

PainWeek®

Tales of Pain Self-Management: The Who, What, Why, and How!

Laura Meyer-Junco, PharmD, BCPS, CPE

Samantha Seivert, PharmD

Titles & Affiliations

Laura Meyer-Junco, PharmD, BCPS, CPE
University of Illinois at Chicago College of Pharmacy
Rockford, IL

Samantha Seivert, PharmD
New Hanover Regional Medical Center
Wilmington, NC

Disclosures

- We have no actual or potentially relevant conflict of interest in relation to this activity

Learning Objectives

- Discuss why pain self-management skills can be valuable tools for patients with chronic pain.
- Describe the "Chronic Pain Self-Management Program" (CPSMP).
- Review the challenges that may arise when conducting your first pain self-management workshop.

What is Pain Self-Management?

A man with a beard and dark hair is sitting on a brown leather couch. He is wearing a dark long-sleeved shirt and light blue jeans. He has his right hand raised to his face, with his fingers near his eye, suggesting a state of deep thought or contemplation. The background is a plain, light-colored wall.

- It involves understanding of one's condition and learning how everyday thoughts and behaviors impact the pain experience...AND what the patient can do about it
- It is the everyday strategies for living with pain.

What is Pain Self-Management?

- **Skills to deal with chronic pain**
 - Stress reduction techniques, relaxation techniques, pacing activities, communicating with healthcare providers, developing a physical activity program
- **Skills to continue a normal life**
 - Nurture relationships, maintain activities, and enjoy life
- **Skills to deal with emotions**
 - Identify negative emotions and self-talk and develop a different relationship with pain, focusing on positive self-management strategies



**Self-Management is another
Tool for Our Pain Toolkit!**

I D E N T I T Y T H E F T

STEPS TO A NEW IDENTITY



“Disabled, Chronic Pain Patient”

1. Help Patients Better Understand How Pain Works and the Role of the Brain
2. Help Patients Recognize How Negative Thoughts/Emotions and Stress Impact Pain
3. Empower Patients to Regulate Their Thoughts and Behaviors, and Use Self-Management Skills for Living with Chronic Pain

Education is needed for “deep learning” so that pain self-management can be retained by understanding not just the *how*, but the *why*!

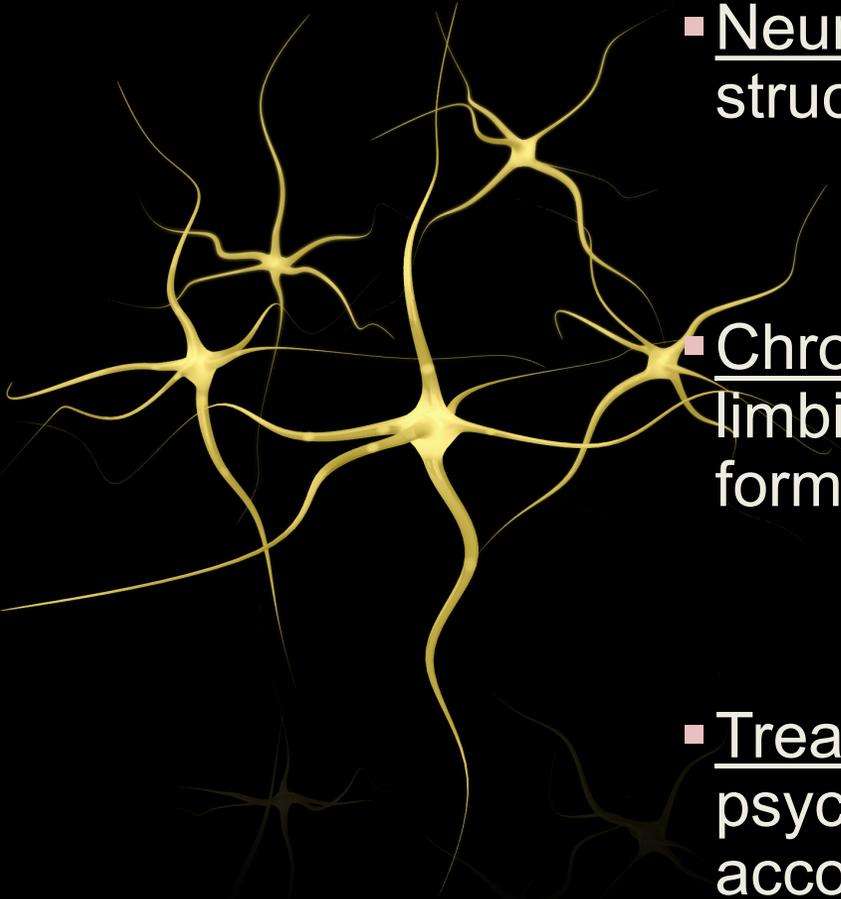
Helping Patients Broaden Their Identity Can Result In:

- *Lower* perceived pain levels
- *Less* pain-related distress and depression
- *Less* avoidance of activities
- *Lower* levels of disability
- *Greater* daily function

Explain the Brain and Pain Connection to Patients

- Reframe for patients that chronic pain is “damage” to “pain is a perception” that can be influenced by many things
 - Emotions
 - Negative thoughts
 - Stress
 - Worst scenario predictions
 - Fear
- The brain must interpret all the information it receives and stored inside to determine if the situation is threatening enough for pain to be felt.
- Chronic pain is less about damage and more due to an over-sensitive nervous system and how the brain interprets this information
- The GOOD news is that we can de-sensitive our nervous system and retrain the brain.

Central Nervous System and Pain



- Neuronal plasticity: “the capacity of neurons to change their structure, their function, or even their chemical profile”

Woolf CJ, Salter NW. *Science* 2000; 288: 1765-1769

- Chronic pain: “the consequence of plastic changes in cortical-limbic circuitry, leading to new learning and to memory formation that are continuously reinforced”

Mansour AR, et al. *Restorative Neurology and Neuroscience* 2014; 32: 129–139

- Treatment: “ideally, pharmacologic, physical, and/or psychological approaches should reverse the reorganization accompanying chronic pain.”

