Non pharmacological treatments for chronic pain:
Self-management and Mindfulness Meditation

Ruth Dubin MD (Queens)
David Clark OT (Toronto Rehab)
Evelyn Bowering MSW (Queens)

- Ruth Dubin: disclosures and conflicts of interest: none
- David Clark: disclosures and conflicts of interest:

At the end of this session participants will:

-Understand how self-management and mindfulness programs improve patients' self-efficacy, reduce depression, and increase coping skills

-Be aware of readily available programs in Ontario

-Gain skills in promoting these programs to patients

What is Self-Management?

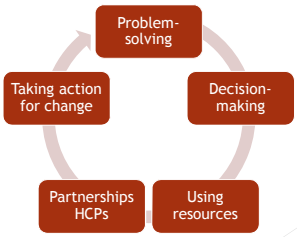
" The individual's ability to manage the symptoms, treatment, physical and social consequences and lifestyle changes inherent in living with a chronic condition".

(Barlow et al, 2002)

What is Self-Management Education?

- Programs, based on adult learning principles, that provide patients/clients with the five core skills needed to live an active and meaningful life.
- The goal is to maintain a wellness focus in the foreground, even in the midst of a chronic condition, to improve quality of life (Lorig, 2003).

Five Core Self-Management Skills



Chronic Pain Self Management Program

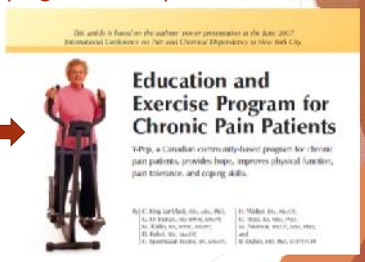
- Standardized program
- Community-delivered
- 10-15 people per group
- 2.5 hrs /wk for 6 weeks
- Adaptation ASMP/CDSMP
- Train-the-trainer model of dissemination
- Leaders – Peers or HCPs
- Pain workbook and exercise audio CD

CPSMP Program	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management	✔					
Debunking myths	✔					
What is chronic pain?	✔					
Making an action plan	✔	✔	✔	✔	✔	✔
Feedback/Problem-solving		✔	✔	✔	✔	✔
Physical activity/Moving Easy		✔	✔	✔	✔	✔
Pacing activity & rest		✔				
Using your mind to manage symptoms		✔	✔		✔	✔
Difficult emotions			✔			
Fatigue/sleep			✔			
Communication				✔		
Healthy eating				✔		
Medications					✔	
Depression					✔	
Making treatment decisions						✔
Working with your health care professionals						✔
Future plans						✔

PAIN SELF-MANAGEMENT TOOLBOX

Physical Activity/Exercise	Problem-Solving
Managing Fatigue	Using your Mind
Pacing & Planning	Healthy Eating
Relaxation & Better Breathing	Communication
Medications	Understanding Emotions
Working with Health Professionals	Finding Resources

In 2004, one man's tears in my office led me to Dr. Sandi Lefort: chronic pain self-management program developer



Education and Exercise Program for Chronic Pain Patients

Get with the Program:People who attend the program attain:

- Improved self efficacy
- Improved bodily function
- Reduced pain
- Improved Mental health Composite score (SF-36): (vitality, Social and emotional functioning and mental health)
- Reduced catastrophizing
- Reduced depression and catastrophizing scores in our studies linked to improved overall function

MOHLTC supports the Stanford Based Self Management Programs*

- http://www.livingwellseontario.ca/
- Multiple chronic disease self management programs (License fee paid by MOHLTC)
- see http://patienteducation.stanford.edu/programs/cpsmp.html
- : Diabetes, COPD, HIV, Chronic Pain

* Pay license fees, pay for training leaders, choices and changes workshop to teach PCP's how to improve uptake.

CPSMP-related references (selected)

Dubin, R. & King-VanVlack, C. (2010). The trajectory of chronic pain: Can a community-based exercise/education program soften the ride? *Pain Research & Management, 15*, 361

LeFort S, Gray-Donald K, Rowat K., Jeans, ME (1998). A randomized controlled trial of a community-based psychoeducation program for the self-management of chronic pain. *Pain.* 74; 297

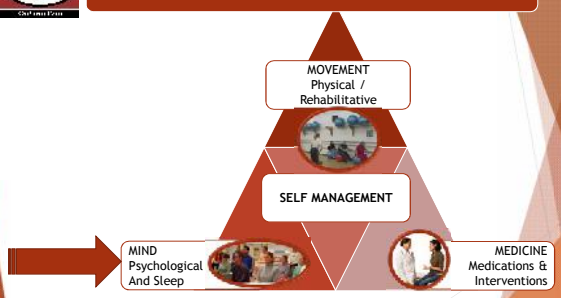
McGillion, M, LeFort, S. et al. (2011). Pain self-management: theory and process for clinicians. In M. Lynch et al. *Clinical pain management: a practical guide*. Wiley-Blackwell:

McGillion, M., LeFort, S. et al. (2008). Chronic pain self-management. In S. Rashiq et al. *Chronic pain: a health policy perspective*. WileyVCH Verlag: Weimheim.

McGillion, M., et al. (2008). Randomized controlled trial of a psychoeducation program for the self-management of chronic cardiac pain. *Journal of Pain and Symptom Management, 36*, 126

King-VanVleck, C. et al. (2007). Education and exercise program for chronic pain patients. *Practical Pain Management*, 7, 17-

NOW FOR SOMETHING COMPLETELY DIFFERENT



*(R Jovey, Canadian Pain Society,2009-with input from R.Dubin)
Also see: Action Plan for the organization and delivery of chronic pain services in Nova Scotia, 2006

MINDFULNESS MEDITATION?

