

A group of hands of various skin tones are shown holding each other in a circle, symbolizing support and community. The background is a soft, hazy sunset or sunrise sky with some foliage visible in the lower right corner.

THE PAIN MAKES ME FEEL ALIVE:

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&

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**The information presented here does not represent the views of the Department of Veterans Affairs or the United States Government.

Today's Mission

▣ Objectives:

1. Create an interdisciplinary treatment for chronic pain using ACT as the core treatment.
2. Apply the Matrix model of ACT for rehabilitation in chronic pain.
3. Describe how the 6 core ACT processes are useful across the intake, treatment, and follow up process.

▣ Plan:

- Describe the problem of Chronic Pain
- Tell the story of development of the ACT for Pain program structure
- Present preliminary program outcomes
- Review the Matrix in relation to the 6 core ACT processes
- Role Plays and/or Experiential Exercises

Problem of Chronic Pain

- ▣ >40,000 Veterans with Chronic Pain visits in New England in 2013.
 - Greater than obesity
 - < 2300 Veterans diagnosed with or treated for Chronic Pain Syndrome in 2013
 - ▣ Pain lasting more than 3 months
 - ▣ Focus on pain and/or failed treatments of pain
 - ▣ Sleep disturbance
 - ▣ Depression
 - ▣ Decreased social functioning
- ▣ In Modern Medicine the #1 treatment for chronic pain has been long acting opioids
 - Since the introduction of Oxycontin in 1990s
 - But recently, problems have been noted

Issues with Opioids

- ▣ Respiratory Depression
- ▣ Cognitive Disorders
- ▣ Mood Disorders
 - Apathy
- ▣ Sleep Disorders
 - Insomnia
 - OSA
- ▣ Induction of:
 - Fibromyalgia-like syndrome
 - Chronic Headaches
 - Physical Dependence
- ▣ Hyperalgesia
- ▣ Immune Dysfunction
- ▣ Endocrine Dysfunction
 - Hypogonadism
 - ▣ Low Testosterone
 - Osteoporosis
- ▣ GI Dysfunction
 - Nausea
 - Constipation

For every **1** death there are...



