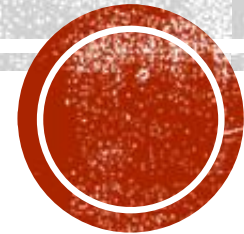


**ACT HELPS PATIENTS MANAGE  
PAIN & OPIOID USE AFTER  
MAJOR SURGERIES**

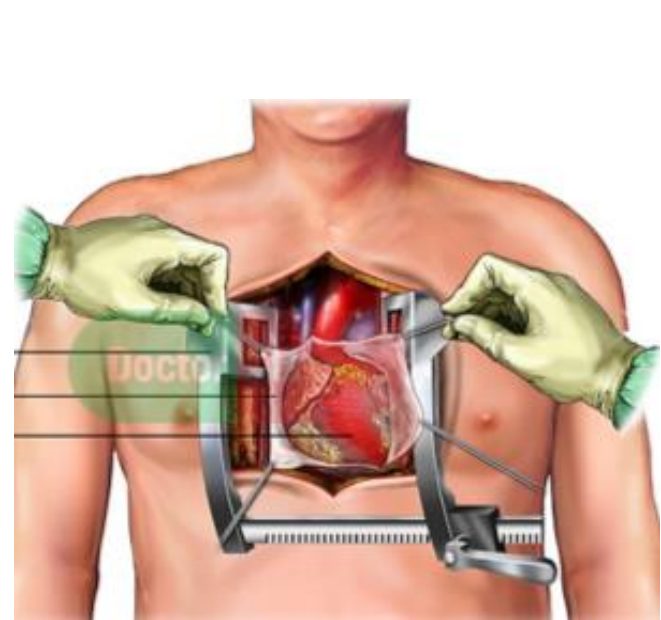


**A CLINICAL-PRACTICE BASED STUDY IN  
TORONTO GENERAL HOSPITAL'S  
TRANSITIONAL PAIN SERVICE**

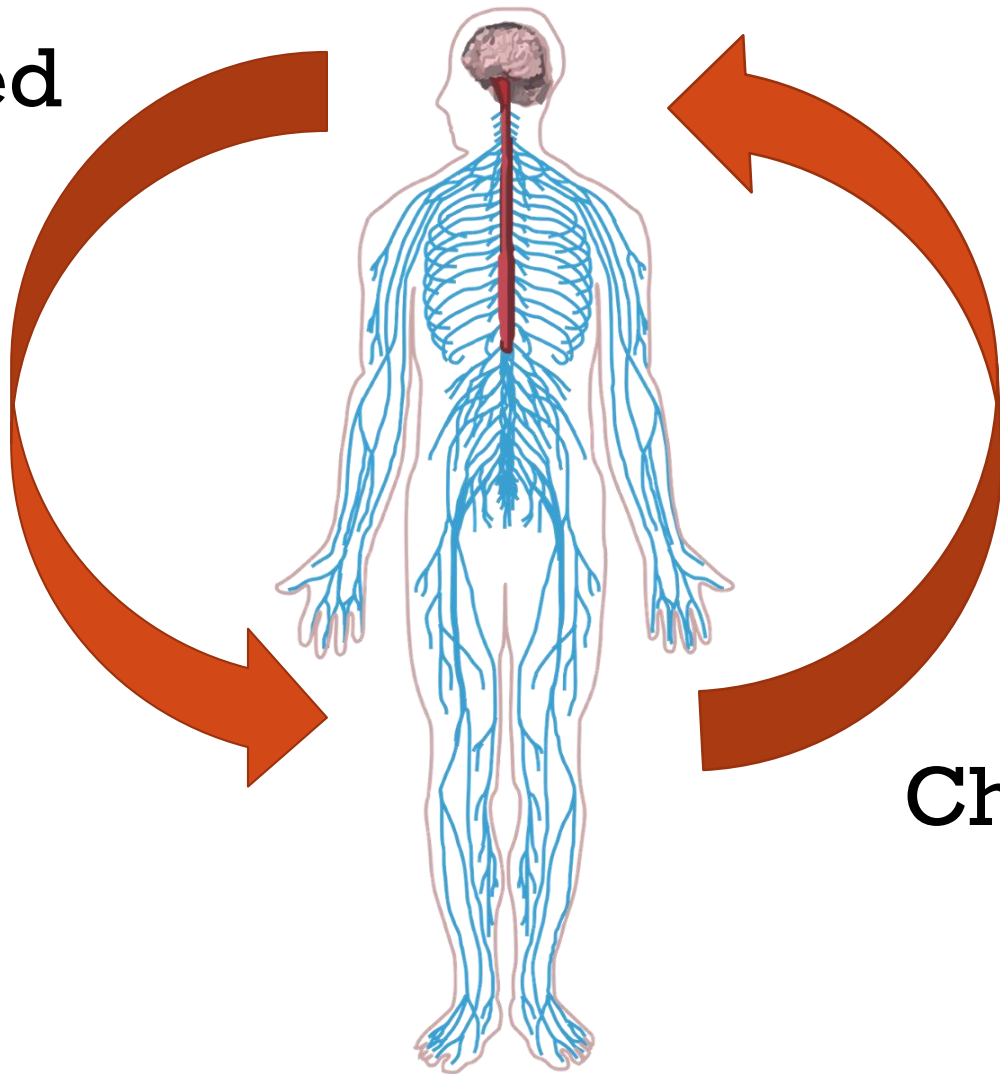


# SURGERIES SAVE LIVES... AND LEAVE SOME IN **PAIN!**

- 5% to 70% of patients develop chronic post-surgical pain (Katz & Seltzer, 2009)



**Sensitized  
Nervous  
System**