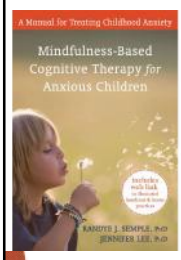
- Self-regulation practices that focus on training, attention and awareness, bring mental processes under greater voluntary control and foster general mental well-being, and development of calmness, clarity, and concentration

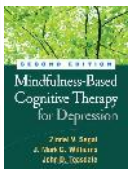
WHAT IS IT?

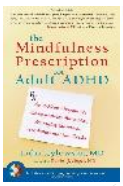
- Mindfulness is defined as a moment-to-moment awareness of one's experience without judgment

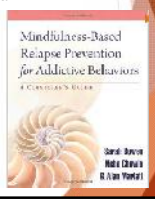
Flavour du Jour?

- Mindfulness Based Stress Reduction – Kabat-Zinn
- Mindfulness for Eating Disorders - Kristeller
- Mindfulness Based CBT for Depression -Segal
- Mindfulness Based Chronic Pain Management
- Mindfulness Based Relapse Prevention -Bowen
- Mindfulness for ADHD -Zylowska





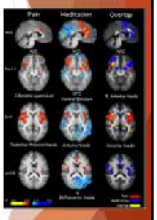




J. of Neuroscience 201131(14):5540

Meditation-induced reductions in pain intensity ratings were associated with increased activity in the anterior cingulate cortex and anterior insula, areas involved in the cognitive regulation of nociceptive processing. Reductions in pain unpleasantness ratings were associated with orbitofrontal cortex activation, an area implicated in reframing the contextual evaluation of sensory events. Moreover, reductions in pain unpleasantness also were associated with thalamic deactivation, which may reflect a limbic gating mechanism involved in modifying interactions between afferent input and executive-order brain areas.

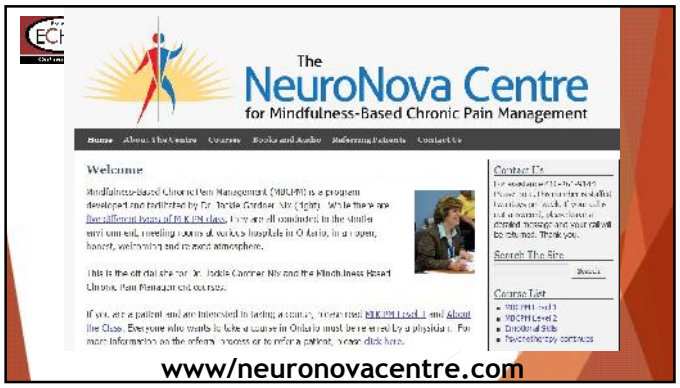
- Mindfulness meditation promotes metacognitive awareness,
- Decreases rumination via disengagement from perseverative cognitive activities,
- Enhances attentional capacities through gains in working memory;
- These cognitive gains, contribute to effective emotion regulation strategies.



MINDFULNESS AND CHRONIC PAIN

PAIN 152 (2011) 361-369

- RCT MBSR in FMA : 8 weeks MBSR versus 8 weeks (education, progressive muscle relaxation, wait list control):
- (n=177) In the post-intervention interviews, patients in the MBSR arm reported substantial improvements, and large effect sizes were found, on a self-rated global scale that estimated perceived lessening of fibromyalgia-related impairment. Patients also indicated that they had achieved personal goals exceeding the level expected at baseline.



www/neuronovacentre.com

BUT: You've suggested to your patient that the Self-Management or the Mindfulness might help and he/she says:

- I don't like groups
- It won't work for me
- I don't have time
- I've tried everything, nothing works
- Doc, just give me my pills, that's all I want
- And more of the same…..

WHY WE NEED A TEAM!
David: HELP!!!!!!!!
WHAT CAN YOU OFFER HIM/HER?

OT Role: Breaking down barriers

- Talk about their previous experiences with self management.
  - What education have they received/pursued?
  - What strategies have they tried, and for how long?
  - How did it go? What was the reaction? Was there something that really spoke to them?
  - What informal strategies / approaches do they apply?

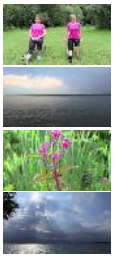
Breaking down more barriers

- Relate potential strategies to concrete examples, relevant to patient
  - Athletes or performers in "the zone"
  - "Flow" moments
  - "What parts of your life really rise above your pain?"

Getting our feet wet

- Start with concrete, prescribed, structured exercises and activities
  - PMR or breathing exercises
  - Walking meditation
  - Mindful Movement (Yoga, Tai Chi, Qi Gong)

Resources: When a structured program isn't an option...digital



Gentle chair yoga routine

Progressive Muscle Relaxation

CPS Meditation

CPS Body Scan Relaxation

YouTube channel on Chronic Pain self-management meditations and exercise by Cara Kircher, OT with TRI-RC's chronic pain program (google: YouTube Cara Kircher)

...or books!

A Mindfulness-Based Stress Reduction Workbook

Bob Stahl & Elisha Goldstein

Living Beyond Your Pain: Using Acceptance & Commitment Therapy To Ease Chronic Pain

JoAnne Dahl & T. Lundgren

Get Out of Your Mind and Into Your Life The New Acceptance and Commitment Therapy

Steven C. Hayes, Spencer Smith

Living a Healthy Life with Chronic Conditions, 3rd Edition:

Kate Lorig, et al.

The Chronic Pain Care Workbook

Michael J. Lewandowski

Mission of ECHO Ontario Pain:

To use the Ontario Telemedicine Network to link primary care providers in a supportive community of practice that will enhance their skills and confidence to manage chronic pain safely and effectively.

wwwECHOOntario.ca

rdubin@kingston.net