

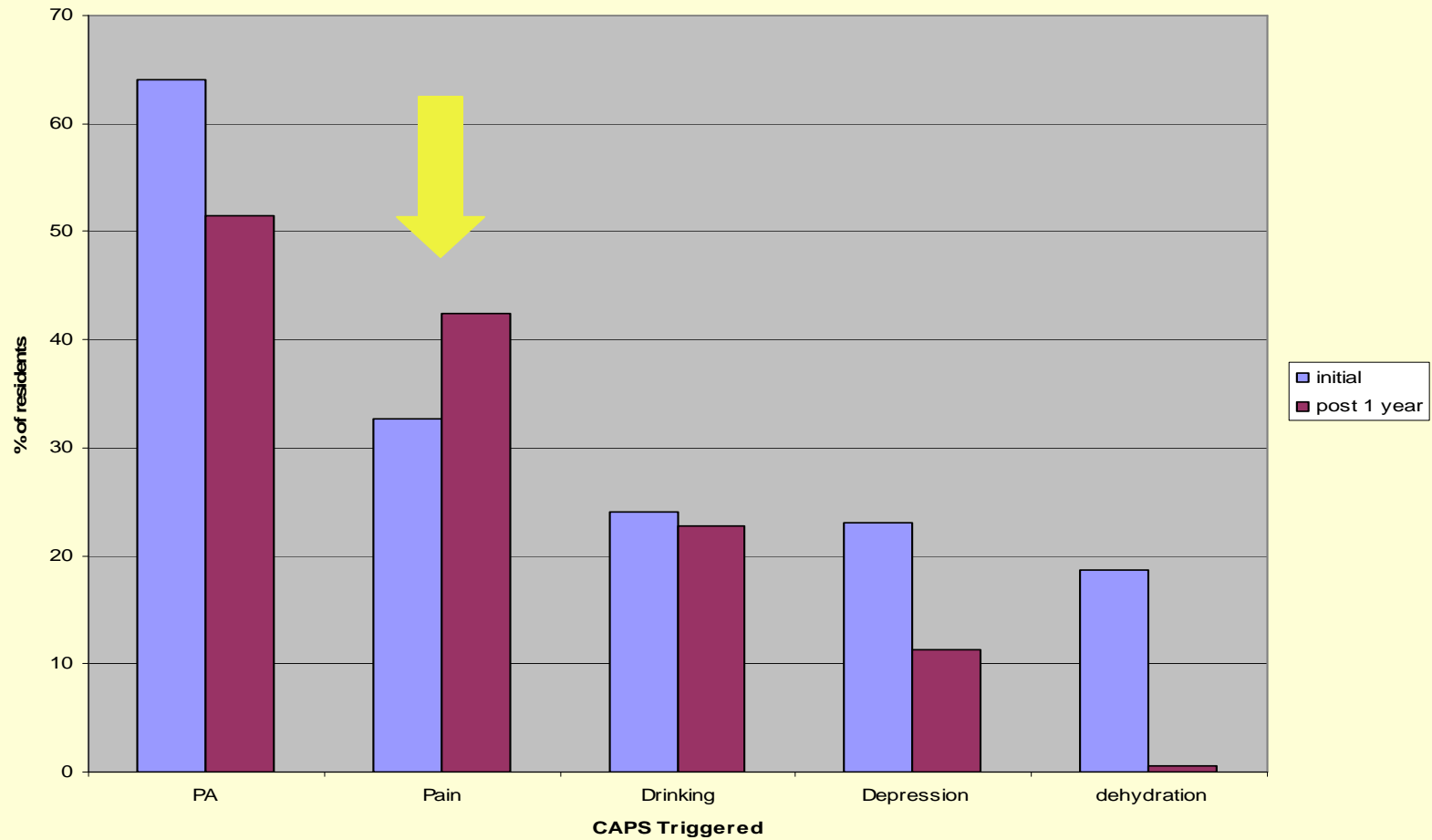
Getting a Handle on Pain

Carolina Meadows

Kathy Hauser RN

Pain CAP Comparison 2008 to 2009

Change after 1 year






CHA Result for Pain

- 143 (of 336) Triggered the Pain CAP
 - Pain in last 3 days
- 48 Not adequately controlled






Targeted for Program

- Invitation sent to all 48
 - 18 indicated interest
 - 8 declined, pain improved
 - 10 agreed to participate
 - 1 dropped out prior to start of program
- 



