

Assessment and Treatment of Chronic Pain

A physician's guide to a biopsychosocial approach.

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Pain is arguably the most common condition seen in primary care, and the most costly one as well. Although estimates vary, the National Center for Health Statistics concludes that fully 80% of all physician visits involve some complaint of pain.¹ Another study found that 38% of patients presenting in primary care were reporting chronic pain, but the prevalence of acute pain was not assessed.²

A research study at a large HMO studied the costs of chronic pain and other common chronic conditions. Using the data from this study, the estimated cost of each chronic condition was calculated by multiplying the average cost per patient for each condition by the prevalence of the condition. A chronic pain category was formed by combining patients with complaints of back pain, neck pain, headaches or facial pain. Using this approach, the cost of treating chronic pain exceeded the costs of all other chronic conditions that were assessed, including heart disease, respiratory disease, or cancer (see Table 1). The costs of chronic pain to society is also large, as chronic pain has

been identified in some studies as the leading cause of disability in working age individuals.³ However, unlike most medical diagnoses which can be diagnosed by objective medical findings, pain is a subjective experience.⁴

Despite the high costs noted in Table 1, pain can usually be treated easily and inexpensively. The problem is that the small percentage of patients who go on to develop chronic pain are extraordinarily expensive to treat. One study found that 10% of back pain cases with chronic pain accounted for around 79% of the costs,⁵ which would make this group of chronic patients 34 times more expensive to treat than the other patients. Similarly, another study found that 5% of chronic back pain cases accounted for about 85% of all medical costs for this condition,⁶ making this group of chronic patients 57 times more expensive to treat. One of the reasons that chronic pain is so expensive is that it is a classic example of a biopsychosocial disorder.^{7,8} Due to the complex nature of chronic pain, medical treatment alone may not be effective, and multidisciplinary treatment may be needed.⁹ The

purpose of this article is to focus on the psychological and social dimensions of chronic pain and to offer suggestions as to how these two dimensions can be combined with the medical dimension to improve care.

Most Expensive Treatment Costs in Primary Care		
Rank	Diagnosis	Cost in \$ millions
1	Pain	\$198.0
2	Heart disease	\$170.1
3	Hypertension	\$112.3
4	Respiratory disease	\$90.2
5	Diabetes	\$85.6
6	GI disease	\$67.5
7	Arthritis	\$64.4
8	Cancer	\$55.0
9	Depression	\$44.8
10	Pregnancy	\$42.2

TABLE 1. Most Expensive Treatment Costs in Primary Care. Adapted from Fishman, et al 1997.¹⁰

Evaluation And Treatment Of Chronic Pain

Bonnie Huang Hall, MD, PhD



Evaluation And Treatment Of Chronic Pain:

Evaluation and Treatment of Chronic Pain Gerald M. Aronoff, 1992-01-01 **Evaluation and Management of Chronic Pain for Primary Care** Bonnie Huang Hall, MD, PhD, 2020-07-01 Primary care physicians are often the first caretakers to whom patients present for chronic pain. The current literature targeted at these providers is sparse and the existing literature is very broad and large in scope and size. There are no quick pocket guides on this topic that the general practitioner may use as a point of care reference. This first of its kind text provides a practical hands on approach to the evaluation and treatment of chronic pain in the family medicine setting. Divided into four main sections, the first part focuses on the general approach to any patient suffering from chronic pain. Chapters in this section include the physical exam, formulating a diagnosis, formulating a variety of treatment plans including medication, physical therapy, and psychiatric therapy, and specialist referral among others. The second section focuses on evaluation and management of the chronic pain patient who requires opioid therapy. This section includes useful guidance on how to convert into morphine equivalents, interpretation of urine drug tests, and helpful office procedures for managing refills. It gives practical guidance on how to prescribe opioid reversal agents and opioid tapering regimens. A systems based approach to managing the patient is also discussed. The third section informs the reader of viable alternative and complementary treatment options. Five main treatment types are discussed, each with their own separate chapter. These include musculoskeletal based therapy, medicinal therapies, sense based therapy, relaxation based therapy, and physical exercise based therapy. Given the controversy and limited training primary care physicians have on marijuana and cannabis, one chapter is dedicated specifically to inform the primary care physician on marijuana as a medicinal therapy for chronic pain. The fourth section focuses entirely on myofascial pain and trigger point therapy. The chapters in this section teach the reader how to examine and diagnose myofascial pain and distinguish between fibromyalgia. They also provide general principles of myofascial trigger point therapy and how to practically perform these in the clinical setting. Topics discussed include trigger point massage, cold and stretch, isometric contraction, trigger point injection, and ischemic compression. It also includes general instruction so that the practitioner can teach patients how to perform trigger point therapy easily in their own home. The last chapter details chronic myofascial back pain and how to examine and practically treat with trigger point therapies. **Evaluation and Management of Chronic Pain** is a first of its kind pocket guide text specifically designed for primary care providers. It also appeals to residents, medical students, and any other professional interested in treating chronic pain. **Clinical Pain Management : Chronic Pain** Peter Wilson, Paul Watson, Jennifer Haythornwaite, Troels Jensen, 2008-09-26 The second edition of *Chronic Pain* now covers a vast scientific and clinical arena with the scientific background and therapeutic options much expanded. In common with the other titles comprising *Clinical Pain Management*, the volume gathers together the available evidence based information in a reader friendly format without unnecessary detail. *Practical Management of Pain* Honorio MD