10 treatment admissions for abuse⁹

32 emergency dept visits for misuse or abuse⁶

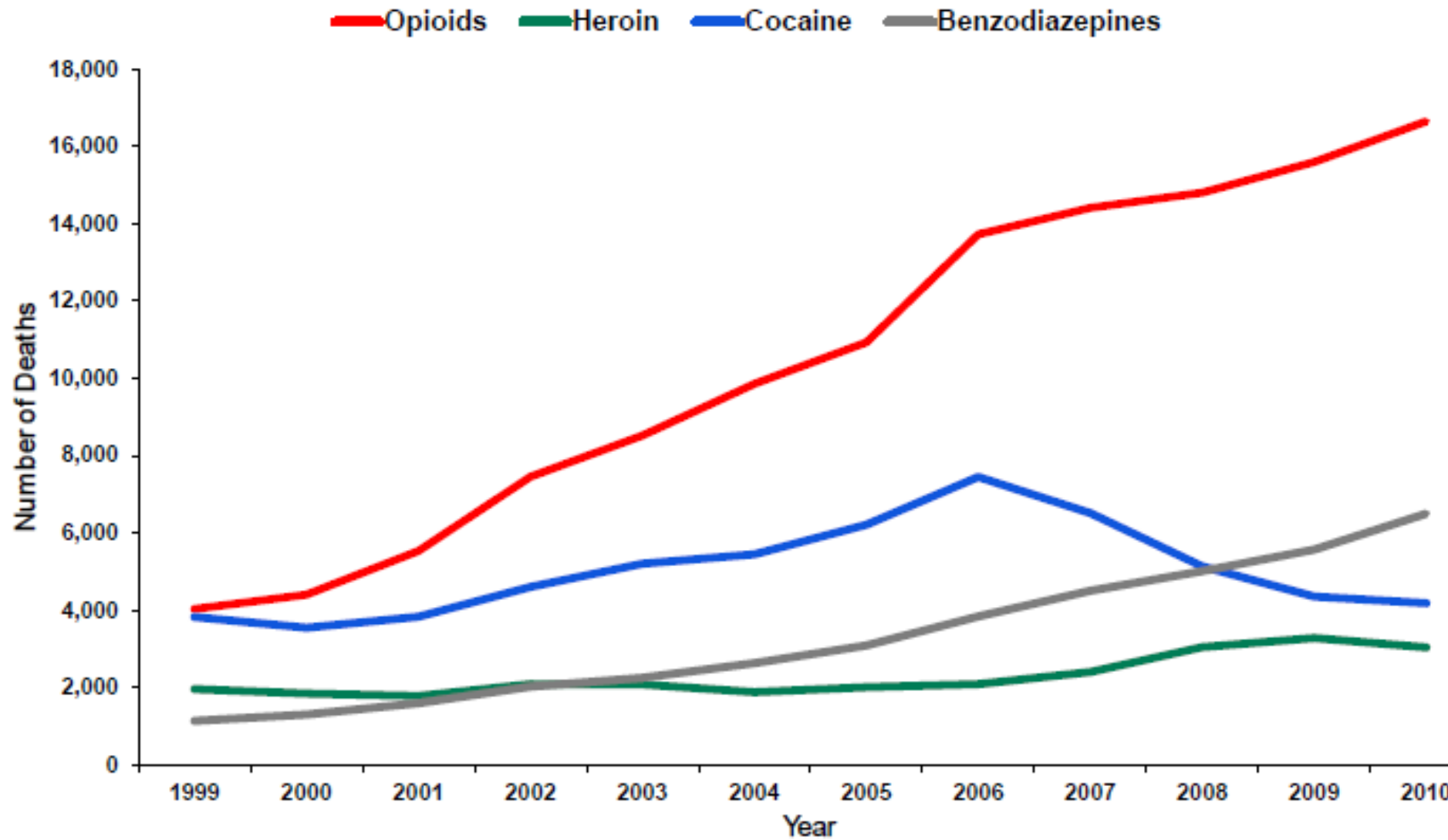
130 people who abuse or are dependent⁷

825 nonmedical users⁷

2 million
new

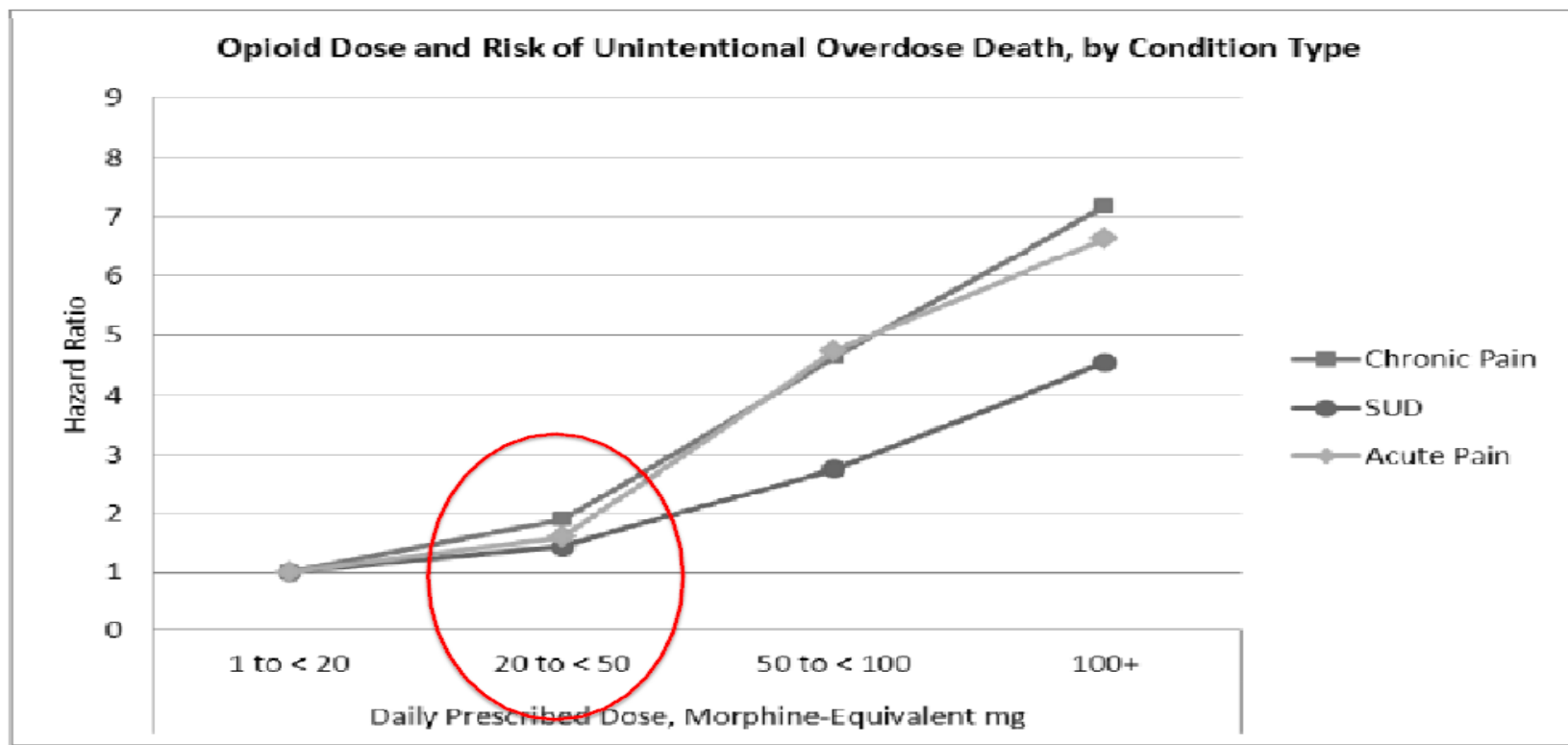
nonmedical
users in 2010

Drug Overdose Deaths by Major Drug Type, United States, 1999–2010

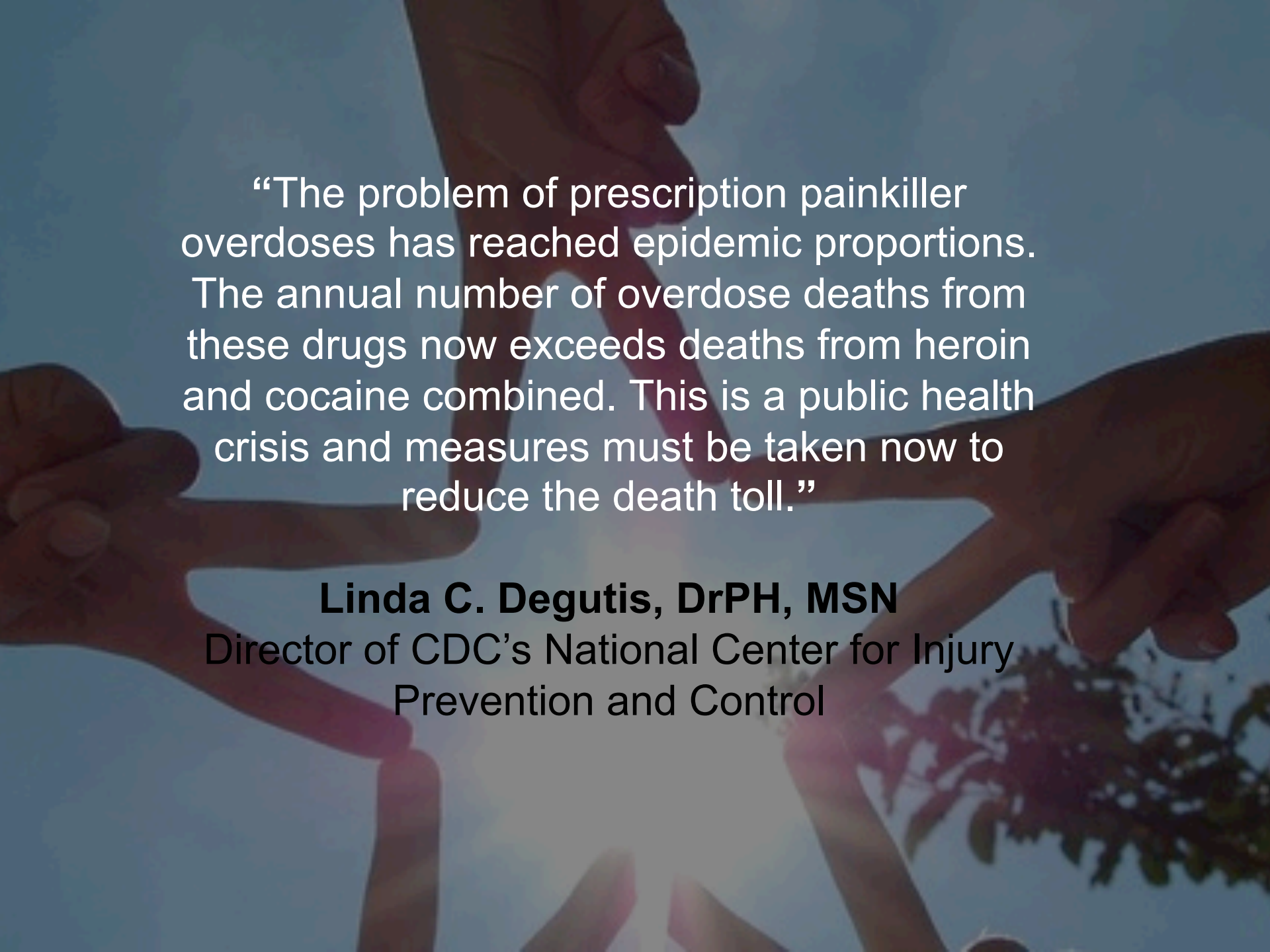


Opioid dose in relation to OD rate

Risk of Opioid Overdose Among VA Patients, Prescribed Opioid Dose



From Bohnert, Valenstein, Bair et al., 2011 *JAMA*

A group of hands of various skin tones are shown holding each other in a circle, symbolizing unity and support. The background is a clear blue sky with some faint green foliage visible in the lower right corner.

