

WELCOME

Addiction Medicine ECHO Training



The session will begin promptly at 12 pm.



Please mute the audio on your device.



Sessions take place Thursday on the 2nd and 4th week of the month.



Please connect your camera.

Need technical assistance? Call [907.729.2622](tel:907.729.2622) or text your phone number into the chat.



Recording

We will record the **didactic portion** of every session. After the session, the didactic portion of this clinic will be available on the ANTHC Addiction Medicine ECHO page.

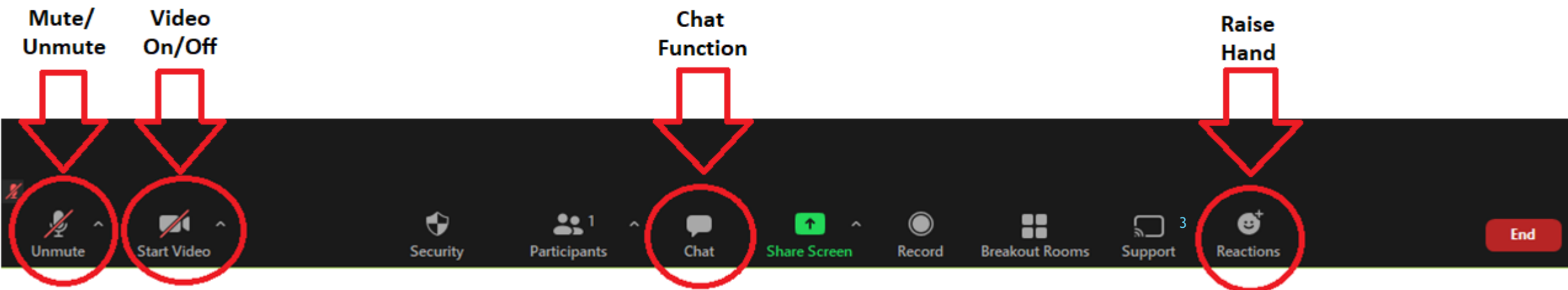
By participating in this clinic you are consenting to be recorded.

If you do not wish to be recorded, please email behavioralhealth@anthc.org at least one week prior to the ECHO Clinic you plan to attend.

Some Helpful Tips

- ▶ Please mute microphone when not speaking
- ▶ Use chat function
- ▶ Position webcam effectively
- ▶ Test both audio & video

Need technical assistance? Use the chat function or call 907.729.2622



ANTHC Clinical ECHO Series

Approved Provider Statements:



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, Alaska Native Medical Center (ANMC) is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Contact Hours:

ANMC designates this activity for a maximum of 25 contact hours, including 12 total pharmacotherapeutics contact hours, commensurate with participation.

Financial Disclosures:

None of the presenters and planners for this educational activity have any relevant relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

Approved for 1 CHAP CE

Conflict of Interest Disclosures:

None of the presenters and planners for this educational activity have any relevant relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

Requirements for Successful Completion:

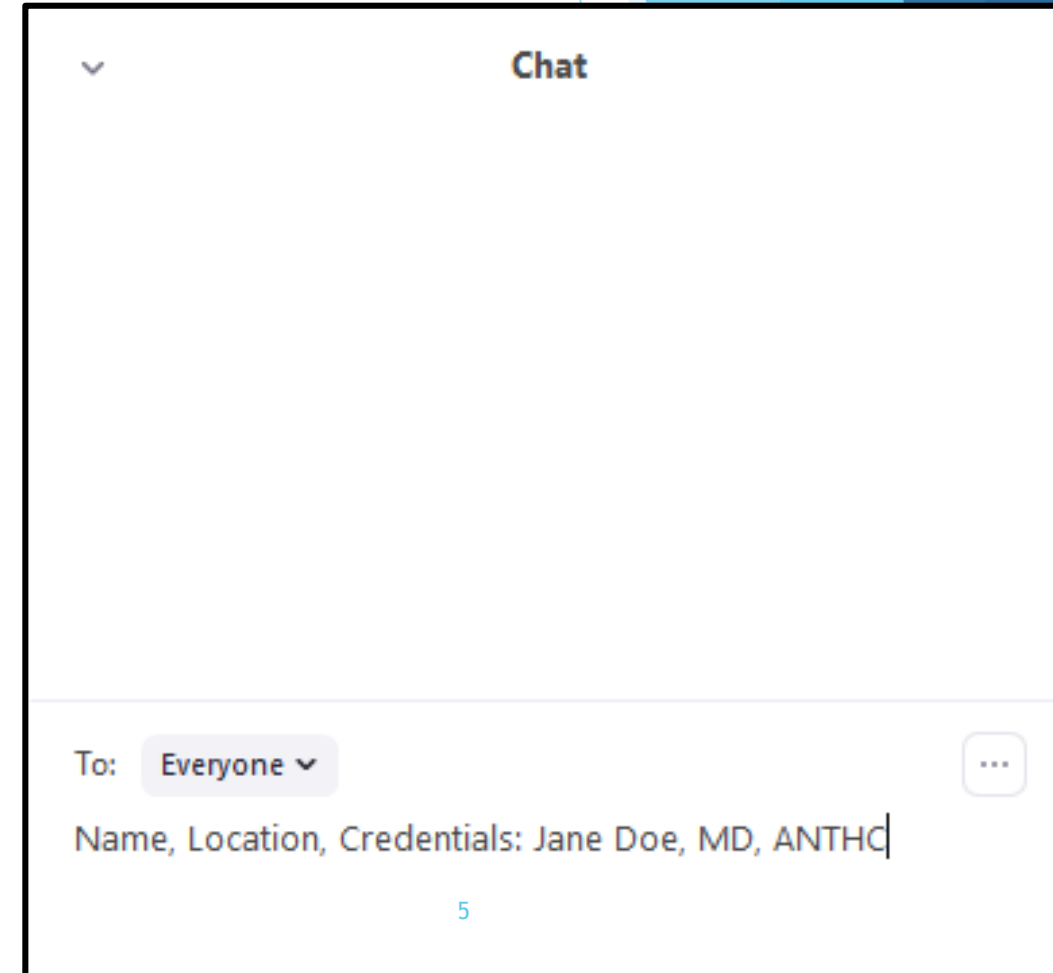
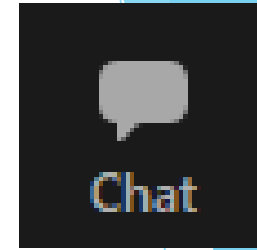
To receive CE credit be sure you are included in attendance record as directed by the facilitator/session moderator, and complete the course evaluation or post session survey via this link: <https://forms.gle/QhwCeGTf4zLNwpBX7>

For more information contact Jennifer Fielder at jfielder@anthc.org or (907) 729-1387

Introductions

Addiction Medicine ECHO

- Please introduce yourself in the chat :
 - Name
 - Location
 - Profession/Credentials
 - *Note:* The chat will be saved as our attendance record for continuing education credits.



Chronic Pain and Non-Opioid Pain Management

- ▶ Donald Teater, MD, MPH
Pain Management and Addiction Specialist
SouthEast Alaska Regional Health Consortium (SEARHC)

Conflict of Interest

- ▶ I have no conflicts of interest.

