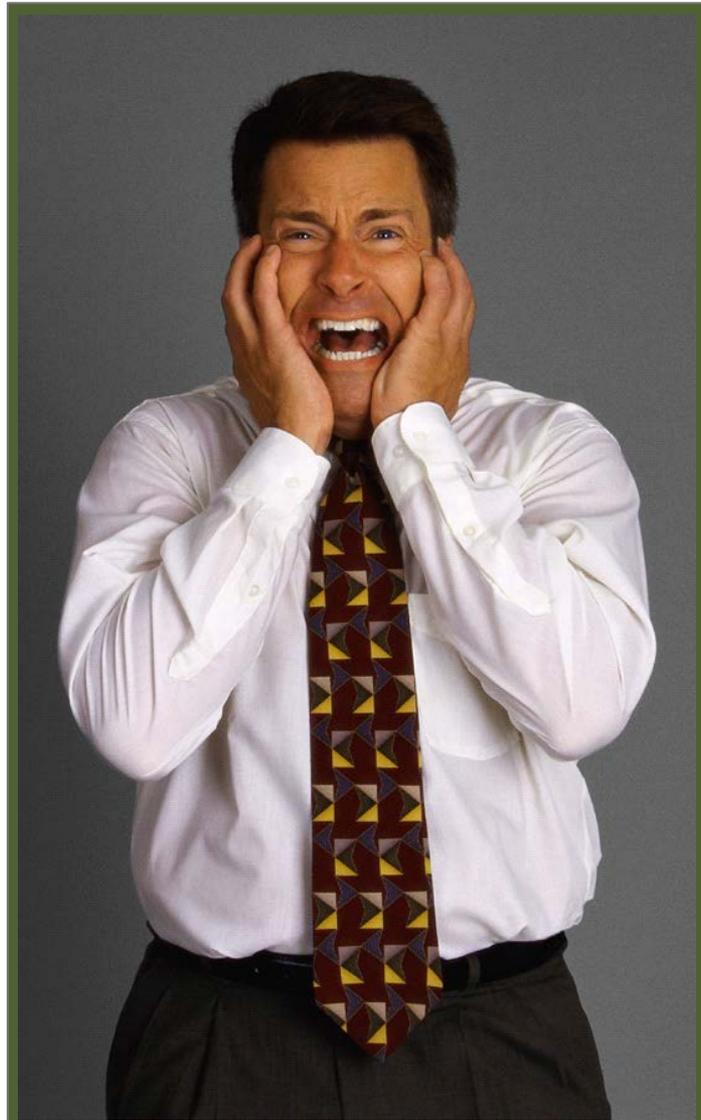


Health Care Professionals

- ❖ Not trained in pain management.
- ❖ Lack the knowledge and time to help people manage pain from day to day.
- ❖ So we hear “Learn to live with it.”



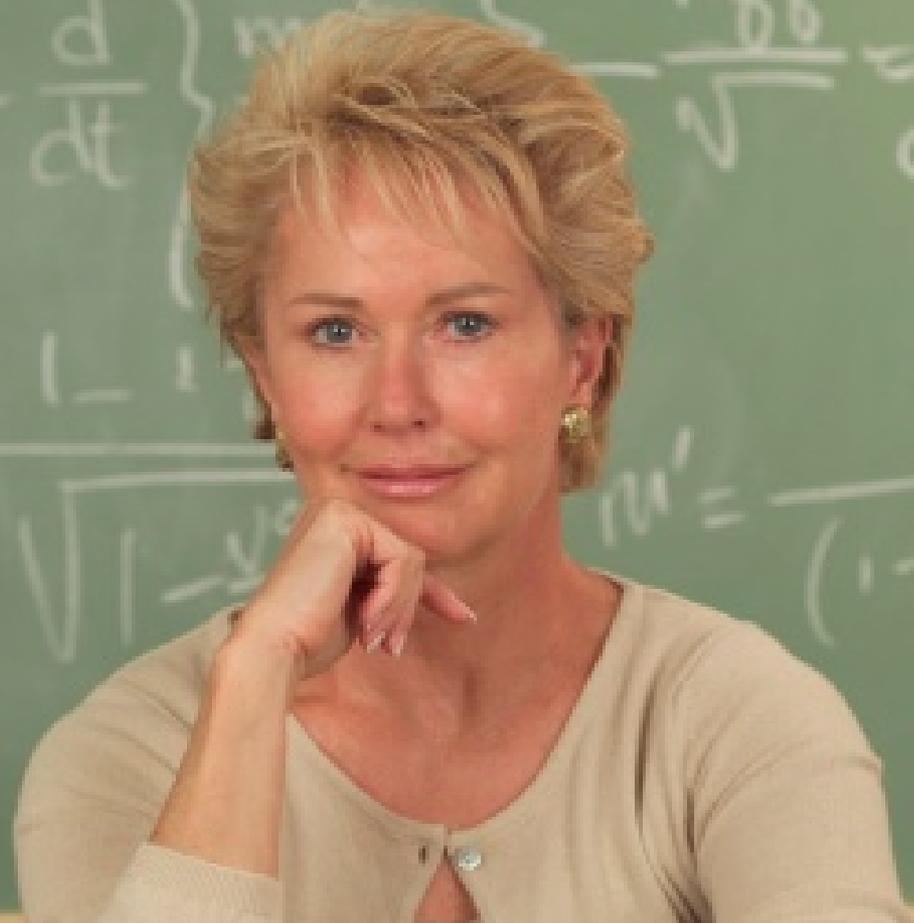
Learn to live with it!