**Chronic Pain**





**PAIN  
INTERFERENCE**

**DEPRESSED  
MOOD**





Doctors Abuse Overdose Families Usage  
Breathing Problems  
OPIOID Drugs Heroin  
Laws Fatal CRISIS Dependence Injections  
Control Policing Health Addiction Deaths Adverse  
Addicts Communities Treatment Laws  
Detox Health Drugs Treatment Depression  
Antidote Withdrawal

Short-Term Opioid Use = 25-30% pain relief  
Long-Term Opioid Use = ???



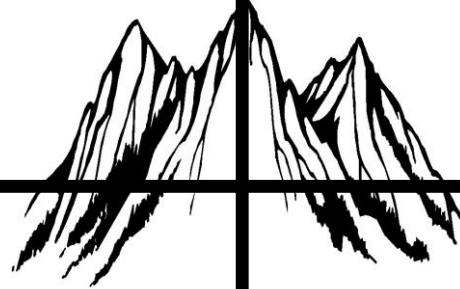
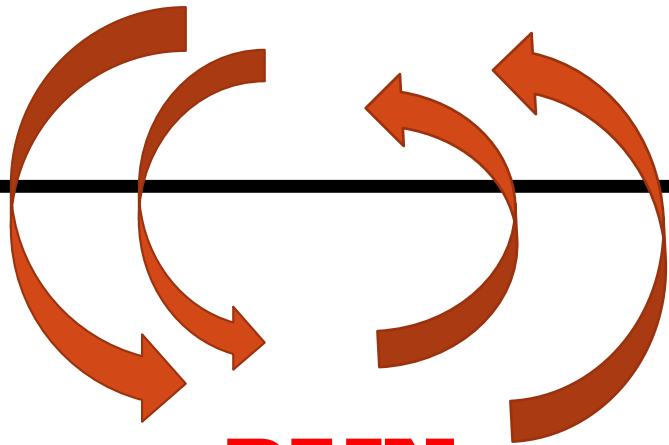