Pain Management Program

● Four Exercise Classes

- Group format
 - 50 minutes exercise
 - Class 1: Posture and Gait
 - Classes 2 to 4 Stretching and Strengthening
 - 10 minutes Relaxation Techniques
 - Class 1: Diaphragmatic Breathing
 - Class 2: Creative Visualization
 - Class 3: Progressive Relaxation
 - Class 4: Combined all three
- 



Pain Management Program


(continued)

- Two Individualized Personal Training Sessions
- Speaker from Pain Clinic
 - Exercise
 - Medication and functioning
 - Alternative therapies





Yearly COLLAGE Assessment

- Determine other contributing factors
 - Depression, stress, anger
 - Lack of pleasurable activities
 - Lack of sleep
 - Not pacing activities
 - Refer as necessary
 - Physician
 - Cognitive Behavioral therapy
- 




Measuring Outcomes

● PSEQ

- 10 item
- Assesses confidence to perform a range of functions
- Examples include: housework, socializing, work, coping without medications.

● Scoring system

- 0-60
 - Higher scores reflect stronger self-efficacy beliefs
- 




Measuring Outcomes (continued)

- Wong-Baker Faces Pain Rating Scale
 - Scale ranges from 0 to 5
 - 0= Very happy, no hurt
 - 5= Hurts as much as you can imagine
 - Lower score reflects less pain