“The problem of prescription painkiller overdoses has reached epidemic proportions. The annual number of overdose deaths from these drugs now exceeds deaths from heroin and cocaine combined. This is a public health crisis and measures must be taken now to reduce the death toll.”

Linda C. Degutis, DrPH, MSN
Director of CDC’s National Center for Injury
Prevention and Control

Togus VA 2010

▣ Pain Clinic Consisted of:

- Nurse Practitioner
- Part-time Interventional Anesthesiologist
- Registered Nurse

▣ Typical Patient

- History of multiple injuries*
- Multiple interventions
- Comorbidities
 - ▣ PTSD, Depression, Substance abuse,
 - ▣ Obesity, diabetes, COPD/OSA
- Cycle of Multiple Providers / Clinics / Specialties
- Polypharmacy



**External Experience
5-Senses**

Struggling

Values:
Family
Friends
Community
Work
Education
Spirituality
Recreation/FUN
Health

Suffering

Away

ME

Toward

Pain

**Internal Experience
Inside the Skin**



Ideas for Alternatives

- ▣ 2011 The Office of Rural Health Grant Initiatives
- ▣ ACT for Pain via Telehealth – Idea by Kevin Polk, Ph.D.
 - ACT the Matrix (Polk & Shorendorff, 2014)
 - Useful for “workshops” and brief therapy (Hayes, et al., 2004; etc.)



ACT for Pain FY 11-12

- ▣ Hired Staff
 - Psychologist
 - Social Worker
- ▣ Started:
 - Workshops
 - Individual Therapy
 - 8-10 Session MH ACT Groups
 - IOP

ACT for Pain FY13

- ▣ Developed the Interdisciplinary Intensive Outpatient Program
 - 5-day with Lodging available
 - 8 MH ACT Groups
 - 3 Recreation Therapy Groups
 - ▣ Introduction to Gentle Yoga
 - ▣ Introduction to Aquatherapy
 - ▣ Leisure Education
 - Physical Therapy
 - ▣ Group
 - ▣ Individual Assessment/Treatment Planning

	9 Mon	10 Tue	11 Wed	12 Thu	13 Fri
6 am					
7 am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8 am			Walk	Walk	Walk
9 am	Codisciplinary Assessment	Choosing What to Matter About: Values	Intro to Gentle Yoga	Putting it All Together: The BUS	PostTreatment Assessment
10 am		Walking Education			Follow-up Planning
11 am		Intro to Recreation	Problem Solving Using ACT	Peer Support	Sharing What We Learned
		Exploring the Mind: Hooks		Introduction to Occupational Therapy	
Noon					Graduation
	Lunch	Lunch	Lunch	Lunch	
1 pm	Welcome & Orientation	Acceptance & Willingness	Exploring the Self	Physical Therapy for Chronic Pain	
2 pm	Pre-Treatment Assessment	Change into Swimwear	Leisure Education (Recreation Therapy)	Action Planning	
		The Aquatic Experience			
3 pm	Uncovering the System		Medication Education	Gentle Yoga	
4 pm			Walk	Walk	
5 pm	Dinner	Dinner	Dinner	Dinner	
		Walk	Mindfulness Practice	Mindfulness Practice	
6 pm		Mindfulness Practice	Alanon Meeting		
7 pm			AA Meeting		
8 pm					



Medical Provider

Mental Health

Rehabilitation

Patient

Assessment Instruments

- ▣ Pain Intensity
 - 1-10/10
- ▣ Quality of Life
 - Short Form Health Survey (SF-36; Ware & Sherbourne, 1992)
- ▣ Depression
 - Patient Health Questionnaire – 9 (PHQ-9; Lowe, Kroenke, Herzog, & Grafe, 2004)
- ▣ PTSD Symptoms
 - PTSD CheckList (PCL)
- ▣ Physical Goals
 - OPTIMAL (PT)
- ▣ Values
 - Valued Living Questionnaire (VLQ; Wilson et al., 2004)
- ▣ Acceptance
 - Chronic Pain Acceptance Questionnaire (CPAQ; McCracken, Vowles, & Eccleston, 2004)

Data from IOP Participants

	Pre Treatment	Post Treatment	3 Month Follow up	1 Year Follow up
VLQ-I	70	71	79	75
VLQ-C	45	61	51	57
CPAQ				
PHQ-9	14	12	14	12
PCL	48	75		58
Pain		6.3	5.7	6
Reduction in Pain		28%	11%	25%
Change in Medication use		18%	25%	20%
Satisfaction			81%	80%

How?