# AWAY MOVES

# TOWARD MOVES



Take opioids  
Avoid people



**PAIN**  
**DEPRESSION**  
**ANXIETY**



## WHAT HURTS?



## WHO/WHAT MATTERS?





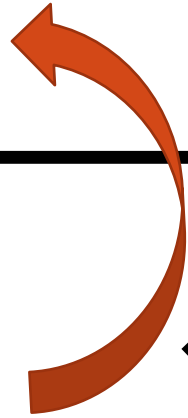
## AWAY MOVES

Take opioids  
Avoid people

## TOWARD MOVES



Make plans with family  
Do stretching exercises



**PAIN**  
**DEPRESSION**  
**ANXIETY**



### WHAT HURTS?



### WHO/WHAT MATTERS?





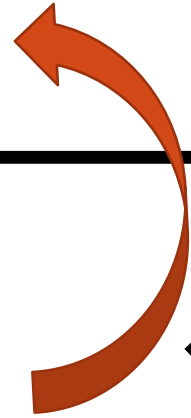
## AWAY MOVES

Take opioids  
Avoid people

## TOWARD MOVES



Make plans with family  
Do stretching exercises



**PAIN**  
**DEPRESSION**  
**ANXIETY**



**WHAT HURTS?**

Family  
Health  
Work  
Hobbies



**WHO/WHAT MATTERS?**





# TRANSITIONAL PAIN SERVICE

First of Its Kind Program Aims  
to Break the Chronic Pain Cycle

Optimizing Care for  
Complex Post-Surgical Pain Patients



**DR. HANCE  
CLARKE**



**DR. JOEL  
KATZ**



**DR. ALIZA  
WEINRIB  
PAIN PSYCHOLOGIST**



# MAY I SHOW YOU A POINT OF VIEW...?



(Polk & Schoendorff, 2014; 2016)





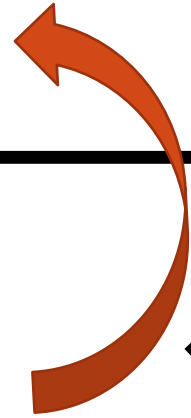
## AWAY MOVES

Take opioids  
Mindful breathing  
Relaxation practice

## TOWARD MOVES



Make plans with family  
Do stretching exercises  
Take a web course  
Paint



**PAIN**  
**DEPRESSION**  
**ANXIETY**



**WHAT HURTS?**

Family  
Health  
Work  
Hobbies






**WHO/WHAT MATTERS?**



# Acceptance and Commitment Therapy to manage pain and opioid use after major surgery: Preliminary outcomes from the Toronto General Hospital Transitional Pain Service

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2017, VOL. 1, NO. 1, 1-13

<https://doi.org/10.1080/24740527.2017.1325317>

Muhammad Abid Azam <sup>a,b</sup>, Aliza Z. Weinrib<sup>a,b</sup>, Janice Montbriand <sup>a</sup>, Lindsay C. Burns<sup>a,b</sup>, Kayla McMillan<sup>a</sup>, Hance Clarke<sup>a</sup>, and Joel Katz <sup>a,b</sup>




Received ACT = 91 patients  
Average of ~5 ACT sessions

Did Not Receive ACT = 252 patients



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Did Not Receive ACT = 252 patients

- Reported a Mental Health Condition  
( $p < 0.0001$ )
- Higher Anxiety  
( $p < 0.05$ )