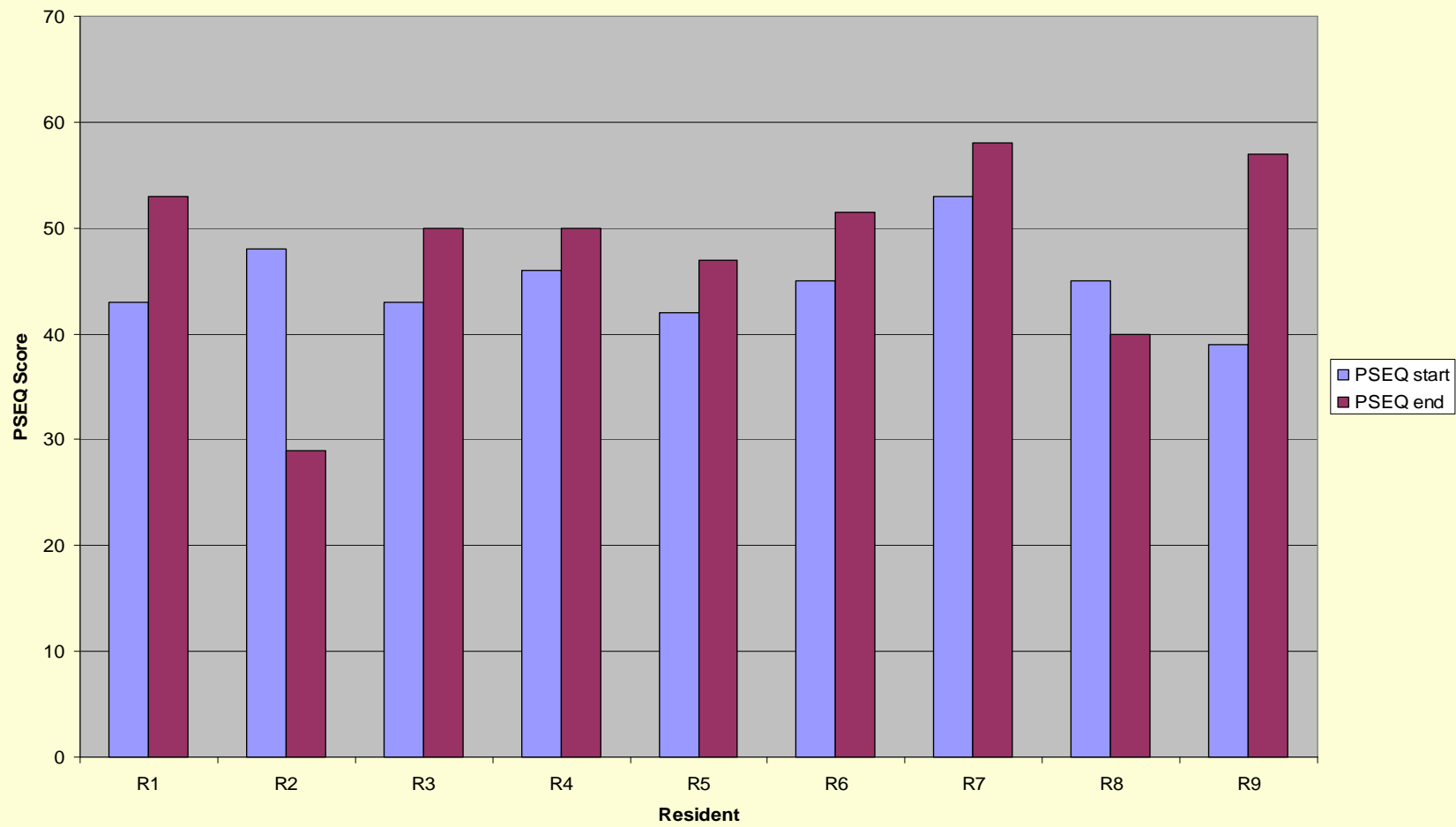


Testing

- Initially: Just prior to exercise on the first day of class
 - Post Program: Approximately 6 weeks after completion of personal training sessions
- 