$$\frac{d}{dt} \left\{ \frac{mg}{\sqrt{1 - \frac{v^2}{c^2}}} \right\} = k$$

$$\frac{d}{dt} \left\{ \frac{mg}{\sqrt{1 - \frac{v^2}{c^2}}} \right\} = \frac{d}{dt} \left\{ m \gamma \right\} = \frac{mg}{\sqrt{1 - \frac{v^2}{c^2}}} = \frac{d}{dt}$$

$$\omega' = \omega \frac{1 - \frac{v^2}{c^2}}{\sqrt{1 - \frac{v^2}{c^2}}} \quad m' = \frac{m}{\left(1 - \left(\frac{v}{c}\right)^2\right)^{\frac{3}{2}}}$$



**When pain is long term, it consumes us
and becomes our identity.**





Active Participant

Take Action



Become part of the treatment team.



Learn to Live with It.

- ❖ The ability to focus on our **abilities** rather than our **disabilities**.



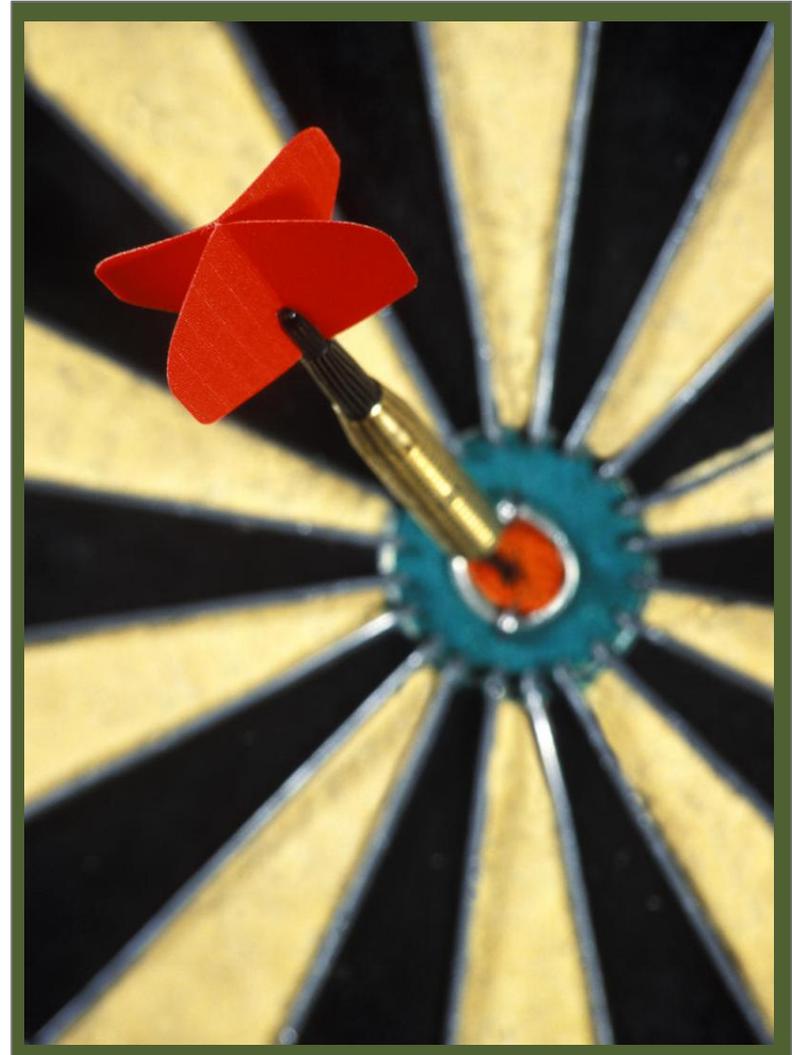
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Goal of Pain Management

The goal:

- ❖ Reduce the sense of suffering.
- ❖ Improve the quality of life.
- ❖ Increase function.