McCarberg B, Peppin J. *Pain Med* 2019 Mar 13 doi: 10.1093/pm/pnz017

Influence of Cognitive and Emotional Factors on Pain

- “Negative treatment expectation interfered with the analgesic potential of remifentanyl to the extent that the effect of this potent analgesic was completely abolished.”

Sci Transl Med 2011 Feb 16;3(70):70ra14

- “A number of reports show that pain is perceived as less intense when individuals are distracted from the pain”

Pain 2002; 95:195–199.

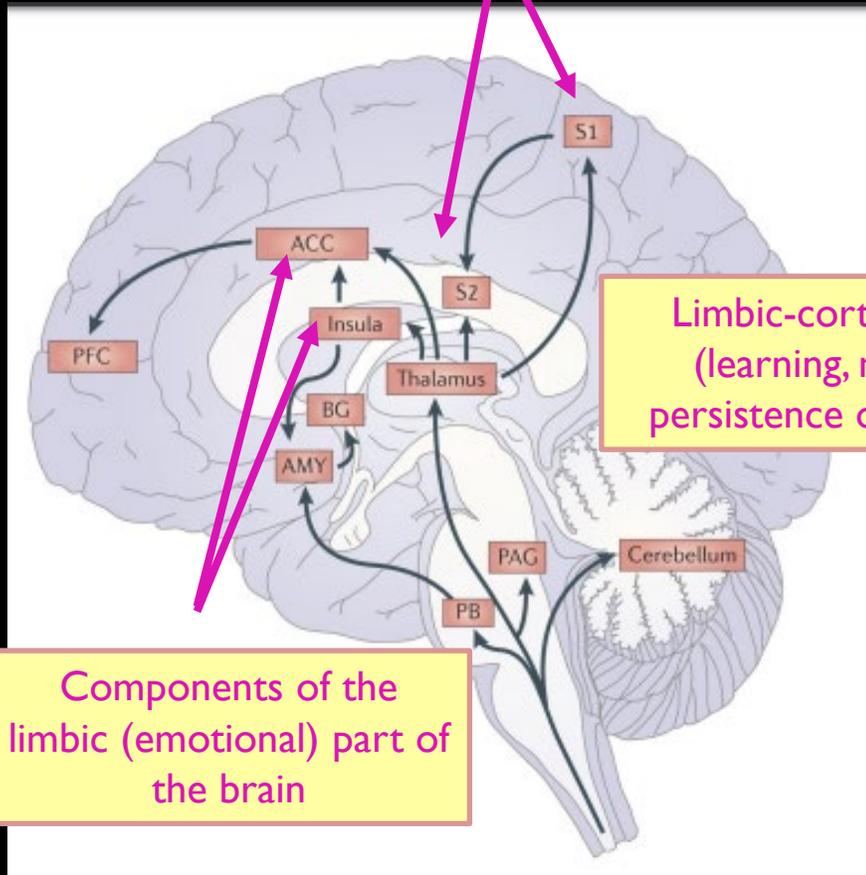
- Separate from attention, “our emotional state also has an enormous influence on pain; a negative emotional state increases pain, whereas a positive state lowers pain”

- “What makes pain ‘pain’ is usually the affective component of the experience — that is, how unpleasant it is.”

Nat Rev Neurosci 2013; 14(7): 502–511.

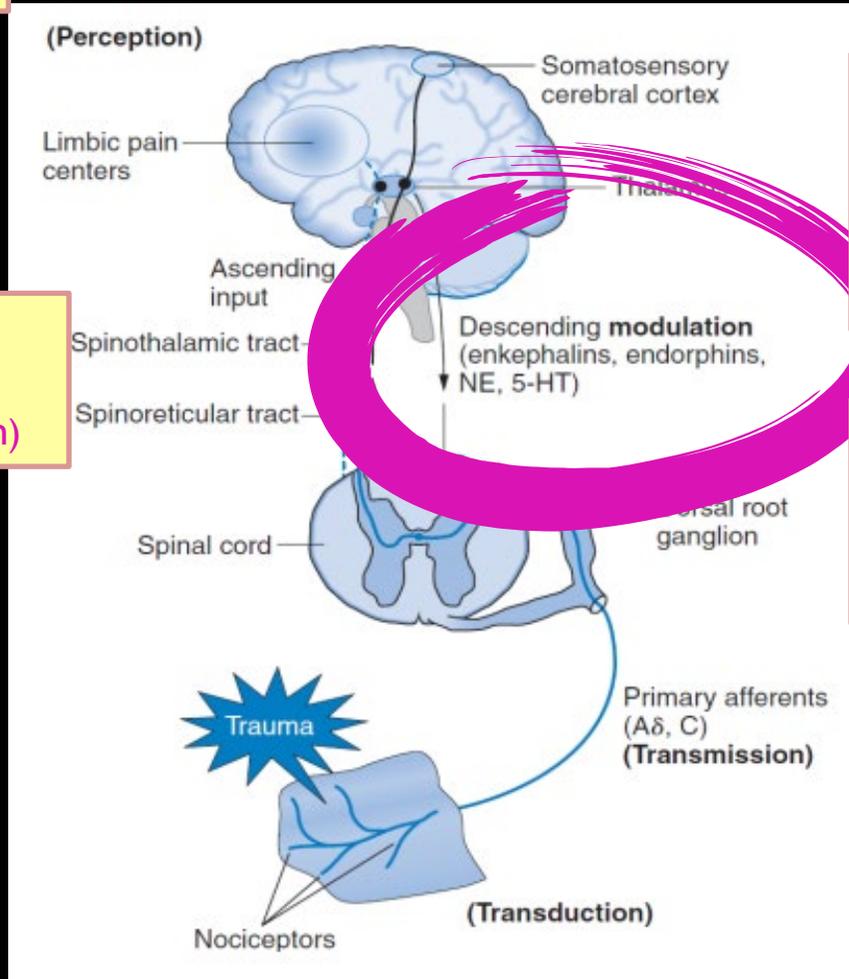
Influence of Attention and Emotion on Pain Processing