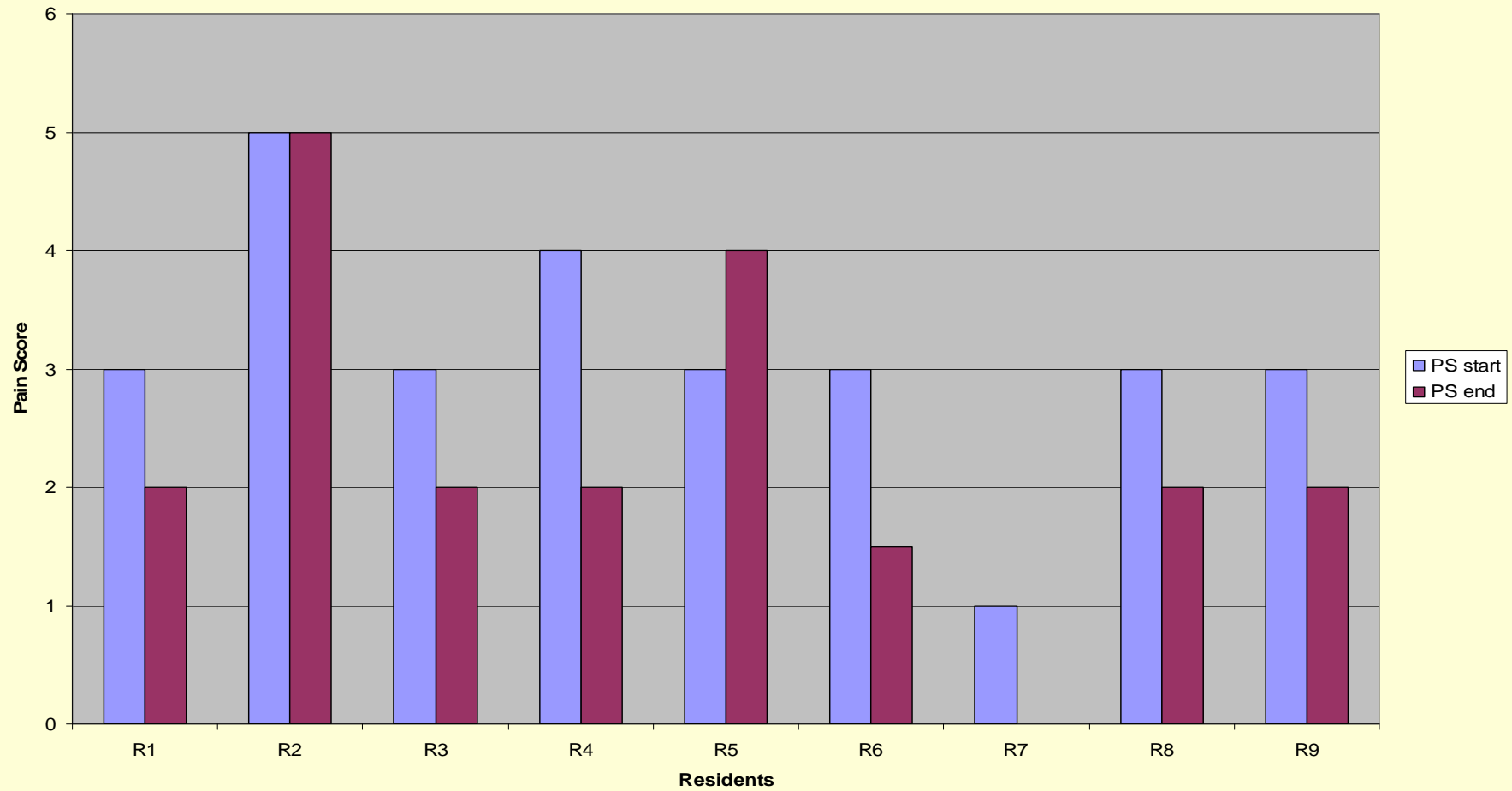
PSEQ

PSEQ Change After 6 Weeks

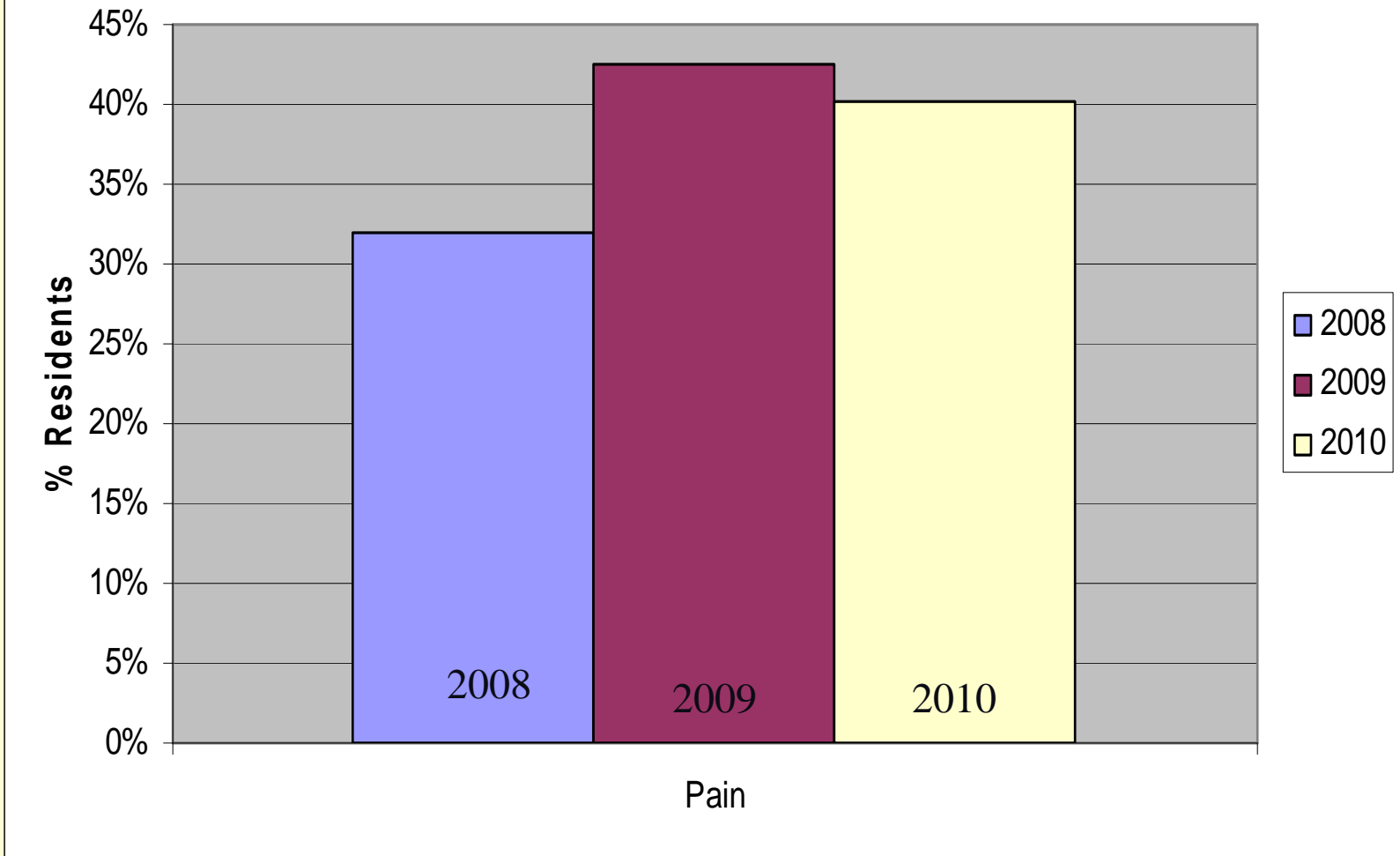


Wong Baker

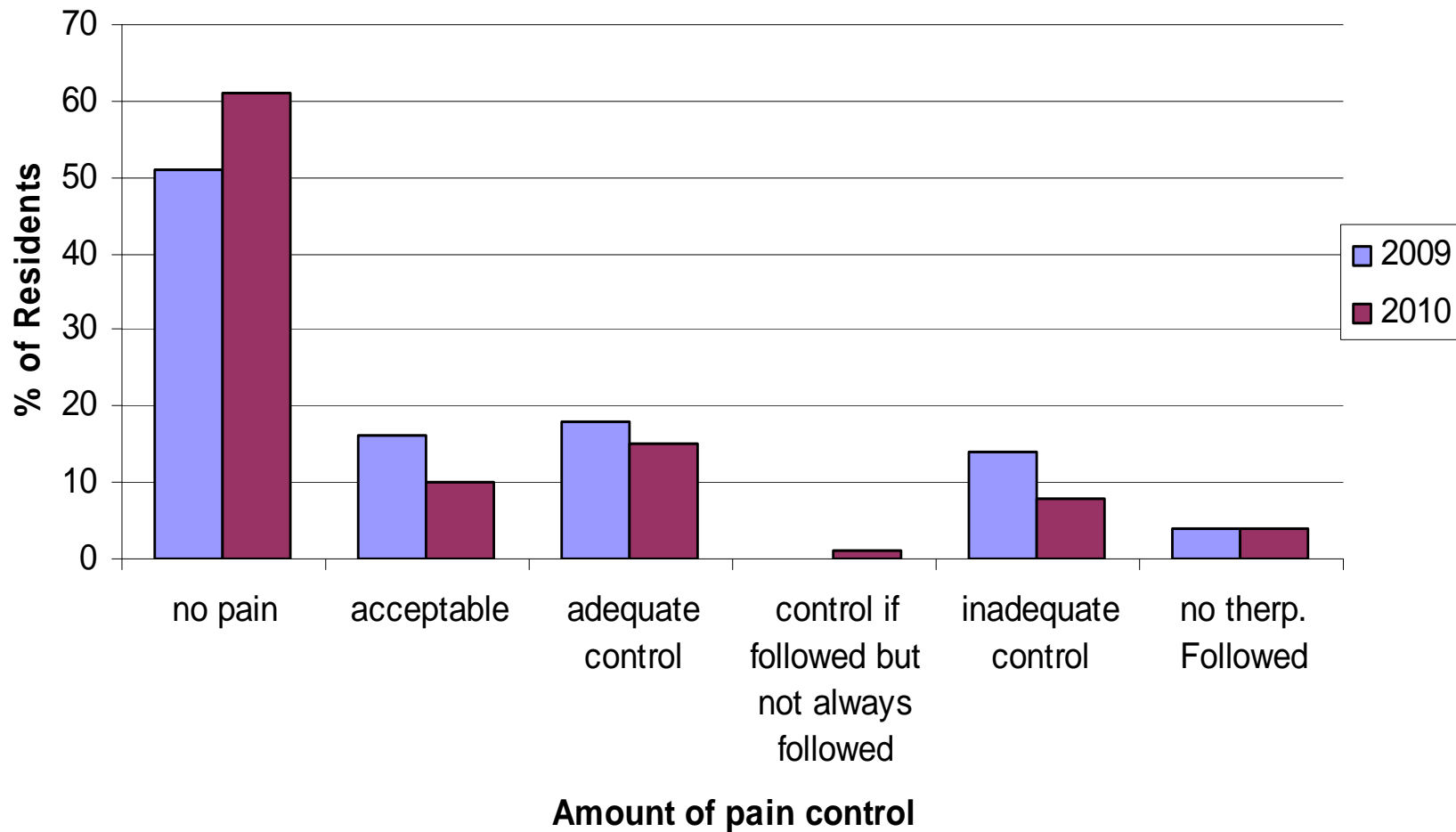
Pain Scale Change After 6 Weeks



3 Year Pain CAP Comparison



Pain Control





Additional Resources

- American Geriatrics Society Panel on Persistent Pain in Older Persons
 - The Chronic Pain Care Workbook
 - Michael J Lewandowski, PH.D
 - Self treatment
 - Managing Chronic Pain - A Cognitive Behavioral Therapy Approach
 - John D. Otis
 - Therapist guided
- 