Learn to Live with It.

Even when the health care professional has done everything medically possible, *there may be a level of pain that you will need to live with.*



The key is, you can have a life, in spite of the pain,
if you take an active role.



Communication Tools

Quality of Life Scale

Use the Quality of Life Scale to explain the impact pain has on your daily life.


American Chronic Pain Association

Quality Of Life Scale
A Measure Of Function
For People With Pain

0 Non-functioning	Stay in bed all day Feel hopeless and helpless about life
1	Stay in bed at least half the day Have no contact with outside world
2	Get out of bed but don't get dressed Stay at home all day
3	Get dressed in the morning Minimal activities at home Contact with friends via phone, email
4	Do simple chores around the house Minimal activities outside of home two days a week
5	Struggle but fulfill daily home responsibilities. No outside activity Not able to work/volunteer
6	Work/volunteer limited hours Take part in limited social activities on weekends
7	Work/volunteer for a few hours daily. Can be active at least five hours a day. Can make plans to do simple activities on weekends
8	Work/volunteer for at least six hours daily Have energy to make plans for one evening social activity during the week Active on weekends
9	Work/volunteer/be active eight hours daily Take part in family life Outside social activities limited
10 Normal Quality of Life	Go to work/volunteer each day Normal daily activities each day Have a social life outside of work Take an active part in family life



Communication Tools

Pain Log

When you understand what triggers pain, we can begin to work on ways to reduce and deal with it.

Many things can affect your pain. These can include stress, sleep, money worries, and even the weather. When you and your doctor both understand what makes your pain worse, you can begin to work together on ways to reduce or deal with your pain "triggers."

On this page, mark the number that most closely matches your experience with each item over the last several weeks.

Live Better with Pain Log Date _____
Name _____

Pain Level

1 2 3 4 5 6 7 8 9 10

No Pain Worst Pain

Stress

1 2 3 4 5 6 7 8 9 10

No stress Very Stressed

Exercise

1 2 3 4 5 6 7 8 9 10

Exercise daily No exercise

Activity

1 2 3 4 5 6 7 8 9 10

Normally active No activity

Sleep

1 2 3 4 5 6 7 8 9 10

Fully rested Poor-quality sleep

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Fear of Pain

1 2 3 4 5 6 7 8 9 10

No Fear Very Afraid

Using Medications as Prescribed

1 2 3 4 5 6 7 8 9 10

As Directed Not As Directed

Side Effects

1 2 3 4 5 6 7 8 9 10

None Strong Side Effects

Constipation

1 2 3 4 5 6 7 8 9 10

Normal Irregular

Sexual Activity

1 2 3 4 5 6 7 8 9 10

Satisfied Unsatisfied

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Appetite

1 2 3 4 5 6 7 8 9 10

Normal appetite No appetite

Mood

1 2 3 4 5 6 7 8 9 10

Cheerful & calm Depressed, anxious

Interaction/Isolation

1 2 3 4 5 6 7 8 9 10

Lots of interaction with family & friends Always alone

Alcohol Use (drinks each day)

1 2 3 4 5 6 7 8 9 10

None 1 or 2 3 or 4 5 or 6 7 or more

Finances

1 2 3 4 5 6 7 8 9 10

No money worries Serious money worries

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Learning to Live With It

American Chronic Pain Association

Ten Steps from Patient to Person



Learning to Live With It

Ten Steps from Patient to Person

STEP 1: Accept the Pain

Learn all you can about your physical condition. Understand that there may be no current cure and accept that you will need to deal with the fact of pain in your life.



Learning to Live With It

Ten Steps from Patient to Person

STEP 2: Get Involved

Take an active role in your own recovery. Follow your doctor's advice and ask what you can do to move from a passive role into one of partnership in your own health care.



Learning to Live With It

Ten Steps from Patient to Person

STEP 3: Priorities

Look beyond your pain to the things that are important in your life. List the things that you would like to do. Setting priorities can help you find a starting point to lead you back into a more active life.



Learning to Live With It

Ten Steps from Patient to Person

STEP 4: Realistic Goals

We all walk before we run.
Set goals that are within your power to accomplish or break a larger goal down into manageable steps. And take time to enjoy your successes.