Somatosensory cortices (S1, S2) encode the sensory features: duration/location



Limbic-cortical plasticity? (learning, memory, and persistence of chronic pain)

Components of the limbic (emotional) part of the brain



Involve descending projections from PAG. Outputs from ACC, PFC, and amygdala reach the PAG

Suggests that descending modulation could be influenced by psychological factors

Adapted/Translated by permission from Springer Nature. Figure 2. Bushnell MC, Ceko M, Low AL. *Nat Rev Neurosci* 2013; 14(7):502-511

Self-Management Resources

■ Self-help CBT or Pain Education books

- Margaret Caudill’s “Managing Pain Before It Manages You”
- Sandra Lefort et al “Living a Healthy Life with Chronic Pain”
 - <https://www.bullpub.com/living-a-healthy-life-with-chronic-pain.html>
- Butler D, Moseley L. “Explain Pain.” Second Edition, 2018
- Beverly Thorn’s “Cognitive Therapy for Chronic Pain: A Step-by-Step Guide” (for practitioners)
- Richard Wanlass’s “Bouncing Back: Skills for Adaption to Injury, Aging, Illness, and Pain”

■ Online pain self-management programs

- <https://www.retrainpain.org/> (online patient pain education)
- <https://www.headspace.com/> (mindfulness app and online resource for patients)
- <https://insighttimer.com/> (mindfulness app for patients)

Self-Management Resources

- Community-based pain self-management programs

- <https://www.selfmanagementresource.com/programs/small-group/chronic-pain-self-management/> (Stanford Patient Education Research Center)

- <http://www.eblcprograms.org/evidence-based/map-of-programs> (directory of community self-management programs)

- https://www.selfmanagementresource.com/programs/online_programs/ (online group workshops)

Chronic Pain Self-Management Program (CPSMP)



<https://www.selfmanagementresource.com/>

- **"Chronic Pain Self-Management Program" (CPSMP)** developed in 1996 by Sandra LeFort PhD, for patients with
 - Chronic pain
 - Other painful conditions such as persistent headache, Crohn's disease, irritable bowel syndrome, diabetic neuropathy, or multiple sclerosis
- Further refined with the assistance of Dr. Kate Lorig at the Stanford Patient Education Research Center.
- The CPSMP program is derived from other evidence-based self-management programs including:
 - Stanford's Arthritis Self-Management Program
 - Chronic Disease Self-Management program.
- In 2015, Dr. Sandra Lefort and Dr. Kate Lorig, et al published the book, *Living a Healthy Life with Chronic Pain*, to go along with the program

Chronic Pain Self-Management Program (CPSMP)



Pain 74 (1998) 297–306

PAIN

Randomized controlled trial of a community-based psychoeducation program for the self-management of chronic pain

Sandra M. LeFort^{a,*}, Katherine Gray-Donald^b, Katherine M. Rowat^c, Mary Ellen Jeans^d

^a*School of Nursing, Memorial University of Newfoundland, St. John's, Newfoundland, A1B 3V6 Canada*

^b*School of Dietetics and Human Nutrition, McGill University, 21,111 Lakeshore Road, Ste. Anne de Bellevue, Quebec, H9X 1C0 Canada*

^c*School of Nursing, McGill University, Wilson Hall, 3506 University St., Montreal, Quebec, H3A 2A7 Canada*

^d*Canadian Nurses Association, 50 Driveway, Ottawa, Ontario, K2P 1E2 Canada*

Received 1 July 1997; received in revised form 6 October 1997; accepted 28 October 1997



Healthy Living with Chronic Pain

- 6-Week Evidence-Based
- WELLNESS WORKSHOP

- Developed by Stanford University
- Licensed BY Wisconsin Institute for Healthy Aging



Chronic Pain Self-Management Program Overview

The 5 W's of the Chronic Pain Self-Management Program

Who	<ul style="list-style-type: none">• People managing some sort of chronic pain condition• Caregivers or family members of someone suffering from chronic pain• 10-16 participants
What	<ul style="list-style-type: none">• Interactive, educational program that teaches participants how to better manage their chronic pain condition
When	<ul style="list-style-type: none">• 6 week course• 2 ½ hour sessions each week
Where	<ul style="list-style-type: none">• In-person• Online
Why	<ul style="list-style-type: none">• This program allows participants to build the confidence to self-manage their chronic pain• The interactive part of this class allows participants to form connections and build a support system to help them along their journey



Healthy Living with Chronic Pain: Who?



- Enrolled 20 participants
 - Session 1: 13 participants
 - Session 2: 14 participants
 - Session 3: 12 participants
 - Session 4: 10 participants
 - Session 5: 11 participants
 - Session 6: 11 participants



Healthy Living with Chronic Pain: Who?

Participant Characteristics (n=12 pre-workshop surveys returned)	Number (%)
Chronic Pain	11 (92%)
Caregiver to household member with chronic pain	2 (17%)
Age:	
<40 years old	1 (8%)
41-50 years old	2 (17%)
51-60 years old	3 (25%)
61-70 years old	4 (33%)
71-80 years old	0 (0%)
>80 years old	2 (17%)



Healthy Living with Chronic Pain: Who?

Participant Characteristics (n=12 pre-workshop surveys returned)	Number (%)
Female	8 (67%)
Male	4 (33%)
Type of Pain:	
Back Pain	10 (83%)
Joint Pain	10 (83%)
Neuropathic Pain	3 (25%)
Fibromyalgia	4 (33%)
Cancer Pain	0 (0%)
Other	3 (25%)



Healthy Living with Chronic Pain: Who?