Benzon, James P. Rathmell, Christopher L. Wu, Dennis C. Turk, Charles E. Argoff, Robert W Hurley, 2013-09-12 Obtain all the core knowledge in pain management you need from one of the most trusted resources in the field The new edition of Practical Management of Pain gives you completely updated multidisciplinary overview of every aspect of pain medicine including evaluation diagnosis of pain syndromes rationales for management treatment modalities and much more In print and online it is all the expert guidance necessary to offer your patients the best possible relief In summary this is the best explanation of what lies behind MRI that I have read taking what can be a dry subject and making it readily understandable and really interesting I would recommend it to anyone starting their MRI training and anyone trying to teach MRI to others Reviewed by RAD Magazine June 2015 Understand and apply the latest developments in pain medicine with brand new chapters covering disability assessment central post stroke pain chronic widespread pain and burn pain Effectively ease your patients pain with today s best management techniques including joint injections ultrasound guided therapies and new pharmacologic agents such as topical analgesics Access up to the minute knowledge on all aspects of pain management from general principles to specific management techniques with contributions from renowned experts in the field Read the full text and view all the images online at expertconsult com Understand and apply the latest developments in pain management with brand new chapters covering disability assessment central post stroke pain widespread chronic pain and burn pain Effectively ease your patients pain with today s best management techniques including joint injections ultrasound guided therapies and new pharmacologic agents such as topical analgesics

Practical Management of Pain E-Book

Honorio Benzon, James P. Rathmell, Christopher L. Wu, Dennis Turk, Charles E. Argoff, Robert W Hurley, 2022-02-10 For more than 30 years Practical Management of Pain has offered expert guidance to both clinicians and trainees covering every aspect of acute and chronic pain medicine for adult and pediatric patients The fully revised 6th Edition brings you fully up to date with new developments in patient evaluation diagnosis of pain syndromes rationales for management treatment modalities and much more Edited by a team of renowned pain clinicians led by Dr Honorio Benzon this authoritative reference is a comprehensive practical resource for pain diagnosis and treatment using a variety of pharmacologic and physical modalities Presents a wealth of information in a clearly written easily accessible manner enabling you to effectively assess and draw up an optimal treatment plan for patients with acute or chronic pain Takes a practical multidisciplinary approach making key concepts and techniques easier to apply to everyday practice Shares the knowledge and expertise of global contributors on all facets of pain management from general principles to specific management techniques Discusses the latest best management techniques including joint injections ultrasound guided therapies and new pharmacologic agents such as topical analgesics Covers recent global developments regarding opioid induced hyperalgesia neuromodulation and pain management and identification of specific targets for molecular based pain Includes current information on the use of cannabinoids in pain management and related regulatory professional and legal considerations Includes the latest guidelines on facet injections

and safety of contrast agents Provides new evidence based critical analysis on treatment modality outcomes and the latest information on chronic pain as a result of surgical interventions Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices

