

Pain Management:
Change the Focus - Change the Outcome

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Pain and Opioid Addiction Epidemiology...

US Population
Chronic Pain (30-50%)
At-Risk (11-20%)
Addiction (~3%)

Opioid Prescriptions

Number of painkiller prescriptions per 100 people

Lowest ← Average → Highest

Lowest	Average	Highest
AZ 02 NE 19 MT 02 WA 17 VA 18 ND 16 WI 18 TX 16 MO 16 IA 13 NM 13 CT 12 FL 13 CO 11 NH 12 WY 10 MA 11 VT 07 IL 14 AK 15 SD 16 NY 10 MN 02 HI 10 CA 11	SC 10 NC 20 OK 10 NY 14 MO 16 DE 11 KS 14 RI 10 GA 11 PA 18 OK 18 ME 15 ID 18	MS 10 AR 10 LA 10 MI 10 IN 10 AL 11 WV 11 TN 11 OK 10 KY 11

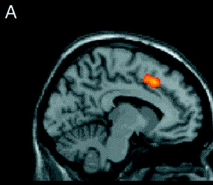
State Abbreviation — CA 01 — Number of painkiller prescriptions per 100 people

SOURCE: IMS, National Prescription Audit (NPA™), 2012.

Psychological Pain vs "Real Pain"?

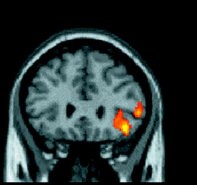
Physiological	Psychological
<ul style="list-style-type: none">• Musculo-skeletal• Neuropathic	<ul style="list-style-type: none">• Stress• Depression• Social

A

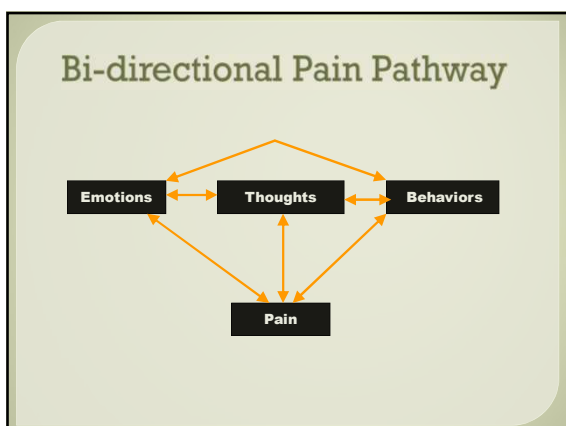


Anterior Cingulate
x = -6

B



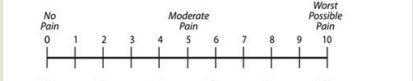
Right Ventral Prefrontal
y = 26



***ALL* PAIN HAS A PSYCHOLOGICAL COMPONENT**

Pain Sensitivity vs. Tolerance: What are you are measuring?

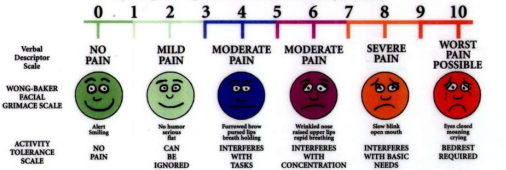
- Sensitivity: What is the level of your pain?



- Tolerance: What can you do despite that pain level?

Measuring Pain UNIVERSAL PAIN ASSESSMENT TOOL

This pain assessment tool is intended to help patient care providers assess pain according to individual patient needs. Explain and use 0-10 Scale for patient self-assessment. Use the faces or behavioral observations to interpret expressed pain when patient cannot communicate his/her pain intensity.