Participant Characteristics (n=12 pre-workshop surveys returned)	Number (%)
Moderate to Severe Pain	12 (100%)
Pain Affecting:	
Sleep	11 (92%)
Activity	12 (100%)
Work	7 (58%)
Relationships	7 (58%)
Mood	11 (92%)



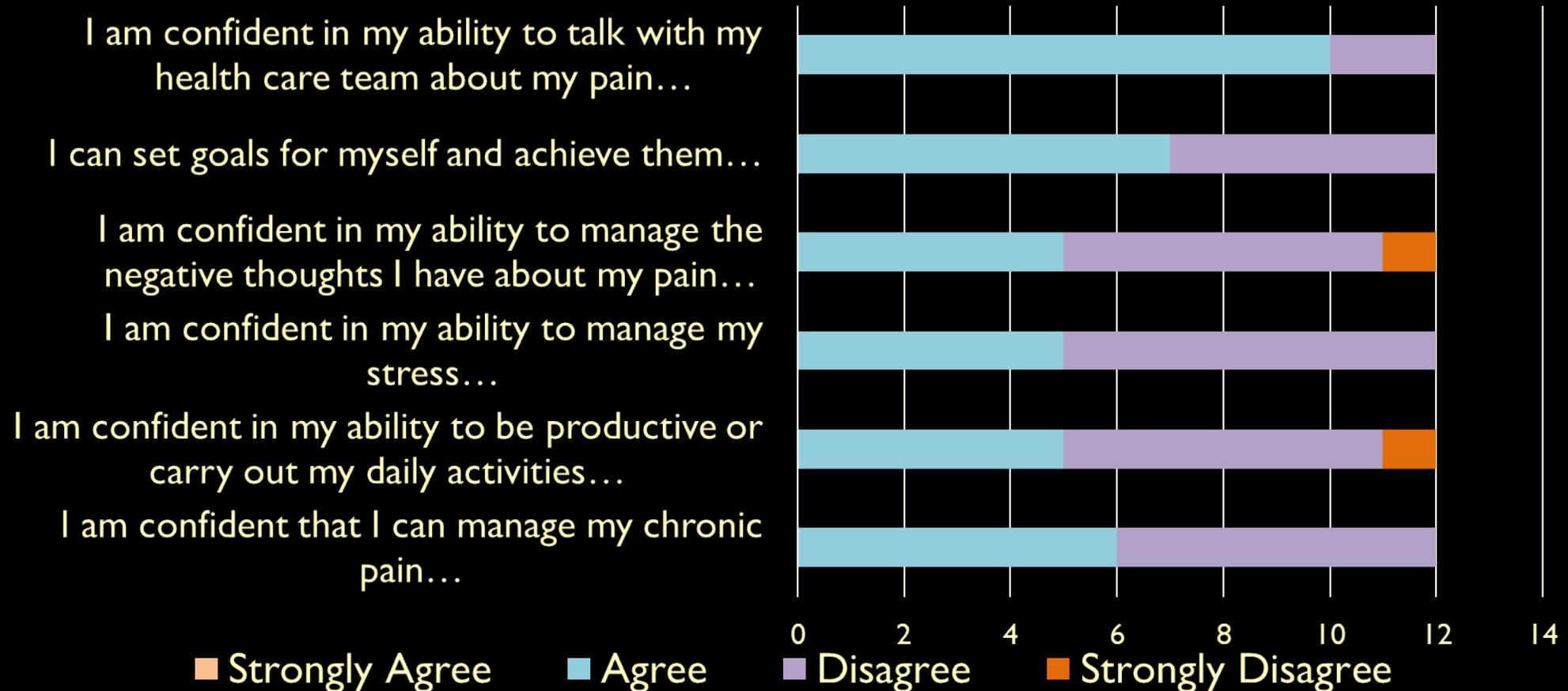
Healthy Living with Chronic Pain: Who?

Participant Characteristics (n=12 pre-workshop surveys returned)	Number (%)
Analgesic Therapies	
Non-opioid only	8 (67%)
Opioid	4 (33%)
Cannabis	4 (33%)
Self-Management Strategies Used:	
Relaxation Techniques	5 (42%)
Exercise	5 (42%)
Pacing and Planning	4 (33%)
Positive Thinking	7 (58%)
Medicine	8 (67%)



Healthy Living with Chronic Pain: Who?

Pre-Workshop Self-Efficacy Statements





Healthy Living with Chronic Pain: Who?

Pre-Survey of "Emotional Distress"

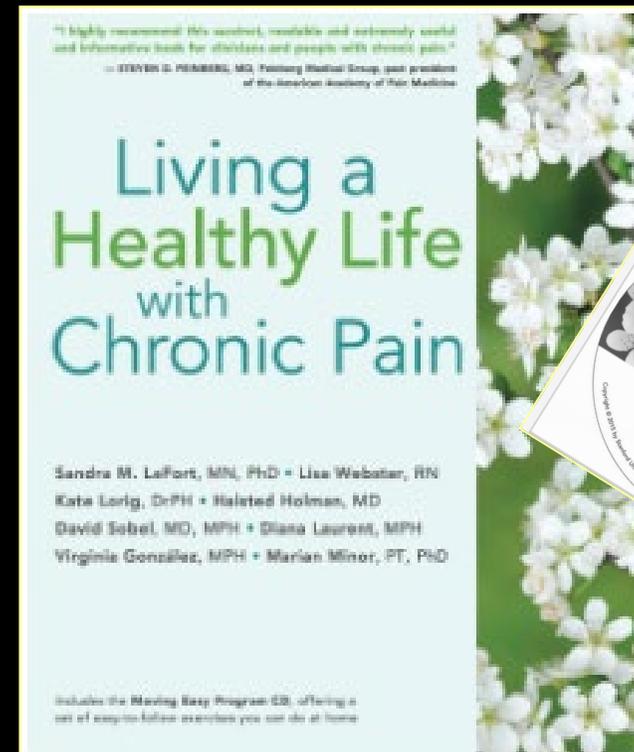


Healthy Living with Chronic Pain Workshop: The What?