Practical Chronic Pain Management Tariq Malik,2020-06-19 This book focuses on both the management of the pain as well as the pain patient and is formatted as a practical evidence based guide to managing chronic pain conditions It meets the market need for a reference that aides physicians in understanding and improving chronic pain in their patients Organized across 46 chapters the book begins with an introduction on chronic pain evaluation and specifically stresses the importance of complete patient evaluation including social and psychological evaluation Subsequent chapters then start with an evaluation medical and interventional options available how and when to move from one option to another and the level of evidence offered for each intervention These unique chapter elements provide the reader with a case based approach to managing their patients Additionally a brief discussion of epidemiology and pathophysiology of the disease process is included and the technical aspects of interventional techniques are reviewed Edited by a leader in the field with international contributing authors across pain medicine Practical Chronic Pain Management this book is written primarily for

anesthesiologists pain specialists rheumatologists and primary care physicians **Physical Agents Theory and Practice** Barbara J Behrens,Holly Beinert,2014-08-06 Develop the clinical decision making skills you need to be a successful PTA This easy to follow approach helps you learn how to successfully relate thermal mechanical and electrical modalities with specific therapeutic goals while understanding all of the physiologic ramifications *Pain Management in Rehabilitation* Dr. Martin Grabojs, MD,Dr. Trilok Monga, MD,2002-09-01 Pain is a common symptom of many diseases and is often referred for a physical medicine and rehabilitation consultation Despite the availability of information on the pathophysiology assessment and management of acute musculoskeletal pain chronic pain still remains an unsolved problem for many patients Pathophysiology in these patients often remains obscure assessment difficult and management frustrating These issues become magnified when pain acute or chronic complicates a primary disabling disease such as spinal cord injury cerebrovascular accident or multiple sclerosis To date the psychiatric management of these complex syndromes has not been dealt with in a comprehensive fashion especially with regard to the relationship of pain functional status and quality of life in these patients Pain Management in Rehabilitation provides a single source that synthesizes information about the diagnosis and management of various pain syndromes in patients with primary disabling diseases It discusses pain as it relates to various disease processes from the perspective of both rehabilitation specialists and primary care providers It describes pain syndromes their assessment and management in some of the most common impairments seen in a rehabilitation setting Relevant literature is reviewed with emphasis on assessment and psychiatric management This valuable text is an unparalleled guide to the successful management of pain in persons with a primary disabling disease with the goal of

preventing physiological and functional decline and the improvement of functional abilities which in turn lead to enhanced psychosocial functioning and quality of life

Neuromodulation, 2009-05-05 Neuromodulation will be the first comprehensive and in depth reference textbook covering all aspects of the rapidly growing field of neuromodulation This book provides a complete discussion of the fundamental principles of neuromodulation and therapies applied to the brain spinal cord peripheral nerves autonomic nerves and various organs The textbook is highly structured and organized into overarching sections that cover chronic pain movement disorders psychiatric disorders epilepsy functional electrical stimulation cardiac gastrointestinal genitourinary and organ neuromodulation The fundamental principles of electricity and infusion neural tissue interface biomedical engineering neuromodulation devices basic science neuroanatomy neurophysiology imaging and mechanisms are emphasized In addition to providing details pertaining to the state of the art current practice innovative and emerging applications are discussed in specific chapters Finally the textbook provides specific chapters focusing on the technical aspects of the various neuromodulation procedures as well as technical specifications of various implantable devices All of the contributors to Neuromodulation represent leading experts in the field The editors are internationally renowned in their respective fields of neuromodulation pain management functional neurosurgery and biomedical engineering Neuromodulation will be the first and foremost authoritative text on neuromodulation therapies and will establish the gold standard that defines the field for years to come

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The Pain Management Handbook M. Eric Gershwin, 2013-04-17 Those who do not feel pain seldom think that it is felt SAMUEL JOHNSON The Rambler no 48 September 1 1750 Who among us has not experienced the suffering of a patient with chronic disease who in addition to the vicissitudes of fatigue anxiety and frustration must also deal with the suffering of pain Who among us has not considered and then reconsidered whether a patient s complaints are worthy of a narcotic and thence worried about the social and legal implications of chronic use Who among us has not refused pain medications to our patients for fear that use was turning into abuse Finally who among us would not have liked a clinical guide to a myriad of syndromes all of which have

pain as their common denominator in the hopes of developing some strategy to prioritize treatment Our purpose in preparing The Pain Management Handbook is to provide the information needed by clinicians to develop strategies that optimize pain management It is the goal of the editors and authors that the present handbook above all else will be clinically useful Its aim is to provide practical information regarding the diagnosis and treatment of disorders causing pain along with tables and graphics to provide the busy practitioner with rapid access to relevant data