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Average of ~5 ACT sessions

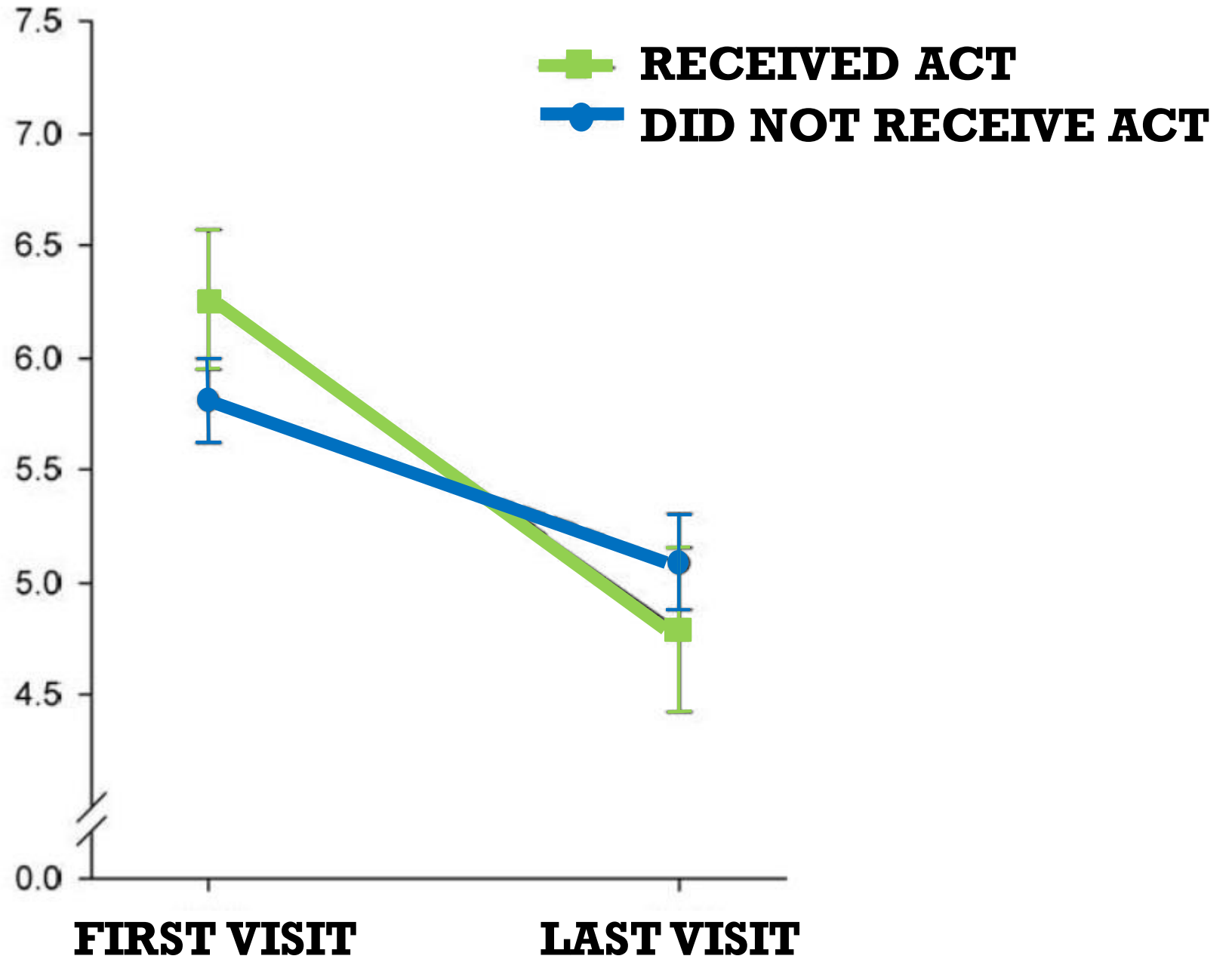
Did Not Receive ACT = 252 patients

➤ Pain reduction  
( $p < 0.05$ )