OVERVIEW

- Strategies to interrupt pain “messages” being received by the brain
- Multiple tools to decrease pain and better manage symptoms
- “Living a Healthy Life with Chronic Pain” textbook with selected readings as homework
- Moving Easy Program: Sequence of 26 gentle moves of flexibility and motion



Chronic Pain Self-Management Program Topics



**Self-Management
Techniques**



Exercise Routines



Medication Usage



**Communication
Skills**



Proper Nutrition



Pacing Strategies



**Evaluating
Treatment Options**



**Development of
Weekly Action Plans**



“SELF-MANAGEMENT TOOLBOX”

Physical Activity Problem-Solving
Pacing & Planning Using Your Mind
Decision-Making Sleep
Action Planning Communication
Breathing Techniques
Healthy Eating Medications
Understanding Emotions
Working with Health Professionals

Emphasis on:

- Emotional health
- Evaluating treatments
- Balancing activity & rest
- Communication skills
- Relaxation techniques
- Create a pain profile
- Partnering with care team
- Fatigue management

SESSION ONE



- Workshop Overview
- What is Pain?
- Mind & Body Connection
- Getting Quality Sleep
- Introduction to Action Plans



SESSION TWO



- Feedback on Action Plans
- Dealing with Difficult Emotions
- Intro to Physical Activity
- Better Breathing & Relaxation
- Fatigue Management
- Making an Action Plan



SESSION THREE



- Feedback on Action Plans
- Moving Easy Program
- Pacing & Planning
- Evaluating Treatment
- Making Decisions
- Making an Action Plan



SESSION FOUR



- Feedback on Action Plans
- Moving Easy Program
- Healthy Eating
- Communication Skills
- Problem-Solving
- Making an Action Plan



SESSION FIVE



- Feedback on Action Plan
- Moving Easy Program
- Medications & Chronic Pain
- Depression Management
- Positive Thinking
- Stress & Relaxation
- Making an Action Plan



SESSION SIX



- Feedback on Action Plans
- Partnership: Working with the Health Provider and System
- Communicating about Pain
- Weight Management
- Looking Back and Planning for the Future





TECHNIQUES USED

- Brainstorms:
 - Quickly generate many group ideas
 - Non-judgmental
 - Everyone is encouraged to participate
- Problem Solving and Decision Making:
 - Work together toward a solution
 - Find the solution that works best for you
- Action Plan: Accomplish weekly short-term goals

Sample Action Plan



Something YOU want or decide to do

Action Specific

Achievable within the week

Answer the questions:

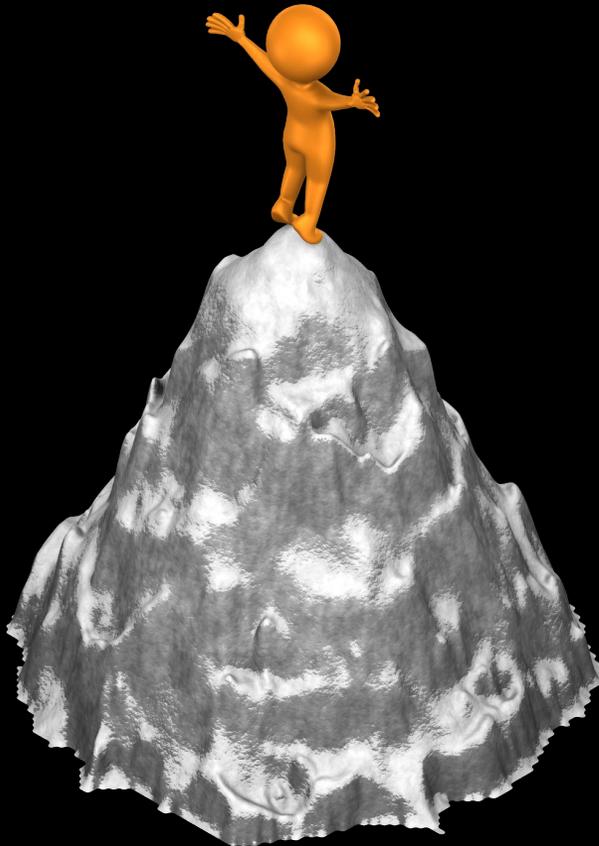
1. What? (your action)
2. How much? (portion, time, distance)
3. When? (day of the week / time of day)
4. How often? (number of days or instances this will occur)

Confidence level 7 or more (on a scale of 0 – 10)

Celebrate Success



For individuals who completed the 6-week program:



↓ Reduced pain

↑ Increased

- Vitality/energy
- Independence
- Mental health
- Involvement in everyday activities
- Life satisfaction and Self-efficacy

↑ Improved coping skills, education,
and overall quality of life



Healthy Living with Chronic Pain: Why Pain Self-Management Education?

Post-Workshop Self-Efficacy Statements

I am confident in my ability to talk with my health care team about my pain...

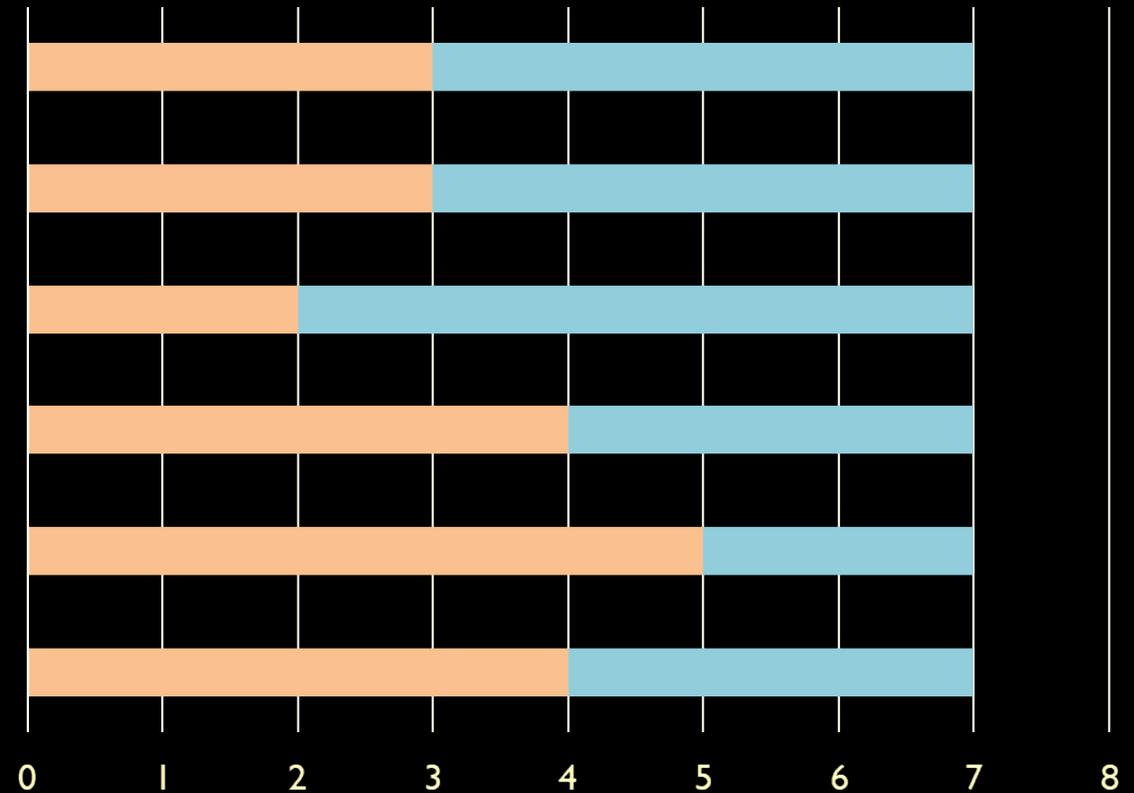
I can set goals for myself and achieve them...