	0	1	2	3	4	5	6	7	8	9	10
Verbal Descriptor Scale	NO PAIN	MILD PAIN	MILD PAIN	MODERATE PAIN	MODERATE PAIN	SEVERE PAIN	SEVERE PAIN	WORST PAIN POSSIBLE	WORST PAIN POSSIBLE	WORST PAIN POSSIBLE	WORST PAIN POSSIBLE
WONG-BAKER FACIAL GRIMACE SCALE											
ACTIVITY TOLERANCE SCALE	Alert walking NO PAIN	No home activity CAN BE IGNORED	Forward home activity INTERFERES WITH TASKS	Walked some rapid walking INTERFERES WITH CONCENTRATION	Slow walk INTERFERES WITH BASIC NEEDS	Slow crawl REQUEST REQUIRED	Slow crawl REQUEST REQUIRED	Slow crawl REQUEST REQUIRED	Slow crawl REQUEST REQUIRED	Slow crawl REQUEST REQUIRED	Slow crawl REQUEST REQUIRED
SPANISH	NADA DE DOLOR	IMPUNITO DE DOLOR	UN DOLOR LEVE	DOLOR FUERTE	DOLOR DEBILITADO FUERTE	UN DOLOR INDEPORTABLE	UN DOLOR INDEPORTABLE	UN DOLOR INDEPORTABLE	UN DOLOR INDEPORTABLE	UN DOLOR INDEPORTABLE	UN DOLOR INDEPORTABLE
TAGALOG	Walang Sakit	Katigaynang Sakit	Katamtamtang Sakit	Mataatiling Sakit	Pinako-Mataatiling Sakit	Pinako-Mataatiling Sakit	Pinako-Mataatiling Sakit	Pinako-Mataatiling Sakit	Pinako-Mataatiling Sakit	Pinako-Mataatiling Sakit	Pinako-Mataatiling Sakit
CHINESE	不痛	轻微	中度	重度	非常严重	最严重	最严重	最严重	最严重	最严重	最严重
KOREAN	통증 없음	약간 통증	보통 통증	심한 통증	아주 심한 통증	극악의 통증	극악의 통증	극악의 통증	극악의 통증	극악의 통증	극악의 통증
PERSIAN (FARSI)	بدون درد	درد ملایم	درد معتدل	درد شدید	درد بسیار شدید	درد ممکن	درد ممکن	درد ممکن	درد ممکن	درد ممکن	درد ممکن
VIETNAMESE	Không Đau	Đau Nhẹ	Đau Vừa Phải	Đau Nặng	Đau Thê Hạng	Đau Thê Hạng	Đau Thê Hạng	Đau Thê Hạng	Đau Thê Hạng	Đau Thê Hạng	Đau Thê Hạng
JAPANESE	痛みがない	少し痛い	いくらか痛い	かなり痛い	ひどく痛い	ものすごく痛い	ものすごく痛い	ものすごく痛い	ものすごく痛い	ものすごく痛い	ものすごく痛い

Treatment Goal

The patient resumes normal daily activities

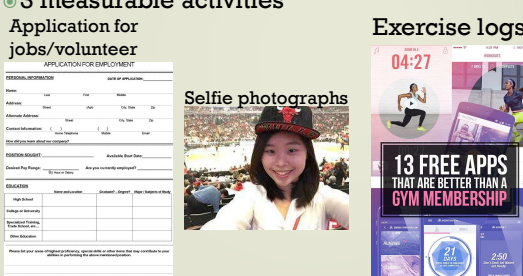
NOT JUST PAIN REDUCTION!

Treatment Efficacy

- ◉ **Need Functional Pain Assessment**
 - Not just 0-10 scale
 - Is treatment helping them engage in more activities?
 - Should be a sliding scale, not either/or
 - ~~"When my pain is gone then I will..."~~

Behavioral – Functional Pain Goals

- ◉ **3 measurable activities**
 - Application for jobs/volunteer
 - Exercise logs
 - Selfie photographs

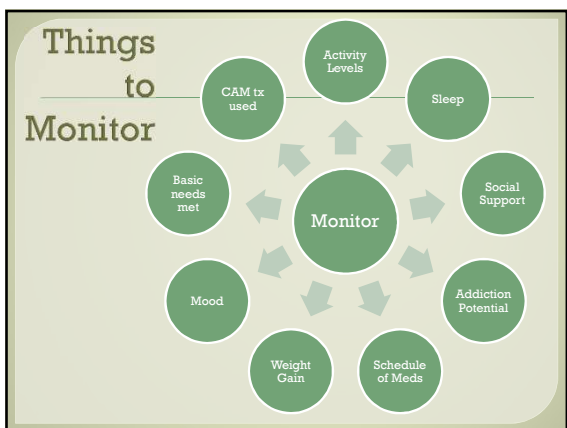


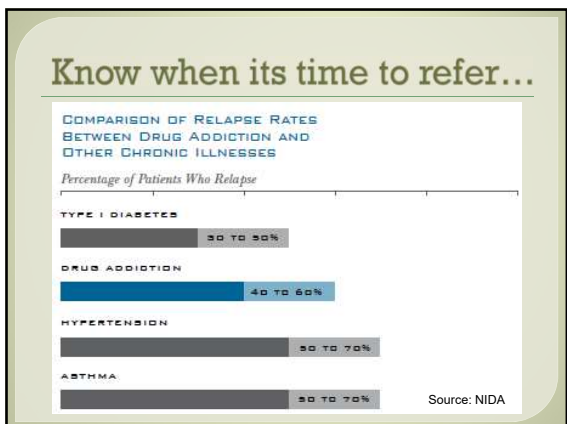
Basics of Pain Coping Therapy

- ◉ Progressive Relaxation
- ◉ Brief Practices
- ◉ Pain Suppression Imagery
- ◉ Wound Healing Imagery
- ◉ Pleasant Activity Scheduling
- ◉ Communication Skills
- ◉ Challenge Catastrophizing
- ◉ Activity-Rest Cycling
- ◉ Distraction Techniques
- ◉ Problem Solving
- ◉ Cognitive Restructuring
- ◉ Altering Self-Efficacy Beliefs
- ◉ Increasing Internal LOC
- ◉ Relapse Prevention
- ◉ Chemical Coping Assessment

Challenges

- Hyper-focus on pain
- Catastrophizing
- Hyperalgesia
 - Long term effects
- Aberrant Drug Use Behaviors
 - Addiction
 - Diversion
- Psychologist's Fear of UTox





Questions?

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