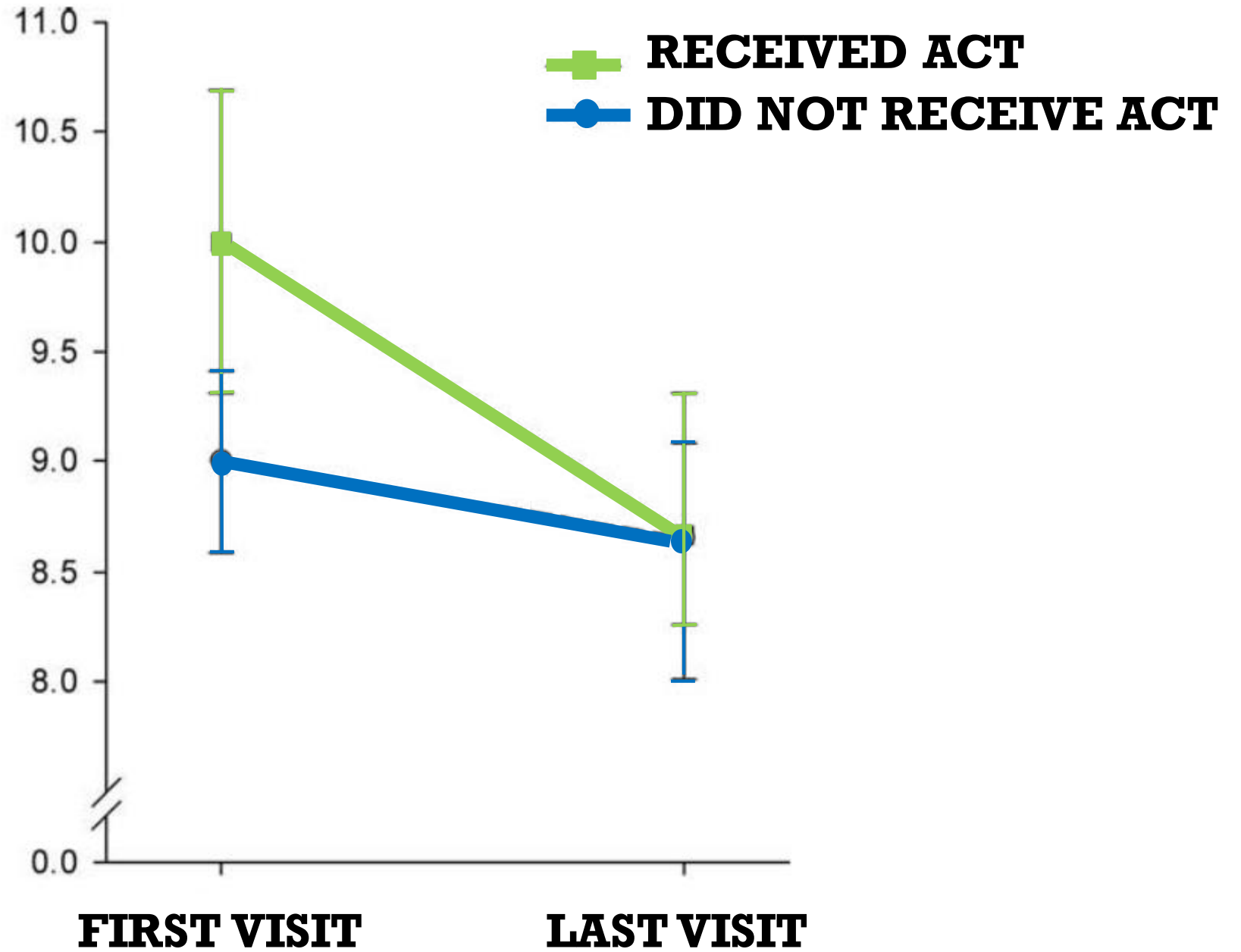
➤ Anxiety reduction  
( $p < 0.05$ )