I am confident in my ability to manage the negative thoughts I have about my pain...

I am confident in my ability to manage my stress...

I am confident in my ability to be productive or carry out my daily activities...

I am confident that I can manage my chronic pain...

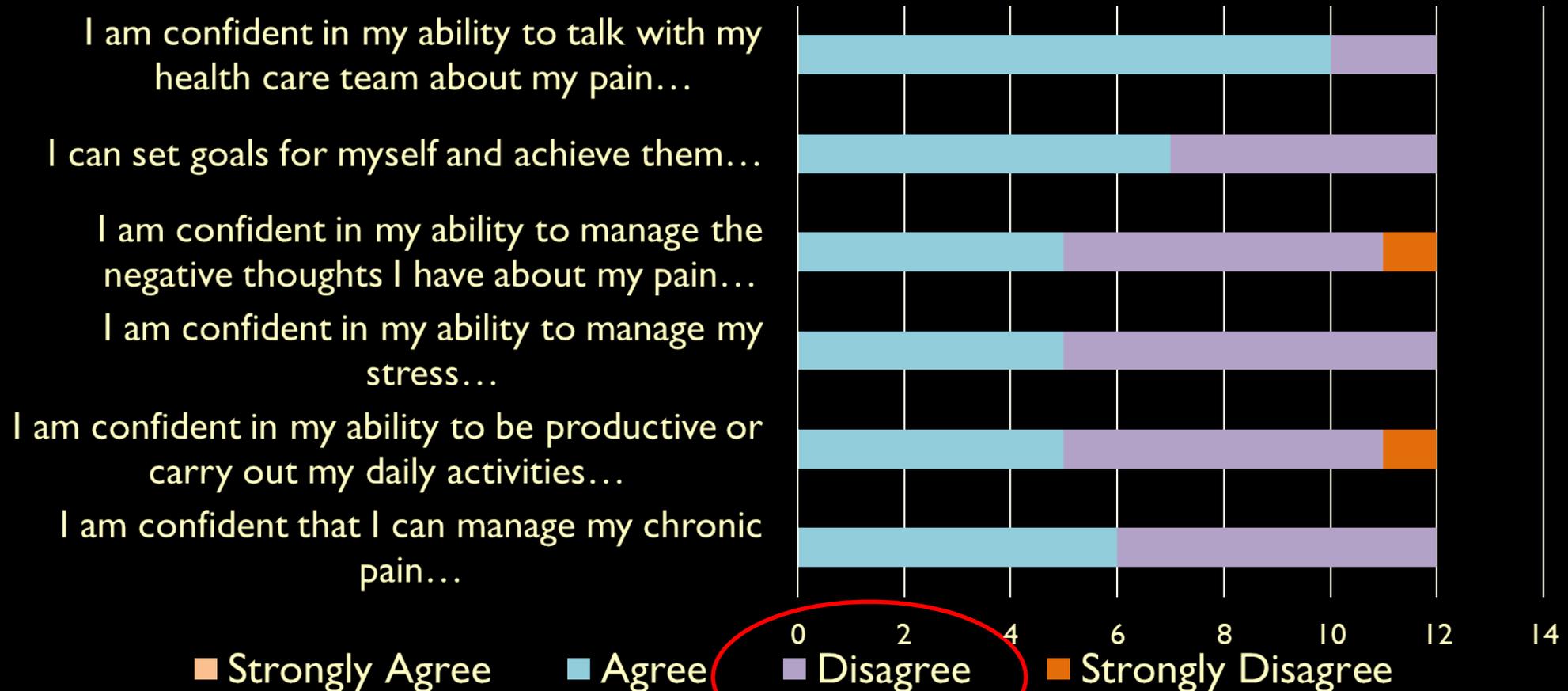