Objectives

- ▶ Participants will describe three mechanisms of chronic pain
- ▶ Participants will name two non-opioid medications to treat chronic pain

Chronic Pain and Non-Opioid Pain Management

Pain

An unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage

International Association for the Study of Pain (2020)

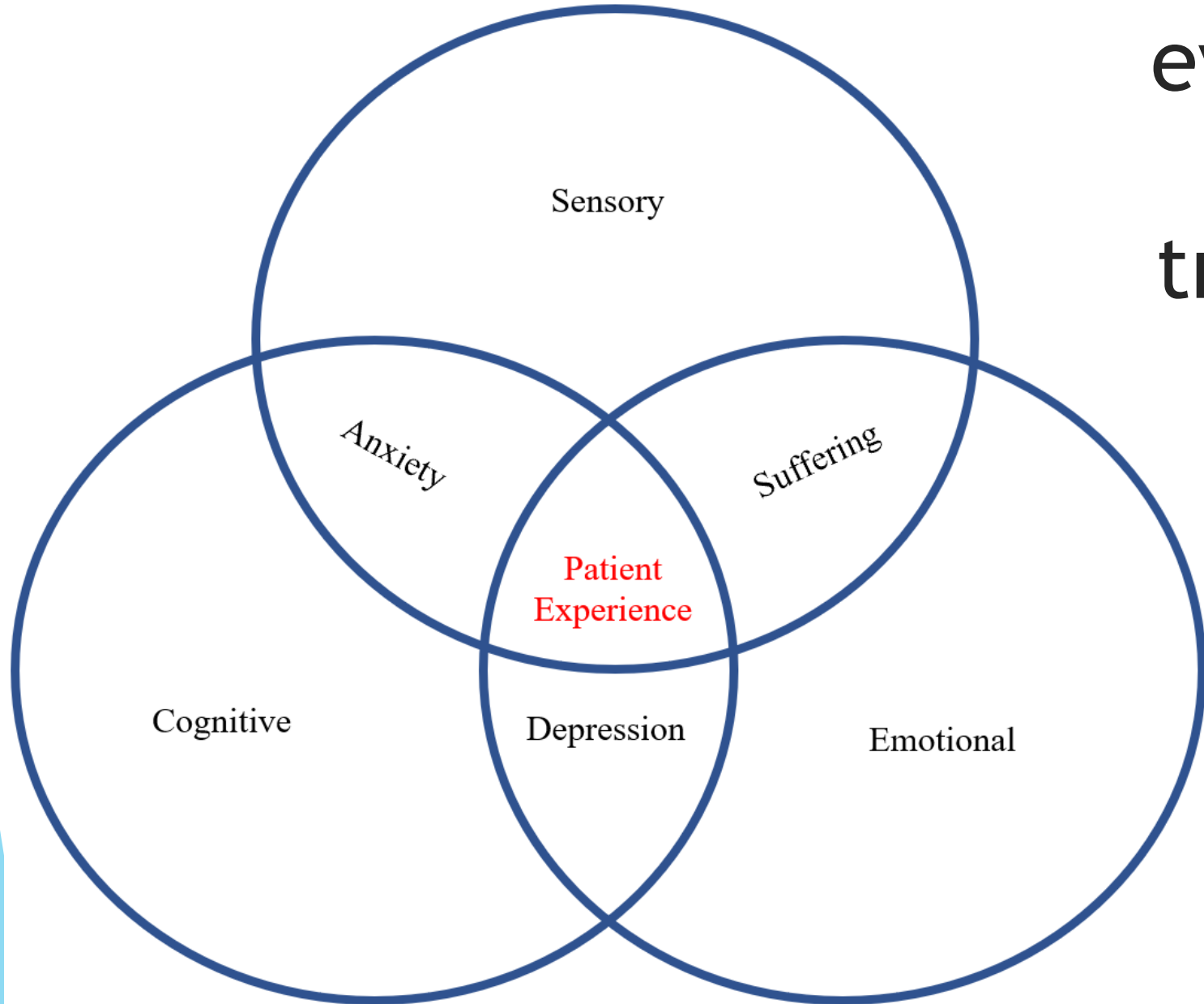
Pain

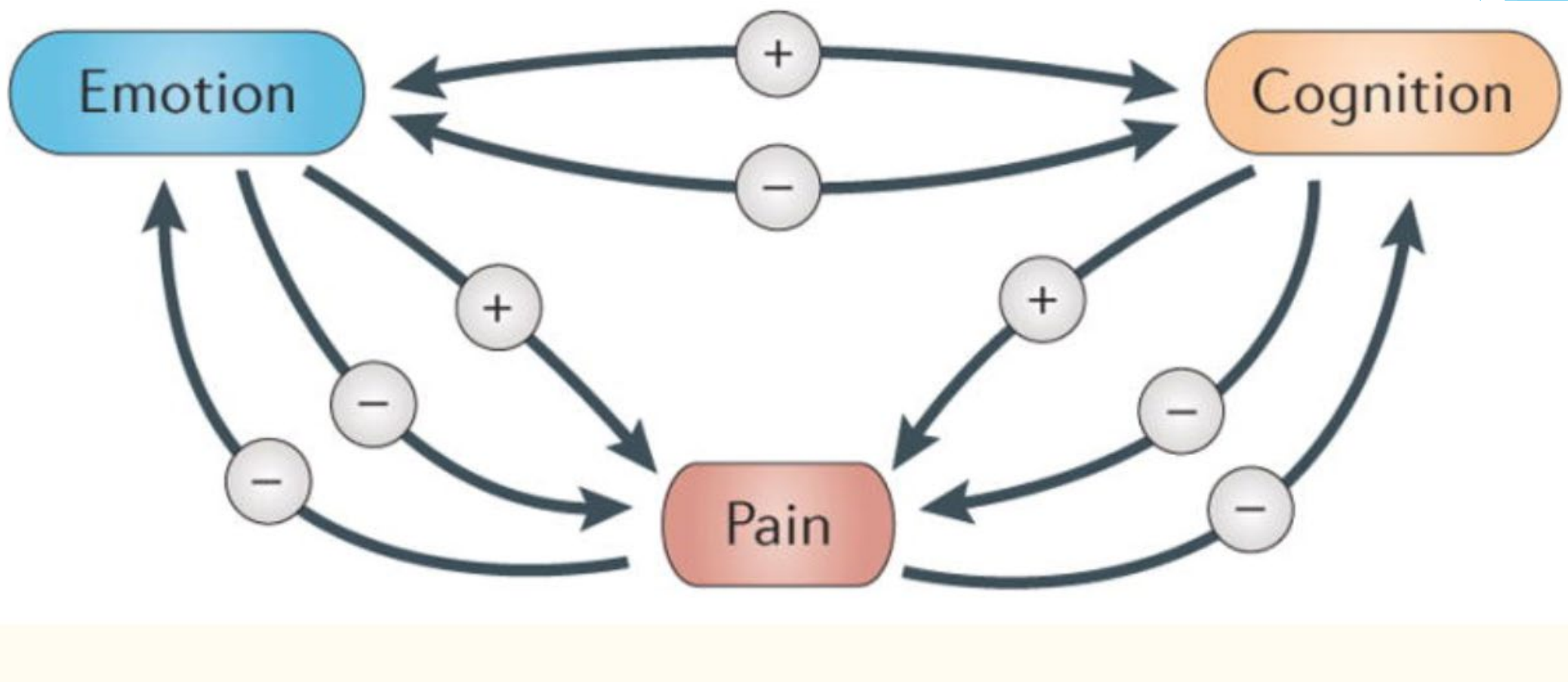
and cognitive

An unpleasant sensory **and emotional** experience associated with, or resembling that associated with, actual or potential tissue damage

International Association for the Study of Pain (2020)

Pain evaluation and treatment in 3D





Bushnell, Ceko, & Low, 2013.⁹⁷

3 categories of pain (also called mechanistic pain descriptors)

- ▶ Nociceptive
- ▶ Neuropathic
- ▶ Nociplastic
 - ▶ Central sensitization
 - ▶ **Opioid withdrawal**

4 categories of pain

- ▶ Nociceptive → Most acute pain
- ▶ Neuropathic
- ▶ Nociplastic → Most chronic pain
 - ▶ Central sensitization
 - ▶ Opioid withdrawal

Common nociplastic pain syndromes

- ▶ Fibromyalgia
- ▶ Chronic headaches
- ▶ Irritable bowel syndrome
- ▶ Chronic neck pain
- ▶ Chronic back pain
- ▶ Interstitial cystitis
- ▶ All chronic pain???

