

Bx Interventions for Chronic/ Persistent Pain Primary Care

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The logo for Beachy Bauman Consulting, PLLC is contained within a white circle. It features the name "Beachy" on the top line and "Bauman" on the bottom line, both in a dark blue, sans-serif font. Below "Bauman" is the text "Consulting, PLLC" in a smaller, green, sans-serif font. To the right of the text are four geometric shapes: a green square, a dark blue triangle pointing up and to the right, a dark blue triangle pointing down and to the left, and another dark blue triangle pointing up and to the right.

Beachy
Bauman
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Chronic Pain Info

Acute vs Chronic Pain

- Persisting at least 3 months
- Often no clear etiology (complex interplay of biopsychosocial)

Musculoskeletal disorders

- Muscles, ligaments/tendons, bones and nerves
- Localized or generalized

Low back pain

- Most common disability
- Lumbar degenerative disc disease
 - 30% of people (30-50 y/o)
 - May or may not cause discomfort
 - W/o structural abnormality, can still have pain

Chronic Pain

Joint disease

- Arthritis
- Rheumatoid arthritis – immune system attacks own cells

Other forms of chronic pain

- Chronic fatigue syndrome
- Endometriosis
- Fibromyalgia
- Lupus
- Inflammatory bowel disease
- Interstitial cystitis
- Temporomandibular joint dysfunction
- Headaches
- Migraines

Influence on the Primary Care System¹⁻⁸

It's one of the most common reasons for seeking medical attention

Estimated 20-50% of patients seen in PC experience chronic pain

Current treatments only produce about 30% reduction in pain levels

- However, partial reduction in pain can significantly improve patient's QOL

Demand for opioid intervention

- Lacking long-term benefit & sxs/QOL improvement
- Increase in serious risk of harm

Recommended treatment by multidisciplinary team

- Medications should NOT be the sole focus of treatment

Health Bxs & Conditions Associated w/Chronic Pain

Tobacco use

- Smoking associated with higher pain intensity & greater functional impairment⁹
- Bidirectional r/s b/w chronic pain and smoking¹⁰
 - Increase in pain intensity can lead to higher relapse rates & perpetuate each other
- Could also have shared risk factors vs simply causal r/s

Depression (similar pathways – emotion & pain)¹¹

- 4x's higher rate of having disabling pain
- Greater pain intensity¹²
- Complex & bidirectional (each potentially worsening each other)

Obesity

- Mechanical stress (impacts conditions e.g., osteoarthritis)^{13, 14}
- Inflammatory pathways¹⁵⁻¹⁶
- Neuroendocrine and neuroimmune mechanisms¹⁵
- Dietary factors (eating anti-inflammatory foods)¹⁷
- Psychological factors (physical & psychological health interaction)¹⁸

Philosophy of care

- Symptom reduction (what's the literature say again?)
- Focus on re-engaging in life while having pain
- Maybe we can do both...
- Validating someone's experience
- Needs to understand the patients' perspective
 - How can we do that?

Contextual Interview

Love, Work, Play & Health Behaviors

Love

- Living Situation
- Relationship
- Family
- Friends
- Belief system, spiritual, community life?

Work/School

- Work/school situation
- Income?

Play

- Fun/Hobbies/Relaxation/Passions/Interests

Health Behaviors

- Diet
- Exercise
- Sleep
- Substance use (caffeine, nicotine, alcohol, MJ substances, etc.)

ACES

Cultural considerations

Context: Internal, TEAMS

External Context

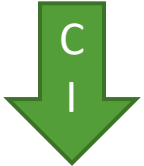
SDoH & Structural/systemic discrimination

Stages of Change

Values

ACCESS-V

Clinician Expertise



Patient's Expertise

Knowledge, Assessment and Plan (evidenced-based) re: Health-Related Conditions & Conceptualization skills

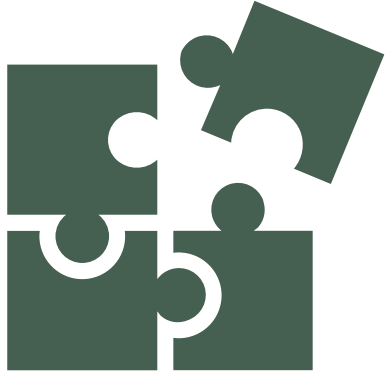


Patients' *ACCESS-V



(Psycho)education, Resources, VCBxs, SMART plans
What's discussed & what's the patient going to do?