Advanced Practice Nursing - E-Book Ann B. Hamric, Charlene M. Hanson, Mary Fran Tracy, Eileen T. O'Grady, 2013-07-01 Addressing all major advanced practice nursing competencies roles and issues Advanced Practice Nursing An Integrative Approach 5th Edition provides a clear comprehensive and current introduction to APN today It applies APN core competencies to the major APN roles including the burgeoning Nurse Practitioner role and covers topics ranging from the evolution of APN to evidence based practice leadership ethical decision making and health policy This edition includes a new chapter on the international development of APN new and enhanced illustrations and a colorful new reader friendly format for improved readability From internationally known APN experts Ann Hamric Charlene Hanson Mary Fran Tracy and Eileen O Grady along with a host of internationally recognized APN contributors Advanced Practice Nursing introduces you to APN and helps you identify an APN role develop key competencies for that role and succeed as an APN Coverage of APN core competencies defines and describes all competencies including direct clinical practice guidance and coaching consultation evidence based practice EBP leadership collaboration and ethical decision making Operationalizes and applies APN core competencies to the major APN specialties including the Clinical Nurse Specialist the Primary Care Nurse Practitioner the Acute Care Nurse Practitioner the Certified Nurse Midwife and the Certified Registered Nurse Anesthetist Content on managing APN environments addresses such factors as business planning and reimbursement marketing negotiating and contracting regulatory legal and credentialing requirements health policy issues and nursing outcomes and performance improvement research Unique Exemplar boxes provide real life scenarios showing APN competencies in action In depth discussions of educational strategies show how nurses develop competencies as they progress into advanced practice Discussions of APN role development clearly explain the career trajectory that you can anticipate as you transition to advanced practice

Cumulated Index Medicus, 1993

Bonica's Management of Pain Scott Fishman, Jane Ballantyne, James P. Rathmell, 2010 Bonica's Management of Pain was the first major textbook written primarily to guide practitioners as a comprehensive clinical text in the field of pain medicine We aim to build on Bonica's tradition to assemble an updated comprehensive textbook for pain practitioners that is seen as the leading text in the field of pain medicine Prior editions have been largely based on contributions from leading practitioners who described current practice this revision will make every attempt to include concise summaries of the available evidence that guides current practice

Hamric & Hanson's Advanced Practice Nursing - E-Book Mary Fran Tracy, Eileen T. O'Grady, 2018-01-03 NEW and UNIQUE Expanded coverage of interprofessional collaborative practice

includes the latest Interprofessional Education Collaborative IPEC Core Competencies for Interprofessional Collaborative Practice NEW Updated coverage of APRN roles related to implementation of healthcare in the U S reflects current and anticipated changes in APRN roles related to healthcare reform NEW Coverage of IOM and QSEN has been updated and expanded NEW Refocused International Development of Advanced Practice Nursing chapter has been rewritten to be more global and inclusive in focus to reflect the state of advanced practice nursing practice throughout all major regions of the world NEW Expanded content on the role of advanced practice nurses in teaching education mentoring and health policy related to the APRN role is featured in the 6th edition **Weiner's Pain Management** Mark V. Boswell, B. Eliot

Cole, 2005-08-31 This seventh edition of a bestseller has been totally revised and updated making this the most comprehensive rewrite in the book's long and distinguished history It includes new chapters new sections and section editors and new contributors Offering an interdisciplinary approach to pain management the book delivers a scholarly presentation for *Advanced Practice Nursing* Ann B. Hamric, PhD, RN, FAAN, Charlene M. Hanson, Mary Fran Tracy, Eileen T. O'Grady, PhD, RN, ANP, 2013-07-18 Addressing all major advanced practice nursing competencies roles and issues *Advanced Practice Nursing An Integrative Approach* 5th Edition provides a clear comprehensive and current introduction to APN today It applies APN core competencies to the major APN roles including the burgeoning Nurse Practitioner role and covers topics ranging from the evolution of APN to evidence based practice leadership ethical decision making and health policy This edition includes a new chapter on the international development of APN new and enhanced illustrations and a colorful new reader friendly format for improved readability From internationally known APN experts Ann Hamric Charlene Hanson Mary Fran Tracy and Eileen O Grady along with a host of internationally recognized APN contributors *Advanced Practice Nursing* introduces you to APN and helps you identify an APN role develop key competencies for that role and succeed as an APN Coverage of APN core competencies defines and describes all competencies including direct clinical practice guidance and coaching consultation evidence based practice EBP leadership collaboration and ethical decision making Operationalizes and applies APN core competencies to the major APN specialties including the Clinical Nurse Specialist the Primary Care Nurse Practitioner the Acute Care Nurse Practitioner the Certified Nurse Midwife and the Certified Registered Nurse Anesthetist Content on managing APN environments addresses such factors as business planning and reimbursement marketing negotiating and contracting regulatory legal and credentialing requirements health policy issues and nursing outcomes and performance improvement research Unique Exemplar boxes provide real life scenarios showing APN competencies in action In depth discussions of educational strategies show how nurses develop competencies as they progress into advanced practice Discussions of APN role development clearly explain the career trajectory that you can anticipate as you transition to advanced practice EXPANDED international focus includes a NEW International Development of Advanced Practice Nursing chapter that addresses common issues such as the public image and status of APN dealing with physician resistance