Mixed pain

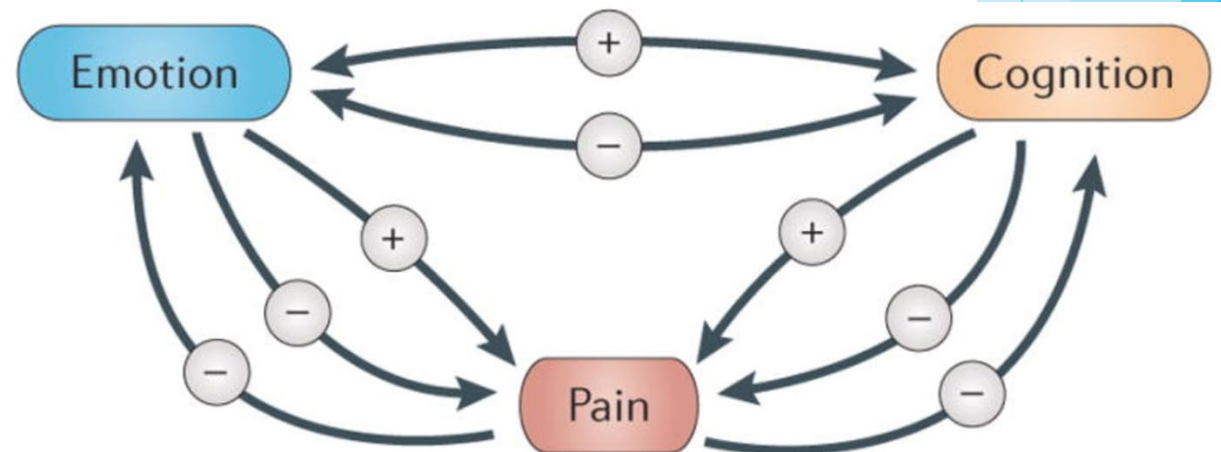
- ▶ Many people will have:
 - ▶ Nociceptive pain (arthritis) AND nociplastic pain
 - ▶ Neuropathic pain AND nociplastic pain

Treatment of nociplastic pain

- Patient involvement in their treatment and recovery
- Behavioral therapy
- PT and OT
- Medications - limited effectiveness
- OMT/chiropractic
- Exercise
- Sleep hygiene
- Complementary medicine
- TENS unit
- Altruism
- Having fun
- Avoid imaging if possible
- Give them hope!
- Your words matter!