Strongly Agree Agree Disagree Strongly Disagree



Comparing to the Pre-Survey Data

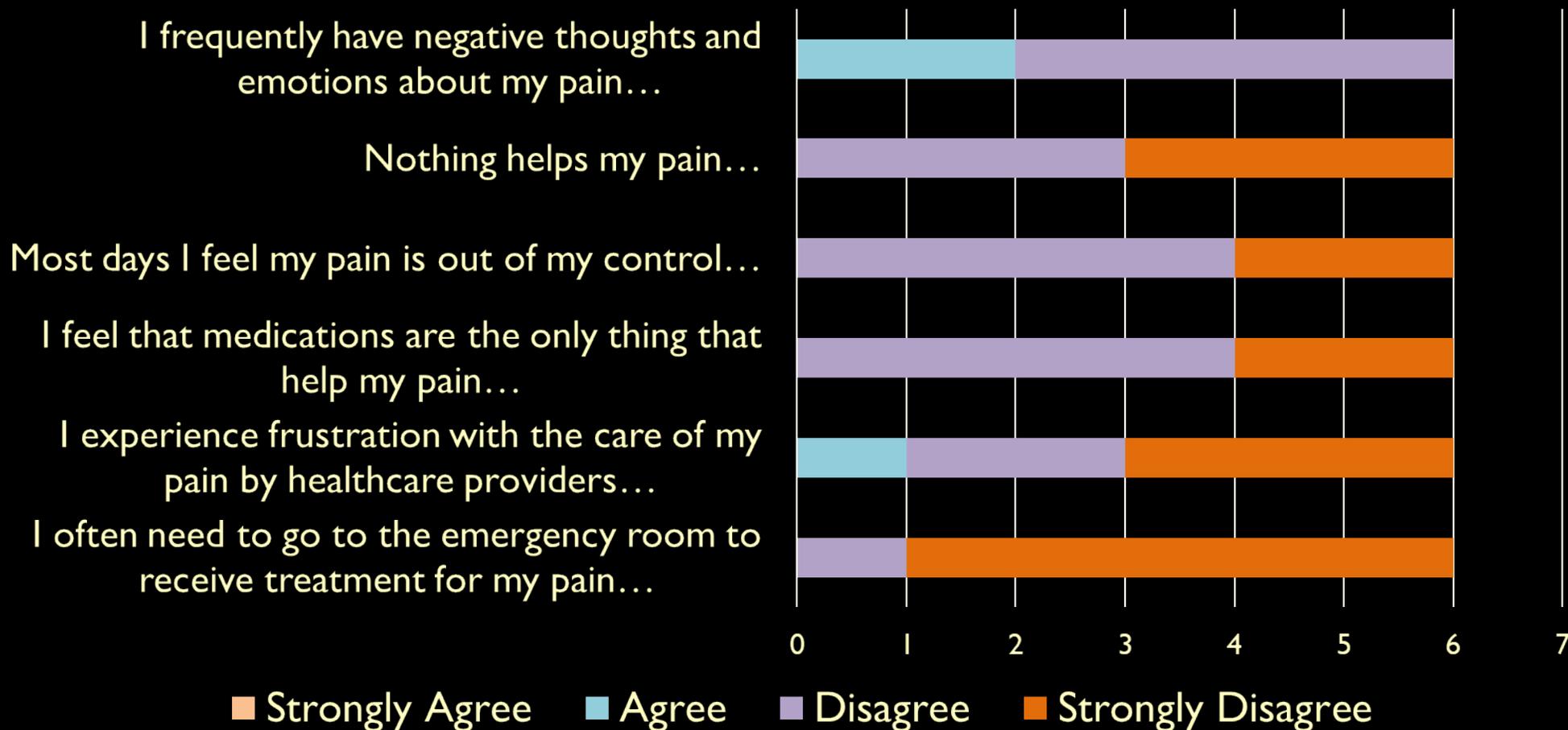
Pre-Workshop Self-Efficacy Statements





Healthy Living with Chronic Pain: Why Pain Self-Management Education?

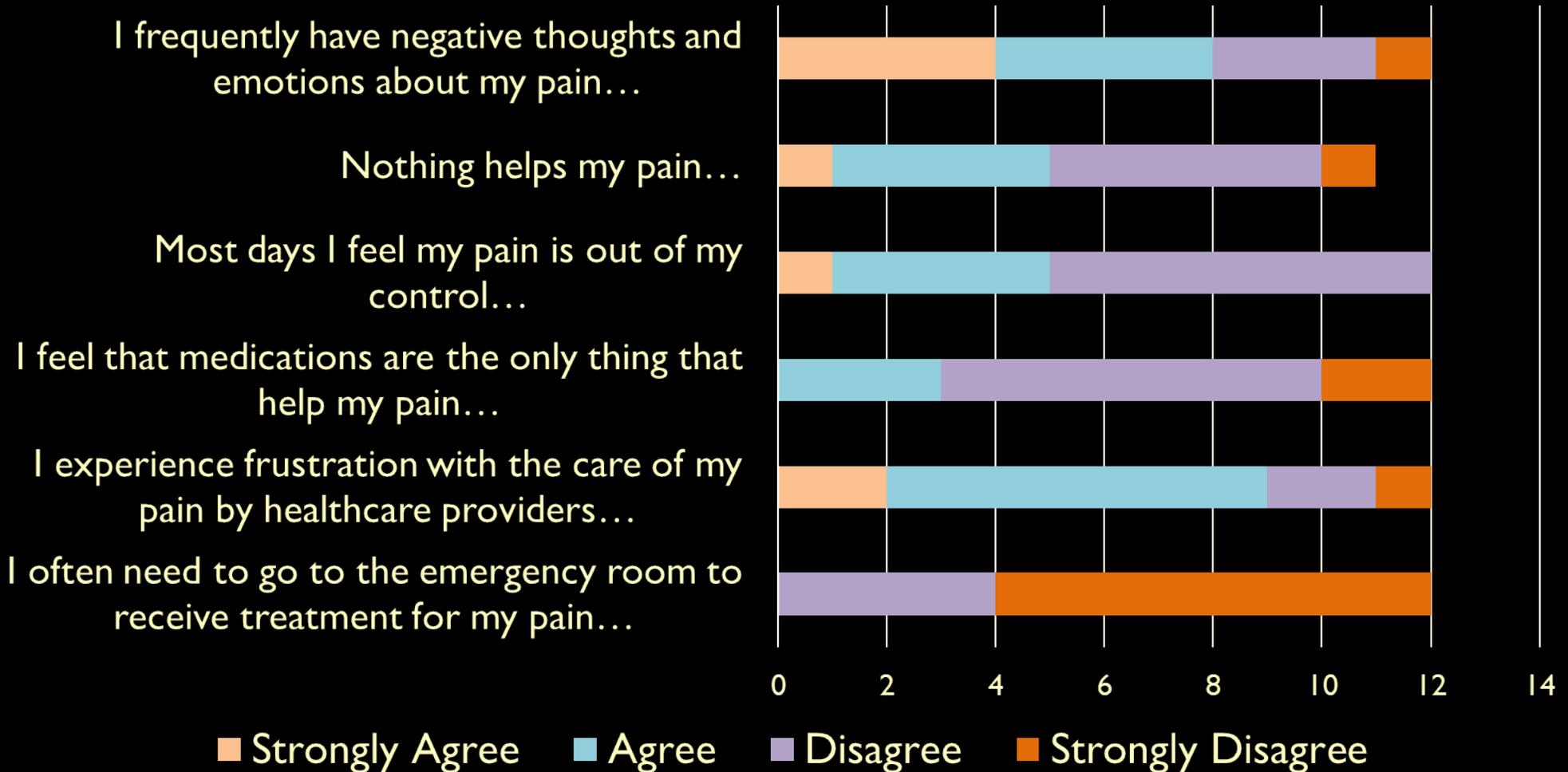
Post-Survey of "Emotional Distress"