Learning to Live With It

Ten Steps from Patient to Person

STEP 5: Your Basic Rights

We all have basic rights. Among these are the right to be treated with respect, to say no without guilt, to do less than humanly possible, to make mistakes, and to not need to justify your decisions, with words or pain.



Learning to Live With It

Your Basic Rights

- ❖ The right to act in a way that promotes your dignity and self respect.
- ❖ The right to be treated with respect.
- ❖ The right to make mistakes.
- ❖ The right to do less than you are humanly capable of doing.
- ❖ The right to change your mind.
- ❖ The right to ask for what you want.
- ❖ The right to take time to slow down and think before you respond.
- ❖ The right to feel that you don't have to explain everything you do and think.
- ❖ The right to say "no" and not feel guilty.
- ❖ The right to ask for information.
- ❖ The right to feel good about yourself.
- ❖ The right to ask for help or assistance.
- ❖ The right to disagree.
- ❖ The right to ask "why?"
- ❖ The right to be listened to and taken seriously when expressing your feelings.



Learning to Live With It

Ten Steps from Patient to Person

STEP 6: Recognize Emotions

Our bodies and minds are one. Emotions directly affect physical well being. By acknowledging and dealing with your feelings, you can reduce stress and decrease the pain you feel.



Learning to Live With It

Ten Steps from Patient to Person

STEP 7: Learn to Relax

Pain increases in times of stress. Relaxation exercises are one way of reclaiming control of your body. Deep breathing, visualization, and other relaxation techniques can help you to better manage the pain you live with.



Learning to Live With It

Ten Steps from Patient to Person

STEP 8: Exercise

Most people with chronic pain fear exercise. But unused muscles feel more pain than toned, flexible ones. With your doctor, identify a modest exercise program that you can do safely. As you build strength, your pain can decrease. You'll feel better about yourself, too.

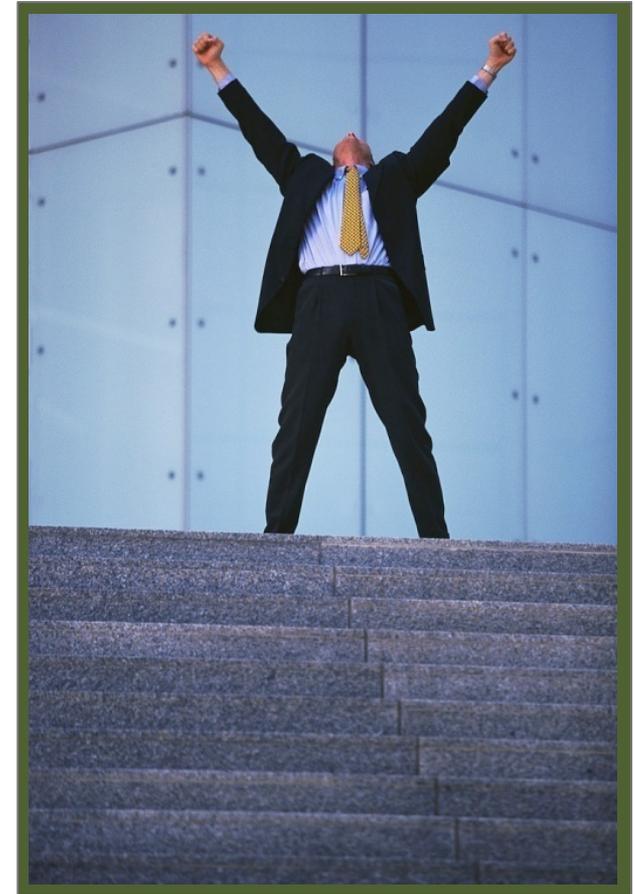


Learning to Live With It

Ten Steps from Patient to Person

STEP 9: See the Total Picture

As you learn to set priorities, reach goals, assert your basic rights, deal with your feelings, relax, and regain control of your body, you will see that pain does not need to be the center of your life. You can choose to focus on your **abilities**, not your **disabilities**. You will grow stronger in your belief that you can live a normal life in spite of chronic pain.



Learning to Live With It

Ten Steps from Patient to Person

STEP 10: Reach Out

It is estimated that one person in three suffers with some form of chronic pain. Once you have begun to find ways to manage your chronic pain problem, reach out and share what you know. Living with chronic pain is an ongoing learning experience. We all support and learn from each other.



YEARS OF HELPING
1989-2019

American Chronic Pain Association

Learning to Live With It



Thank you

NIH!

**For including the voice
of a person with pain!**



Where to Go for Help and Information

American Chronic Pain Association

www.theacpa.org

1-800-533-3231

