

Integrative Medicine for the Treatment of Persistent Pain



Marni G. Hillinger, MD^{a,*}, Ruth Q. Wolever, PhD^{b,c},
Lindsey C. McKernan, PhD^{a,b}, Roy Elam, MD^a

KEYWORDS

- Chronic pain • Persistent pain • Integrative health • Acupuncture • Yoga • Massage
- Mindfulness meditation

KEY POINTS

- Integrative health modalities can provide useful tools in the management of persistent pain in the primary care setting.
- A relationship-centered approach is recommended, whereby the practitioner and patient devise a plan together. It is of utmost importance to acknowledge and treat both the physiologic and psychosocial components of chronic pain.
- Managing expectations and collaborative goal setting around improvements in function and quality of life at each visit are important in promoting self-efficacy.
- The authors recommend focusing on no more than 2 to 3 modalities at a given time because each modality can take time and sometimes a financial commitment on the part of the patient.
- Integrative health modalities can be safely used and may provide patients with hope and empowerment. It is highly recommended that the patient work alongside trained professionals for a given modality and/or an interprofessional team.

Disclosures: None (M.G. Hillinger, L.C. McKernan and R. Elam); R.Q. Wolever serves as the Chief Science Officer to eMindful, Inc, serves on the Executive Committee for the nonprofit National Consortium for Credentialing Health and Wellness Coaches, holds a contract with Nokia, and has grants from the US Air Force and the National Heart, Lung, and Blood Institute for research that entails health coaching and mindfulness, respectively. She is also the coauthor of *The Mindful Diet*. Additional funding relevant to health coaching and mindfulness in the 3 years before the submission of this article includes grants from the National Institute of Deafness and Communication Disorders, the Bravewell Philanthropic Collaborative, and the Duke Center for Personalized and Precision Medicine.

^a Department of Physical Medicine and Rehabilitation, Osher Center for Integrative Medicine at Vanderbilt, Vanderbilt University Medical Center, 3401 West End Avenue, Suite 380, Nashville, TN 37203, USA; ^b Department of Psychiatry & Behavioral Sciences, Vanderbilt University Medical Center, 3401 West End Avenue, Suite 380, Nashville, TN 37203, USA; ^c Department of Physical Medicine and Rehabilitation, Osher Center for Integrative Medicine at Vanderbilt, Vanderbilt University Medical Center, Vanderbilt University School of Nursing, 3401 West End Avenue, Suite 380, Nashville, TN 37203, USA

* Corresponding author:

E-mail address: marni.hillinger@vanderbilt.edu

Prim Care Clin Office Pract 44 (2017) 247–264

<http://dx.doi.org/10.1016/j.pop.2017.02.008>

0095-4543/17/© 2017 Elsevier Inc. All rights reserved.

primarycare.theclinics.com

INTRODUCTION

Persistent pain is among the most common reasons for seeking medical care and the symptomatology is often complex, involving physical, social, psychological, and spiritual manifestations. Integrative strategies can provide a holistic approach to symptom management while also empowering patients. This method often involves synergizing conventional and integrative modalities. An individualized, relationship-centered approach, which meets the patient where they are, can be helpful in determining which modalities may be used synergistically. Concomitant with decreasing pain intensity, treatment goals should include a patient's personal functional goals to optimize quality of life. Setting expectations for treatment early on and using health coaching strategies may additionally benefit formulation of an optimal treatment plan.

Typically, an integrative health intake for chronic pain involves a comprehensive discussion of all relevant topics in the patient's life, using a holistic model such as the Wheel of Health (Fig. 1). This discussion, along with collaborative goal setting and treatment planning, encourages patients to be active participants in their care. Engaging patients in active self-care is linked to improvements in outcomes, including increased self-efficacy, decreased health care costs, and higher patient satisfaction.^{1,2} Multimodal treatment plans are typically devised collaboratively at the end of the visit and follow-up arranged to assess progress.



Fig. 1. Wheel of Health. (Courtesy of Osher Center for Integrative Medicine, Vanderbilt University Medical Center, Nashville, TN, 2015; with permission.)

Download English Version:

<https://daneshyari.com/en/article/5682975>

Download Persian Version:

<https://daneshyari.com/article/5682975>

[Daneshyari.com](https://daneshyari.com)