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Clinical Pain Management : Practice and Procedures Harald Breivik,Michael Nicholas,William Campbell,Toby Newton-John,2008-09-26 Largely reorganised and much expanded in this second edition Practice and Procedures brings together in a single volume general methods of pain assessment and presents the wide range of therapies that can be provided by a range of health care disciplines Authored by a multidisciplinary team of experts chapters can stand alone for readers looking

The ASAM Principles of Addiction Medicine Shannon C. Miller,Richard N. Rosenthal,Sharon Levy,Andrew J. Saxon,Jeanette M. Tetrault,Sarah E. Wakeman,2024-02-15 Principles of Addiction Medicine 7th ed is a fully reimagined resource integrating the latest advancements and research in addiction treatment Prepared for physicians in internal medicine psychiatry and nearly every medical specialty the 7th edition is the most comprehensive publication in addiction medicine It offers detailed information to help physicians navigate addiction treatment for all patients not just those seeking treatment for SUDs Published by the American Society of Addiction Medicine and edited by Shannon C Miller MD Richard N Rosenthal MD Sharon Levy MD Andrew J Saxon MD Jeanette M Tetrault MD and Sarah E Wakeman MD this edition is a testament to the collective experience and wisdom of 350 medical research and public health experts in the field The exhaustive content now in vibrant full color bridges science and medicine and offers new insights and advancements for evidence based treatment of SUDs This foundational textbook for medical students residents and addiction medicine addiction psychiatry fellows medical libraires and institution also serves as a comprehensive reference for everyday clinical practice and policymaking Physicians mental health practitioners NP PAs or public officials who need reference material to recognize and treat substance use disorders will find this an invaluable addition to their professional libraries

Mechanisms and Management of Pain for the Physical Therapist - E-BOOK Kathleen A. Sluka,2025-05-24 Deepen your knowledge of the mechanisms of pain and redefine your approach to pain management with this essential resource Mechanisms and Management of Pain for the Physical Therapist Third Edition is the only textbook that addresses the growing significance of rehabilitation and non pharmaceutical treatments in pain care Dr Kathleen Sluka leads a team of more than 20 international contributors in

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Essentials of Pain Medicine E-Book Honorio Benzon, Srinivasa N. Raja, Scott M Fishman, Spencer S Liu, Steven P Cohen, 2017-10-01 Accessible concise and clinically focused *Essentials of Pain Medicine* 4th Edition by Drs Honorio T Benzon Srinivasa N Raja Scott M Fishman Spencer S Liu and Steven P Cohen presents a complete full color overview of today's theory and practice of pain medicine and regional anesthesia It provides practical guidance on the full range of today's pharmacologic interventional neuromodulative physiotherapeutic and psychological management options for the evaluation treatment and rehabilitation of persons in pain Covers all you need to know to stay up to date in practice and excel at examinations everything from basic considerations through local anesthetics nerve block techniques acupuncture cancer pain and much more Uses a practical quick reference format with short easy to read chapters Presents the management of pain for every setting where it is practiced including the emergency room the critical care unit and the pain clinic Features hundreds of diagrams illustrations summary charts and tables that clarify key information and injection techniques now in full color for the first time Includes the latest best management techniques including joint injections ultrasound guided therapies and new pharmacologic agents such as topical analgesics Discusses recent global developments regarding opioid induced hyperalgesia addiction and substance abuse neuromodulation and pain management and identification of specific targets for molecular pain Expert Consult™ eBook version included with purchase This enhanced eBook experience allows you to search all of the text figures Q As and references from the book on a variety of devices

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