Comparing to the Pre-Survey Data

Pre-Survey of "Emotional Distress"





Healthy Living with Chronic Pain Workshop:

Self-Management Strategies Used	Before Workshop (n=12)	After Workshop (n=7)
	Number (%)	Number (%)
Relaxation Techniques	5 (42%)	5 (71%)
Exercise	5 (42%)	6 (86%)
Pacing and Planning	4 (33%)	5 (71%)
Positive Thinking	7 (58%)	5 (71%)
Medicine	8 (67%)	5 (71%)



Healthy Living with Chronic Pain Workshop: Feedback from Participants

"Thank you for letting me participate in this workshop. I've learned innumerable tools that I can use to help me mitigate and manage my chronic pain."

"THANK YOU SO MUCH FOR ENROLLING ME IN YOUR PAIN MANAGEMENT CLASS! Every time I tuned in, I was very glad & stayed with the session until you all closed it at the end. I learned a lot from the book, the classes, the sharing and of course, the 2 of you - facilitators !"



Healthy Living with Chronic Pain Workshop: Feedback from Participants

“I will be seeing my PCP and will inform the whole team. Thank You so much for developing, funding & promoting this excellent Pain Management Class. It’s VERY positive, wholesome, collaborative, versatile, diverse & employs Best Practices for Wellness and Aging!”

“I have learned so much from this workshop. I have a lot of options now. My pain never be totally gone, but I am able to get it to a manageable level.”



Healthy Living with Chronic Pain Workshop: Feedback from Participants

“The workshop was so helpful and I really enjoyed meeting every Wednesday evening. I will miss it! The workshop has given me new insights and support in dealing with my chronic pain.”

“Greetings! I was so upset when I came back to my computer after our break and could not get connected again. I don't know what happened *but I hated missing the last hour.* Hopefully that won't happen next week because *this has been valuable to me and I don't want to miss the last session.*”

How to Become a Program Leader?

- Find a Program Provider Organization
 - <http://www.eblcprograms.org/evidence-based/map-of-programs/>
 - virginia@selfmanagementresource.com (Virginia Gonzalez from National SMRC office)
 - <https://www.selfmanagementresource.com/contact-smrc/>
- Complete leader training for the specific program you wish to become a leader for:
 - Find training (online or in-person): <https://www.selfmanagementresource.com/training/calendar>
 - <https://wihealthyaging.org/healthy-living-with-chronic-pain-leader-training>
- Leader training is led by 2 Master Trainers
- Materials
 - Leader's Manual – curriculum outline
 - *Healthy Living with Chronic Pain* workbook

<https://www.selfmanagementresource.com/about/staff>

<https://wihealthyaging.org/healthy-living-with-chronic-pain-leader-training>

Healthy Living with Chronic Pain Leader Training

Each workshop session is demonstrated with the trainees acting as the participants.



Each workshop activity is reviewed in depth in order to provide the skills and tips necessary to facilitate each activity.



Practice teaching various activities from the workshop with the opportunity for feedback from the Master Trainers and your peers.

Becoming a Healthy Living with Chronic Pain Workshop Leader. Wisconsin Institute for Healthy Aging. https://wihealthyaging.org/_data/cms_files/Program%20Files/Leader%20Training/Becoming%20a%20HLCP%20Leader.pdf?u=1SOKJP. Updated 2021. Accessed June 28 2021.

How to Become a Program Provider Organization?

- Your organization must purchase a license (before you can begin training)
 - <https://www.selfmanagementresource.com/licensing/licensing-procedure-policies/ader-training>
- Licenses are for 3 years and permit use of all SMRC Self-Management Programs with trained facilitators.
- There are two types of licenses:
 - one for Nonprofit and Public Agencies
 - one for Private and Public Companies.
- License must be obtained before training can occur

Challenges

- Cost of licensing, training, and textbooks
- Participant recruitment and attrition
- Shedding professional role
 - Staying on script
- Time Commitment
 - 2.5 hour workshop x 6 weeks
 - 6 week online training (4 hours/week)
 - Or 4 full day in person training

The rewards to the participants (and the leaders) may just outweigh the challenges

C O N C L U S I O N

- Pain Self-Management is another tool in our pain toolbox.
- Community workshops may be available, or you may consider starting one!
- Pain self-management encourages patients to take a proactive role in their pain and provides them with the skills to do so.
- It helps re-frame their thoughts, attitudes, and behaviors and provides the rationale for why this is important.



References

Chronic Pain Self-Management Program. Self-Management Resource Center. <https://www.selfmanagementresource.com/programs/small-group/chronic-pain-self-management/>. Updated 2021. Accessed June 27 2021.

Becoming a Healthy Living with Chronic Pain Workshop Leader. Wisconsin Institute for Healthy Aging. https://wihealthyaging.org/_data/cms_files/Program%20Files/Leader%20Training/Becoming%20a%20HLCP%20Leader.pdf?u=1SOKJP. Updated 2021. Accessed June 28 2021.