Putting it all together!



Behavioral Interventions

What have
you all used?

What's your
“go to”?

Chronic Pain Tool Kit



Pacing activities

Not doing too much (pain cycle [overactivity → pain → rest])

Or, too little

Rest, activity, rest, activity



“NEEDS” approach to health behaviors (next slide)



Address emotional comorbidities



Relaxation exercises (in 2 slides)



Meditation (in 3 slides)

NEEDS approach to Chronic Pain

N utrition	Encourage fresh foods, four light meals per day, avoid eating while watching television
E xercise	Short walks throughout the day, on a regular basis; gentle stretching exercises twice daily
E njoyment	Encourage social activities, exploration of hobbies, participation in activities that provide a sense of accomplishment
D on't smoke or drink	Avoid, reduce or stop use of tobacco and alcohol; cultivate other relaxation activities
S leep	Learn to relax intermittently throughout the day and prior to bed; keep a regular wake and sleep time; learn to soften / relax when experiencing pain in bed

Look familiar...

PMR (CALM)

Teach diaphragmatic breathing

4-7-8 breathing

- In 4 seconds, hold for 7, and exhale for 8

Box breathing

- Close eyes, Breathe in 4, hold breath (w/o clamping mouth or nose shut), exhale 4, wait 4 and repeat 1-3 times

Diaphragmatic breathing: Chap GPT

Explanation of Diaphragmatic Breathing:

"Diaphragmatic breathing involves breathing deeply into your diaphragm, which is a large, dome-shaped muscle at the base of your lungs. It allows you to take full breaths and use your lungs more efficiently."

"When we breathe this way, it can help calm our nervous system, reduce heart rate, and promote a sense of relaxation."

Instructions for Diaphragmatic Breathing

First, find a comfortable position. You can sit in a chair with your feet flat on the floor
Place one hand on your chest and the other hand on your abdomen, just below your rib cage

This will help you feel the movement of your diaphragm

Close your eyes, if you feel comfortable, and take a moment to focus on your breath
Notice how you're breathing right now, without trying to change anything
Feel the rise and fall of your chest and abdomen as you breathe

Now, slowly inhale through your nose, allowing your abdomen to expand as you breathe in.

Feel your hand on your abdomen rise as you fill your lungs with air

Try to keep the hand on your chest as still as possible. The movement should mainly come from your abdomen.

Imagine that you are filling up a balloon in your stomach with each inhale

After taking a deep breath in, slowly exhale through your mouth

You can purse your lips slightly, as if you are gently blowing out a candle

Feel your abdomen fall as you exhale, and notice the hand on your abdomen moving down

Continue this breathing pattern: inhaling through your nose, allowing your abdomen to expand, and exhaling

through your mouth, letting your abdomen fall.

Try to make your exhale slightly longer than your inhale. For example, you might inhale to a count of 4,

and then exhale to a count of 6.

Begin by finding a comfortable position. You can sit on a chair with your feet flat on the floor, sit cross-legged on a cushion, or lie down in a way that feels gentle and supportive. Rest your hands on your knees or in your lap. Gently close your eyes or soften your gaze. Take a few moments to let yourself settle into your body.

Feel the points of contact between your body and the surface beneath you. Notice the support beneath you, holding your body without any effort. Allow yourself to feel that support.

Now, bring your attention to your breath. Without trying to change it, notice the natural rhythm of your breathing. Feel the cool air as you inhale through your nose, and the warm air as you exhale. Notice the rise and fall of your chest or the expansion and contraction of your belly with each breath.

If you feel pain or discomfort in your body, try to approach it with a sense of curiosity, without judgment. Imagine breathing into those areas of discomfort, as if each inhale could create space around the pain. Each exhale is an opportunity to soften around that area, to release a bit of tension, even if only slightly.