**PAIN INTERFERENCE**

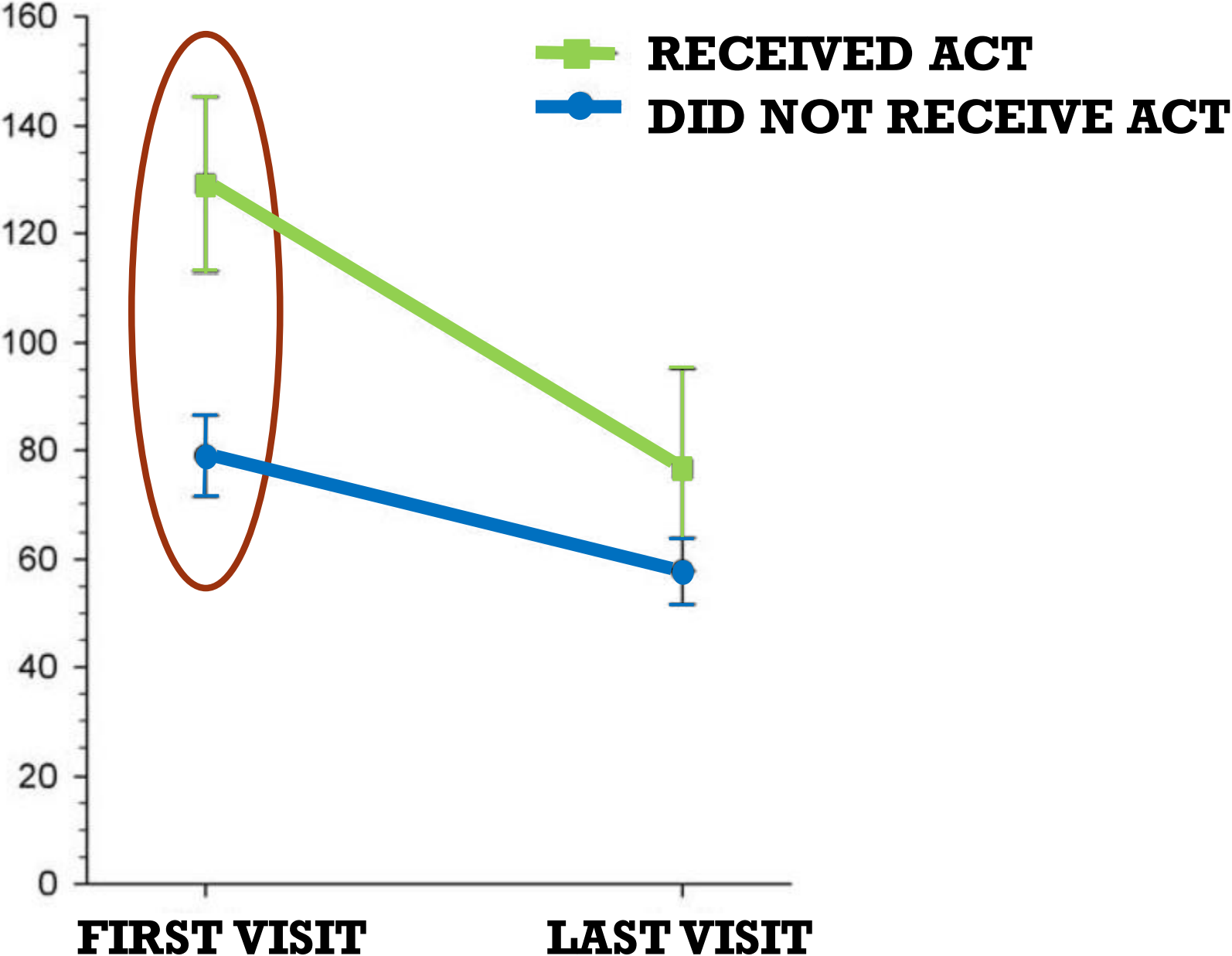


**DEPRESSED MOOD**

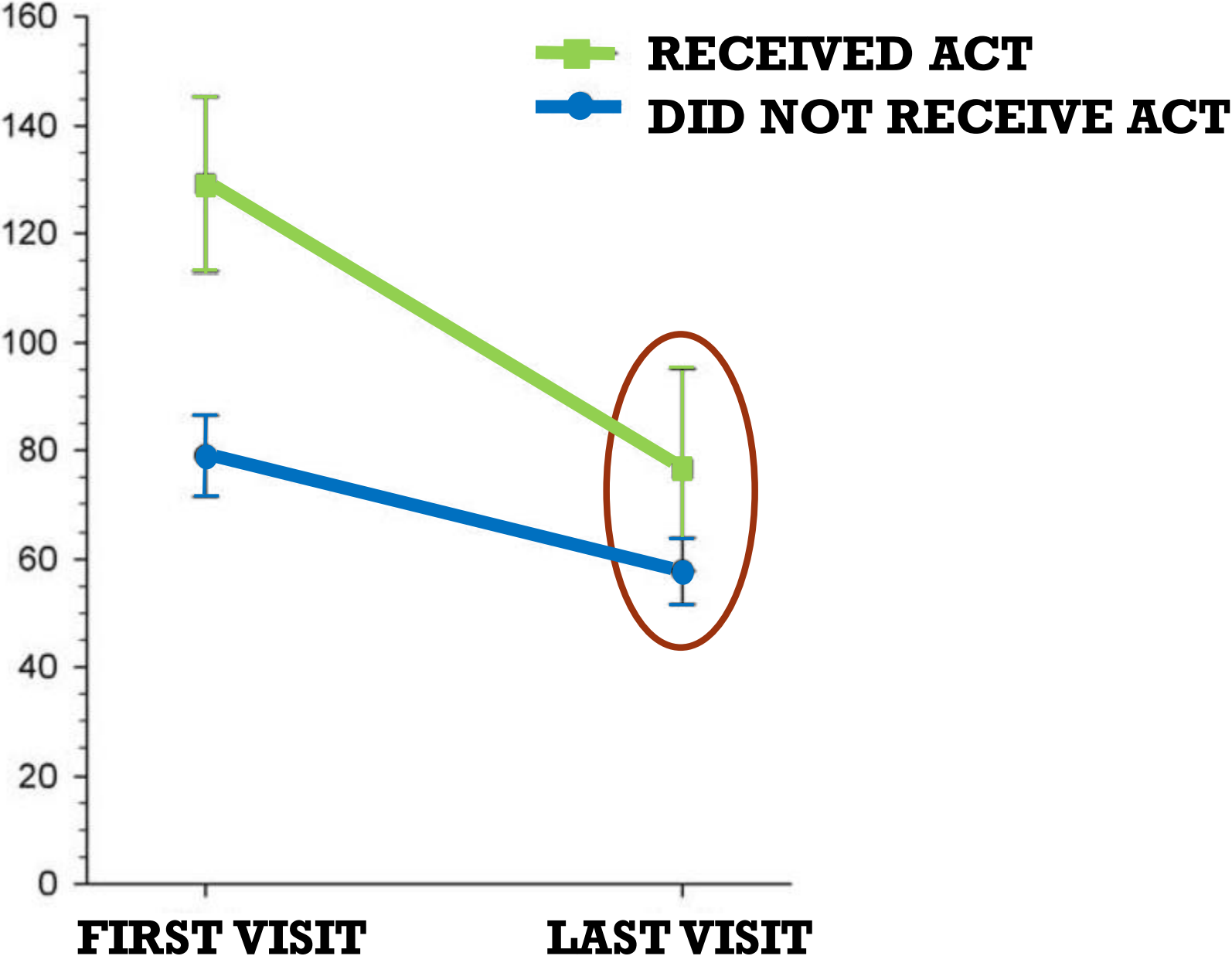




**OPIOID USE  
(MED/mg)**



**OPIOID USE  
(MED/mg)**





## AWAY MOVES

## TOWARD MOVES



## WHAT HURTS?

Being here now, noticing my my thoughts, feeling what I feel, and doing things that matter with my loved ones to move forward after surgery...



## WHO/WHAT MATTERS?



**THANKS FOR LISTENING**

And thanks to...

Dr. Aliza Weinrib

Dr. Joel Katz

Dr. Hance Clarke

Lindsay Burns

Dr. Janice Montbriand

**WHO/WHAT MATTERS?**