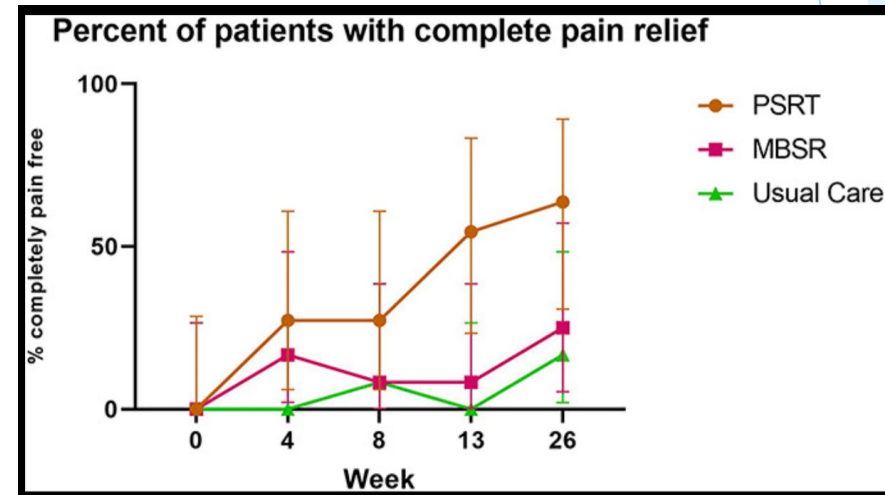
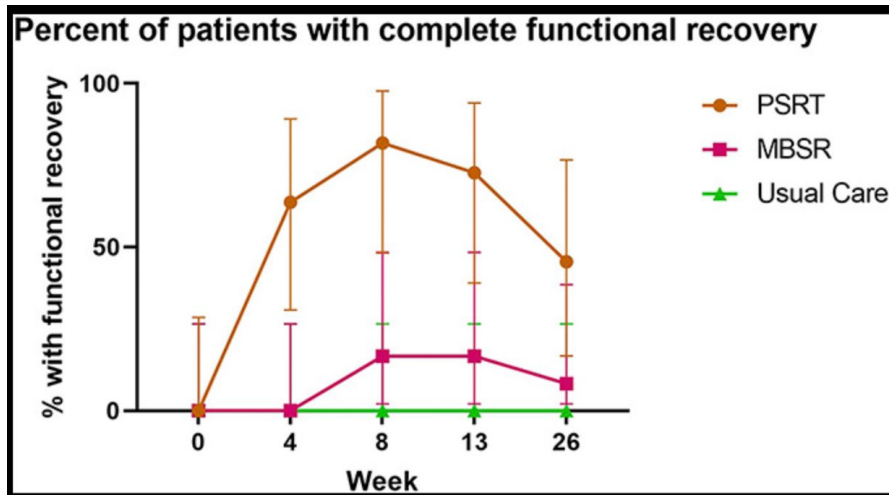
Behavioral health treatment

- ▶ Cognitive Behavioral Therapy (CBT)
- ▶ Pain Reprocessing Therapy (PRT)
- ▶ Empowered Relief education
- ▶ Psychophysiological Symptom Relief Therapy (PSRT)



Psychophysiological Symptom Relief Therapy

- ▶ 12 week (38 hrs total) course teaching the patient pain neuroscience education, mindfulness, visualization, increase activity.



Physical and occupational tx

- ▶ Improve strength and flexibility
- ▶ Increase exercise and exercise tolerance
- ▶ Pain neuroscience education
- ▶ Extinction of the connection of movement with pain

Medications

- ▶ SNRI antidepressant medications - particularly duloxetine
- ▶ TCAs or cyclobenzaprine (qhs only)
- ▶ Gabapentinoids
- ▶ NSAIDs and acetaminophen (if there is a nociceptive component)
- ▶ Buprenorphine (other opioids are contraindicated)
- ▶ Low-dose naltrexone
- ▶ Ketamine? - maybe, maybe not

Others

- ▶ OMT/chiropractic
- ▶ Exercise
- ▶ Sleep hygiene
- ▶ Complementary medicine
 - ▶ Yoga, Tai Chi

Others -

- ▶ Have fun
- ▶ Increase social activity
- ▶ Altruism - help others

References

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Thank you!

Questions?

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Case Presentation

Project ECHO's goal is to protect patient privacy

- ▶ To help Project ECHO accomplish that goal, please only display or say information that doesn't identify a patient or that cannot be linked to a patient.
- ▶ **References: For a complete list of protected information under HIPAA, please visit www.hipaa.com**

Thank you for joining us today.
We appreciate your participation and hope
to see you at the **NEXT ECHO Session:**
March 10, 2022 from 12pm -1 PM

You will be receiving a follow up survey that we hope you will complete to help us improve. If you are requesting continuing education credits, you will be required to complete the survey to receive your CEs.