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5-Senses

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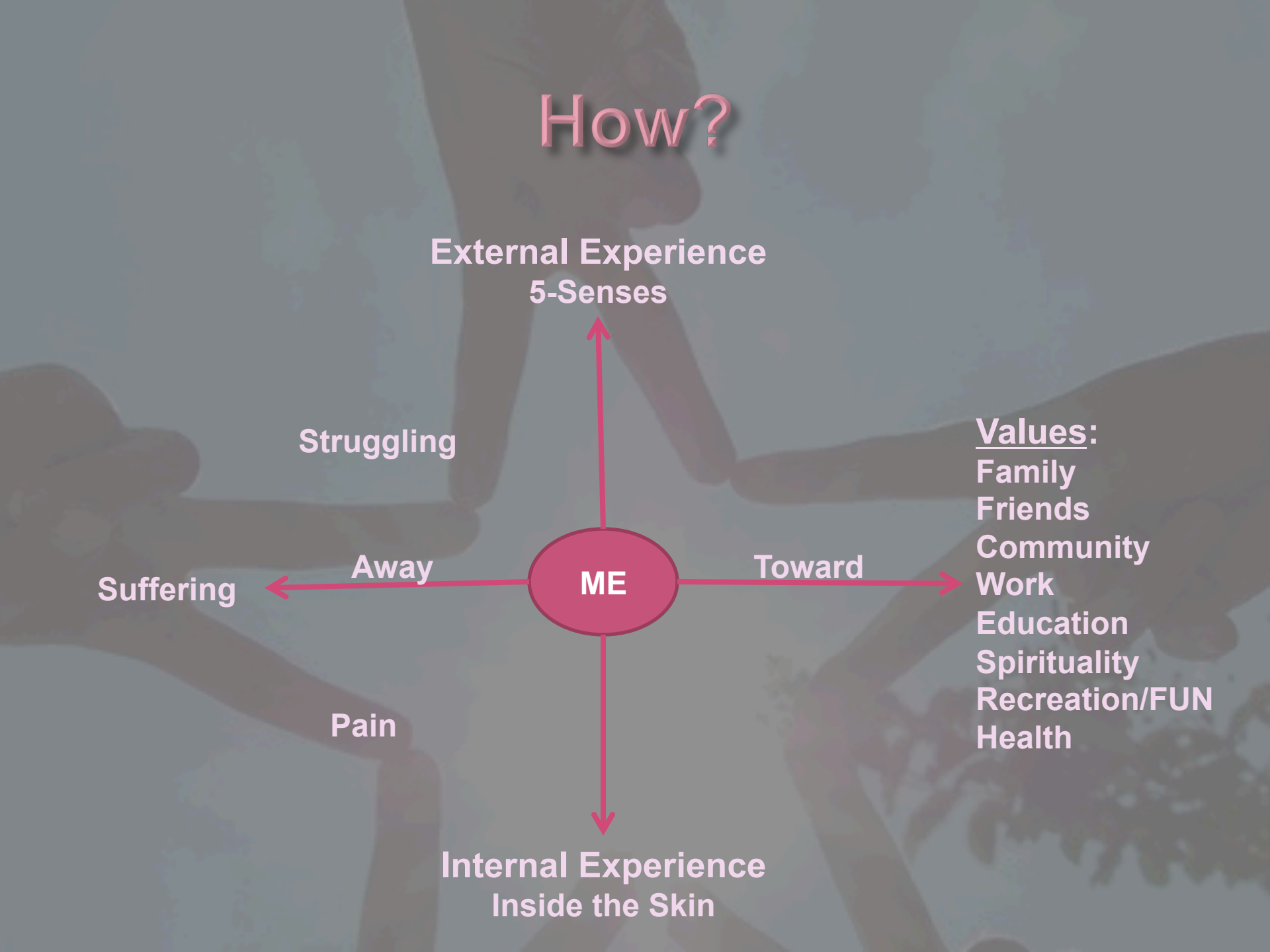
Away

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Experiential Exercises or Role Play

- ▣ Role play assessment?
- ▣ Mindfulness of body without judgment?
- ▣ The Bus exercise?