If your mind starts to wander, that's okay. Gently guide your focus back to the sensation of breathing. Each time your mind drifts away, bring it back to the breath. Let your breath anchor you to the present moment, providing a steady, calming rhythm.

You may notice thoughts, emotions, or other sensations that arise. Acknowledge them without judgment, like clouds passing by in the sky. Then, gently return your attention to the breath and to the sensation of your body being supported.

Take a few moments to observe the breath. Breathing in, know that you are breathing in. Breathing out, know that you are breathing out. Allow yourself to find some peace in each breath, feeling each inhale and exhale as a wave, connecting you to calm.

As you continue to breathe, notice any remaining tension. With each exhale, imagine letting go of just a little more tightness, especially in the areas where you feel pain. You don't have to force the pain away, simply allow it to soften, even slightly, with each breath.

Stay with your breath for a few more moments. Feel each inhale filling your lungs, and each exhale releasing tension.

When you are ready, gently bring your awareness back to your surroundings. Wiggle your fingers and toes, allowing yourself to reconnect with the present space. When you feel ready, slowly open your eyes.

Take a moment to notice how you feel. Remember, you can return to this practice anytime you need a moment of calm, allowing your breath to guide you back to a place of ease, even if just for a moment.

Leaves on a stream

***Begin by finding a comfortable position.** Sit or lie down in a way that feels relaxed but alert. Allow yourself to settle in, and take a few deep, calming breaths. Let your body sink into the surface beneath you, feeling fully supported. **Imagine yourself sitting beside a gently flowing stream.** It's a warm and peaceful day, and you can hear the soothing sound of water as it moves past you. Visualize the stream in your mind, noticing the way the water flows over rocks and around bends.*

***Now, notice the leaves floating on the surface of the stream.** They come in different shapes, sizes, and colors, moving gently with the current. Each leaf drifts along with ease, flowing effortlessly downstream. **As you sit by the stream, begin to bring awareness to any areas of discomfort or pain in your body.** Imagine that each sensation of pain or discomfort is a leaf. You don't have to change or get rid of it; simply observe it. When you're ready, gently place that sensation onto a leaf and watch as the stream carries it away, slowly drifting out of sight.*

***You may notice other sensations or emotions arise, such as frustration, sadness, or worry.** There's no need to judge these feelings. Recognize each one, place it gently on a leaf, and let it float away down the stream. Each time a new sensation or thought arises, acknowledge it with kindness, place it on a leaf, and allow the stream to carry it along.*

***If your mind wanders or you find yourself focusing on the pain again, that's okay.** Simply notice where your attention has gone, and then gently bring it back to the stream and the leaves. This is a practice of letting go and being present, one moment at a time.*

***Continue to sit by the stream, watching each leaf carry your pain, discomfort, and any thoughts or emotions that arise.** Allow yourself to feel the calm and relief that comes with letting go, even if just for a moment. Imagine each breath helping you release just a little more, as you watch the stream carry each sensation away. **Take a few more moments to observe the stream.** Notice the water flowing, the leaves drifting, and the space that exists between each sensation. In that space, find a sense of stillness and peace.*

***When you're ready, gently bring your awareness back to your breath.** Feel the air as it enters and leaves your body, grounding you in the present moment. Take a deep, slow breath, and allow yourself to settle back into the space around you. **Slowly open your eyes when you feel ready, bringing your awareness back to the room.** Take a moment to notice how you feel, knowing that you can return to this practice anytime to gently release pain, emotions, or thoughts that arise.*

Goal Setting

True North

Course correcting: What strategies / skills can you practice using?

- *
- *
- *

- * _____
- * _____
- * _____

SMART Action Plan:

- *
- *
- *

What situations might take you off course?

- *
- *
- *



What TEAMS might take you off course?

- *
- *
- *



Back to the “Internal Context” of ACCESS-V

- The impact of pain on the individual...
- When we ask patients with pain to describe themselves...
- Worthless... burden... broken...
- We need to emphasize compassion/kindness/love to these patients
- Love isn't everything, it is the only thing.
- Intentional acts of kindness and compassion... tap on chest...
- “this is me taking care of myself”

“Upper right” quadrant plans



Value congruent behaviors



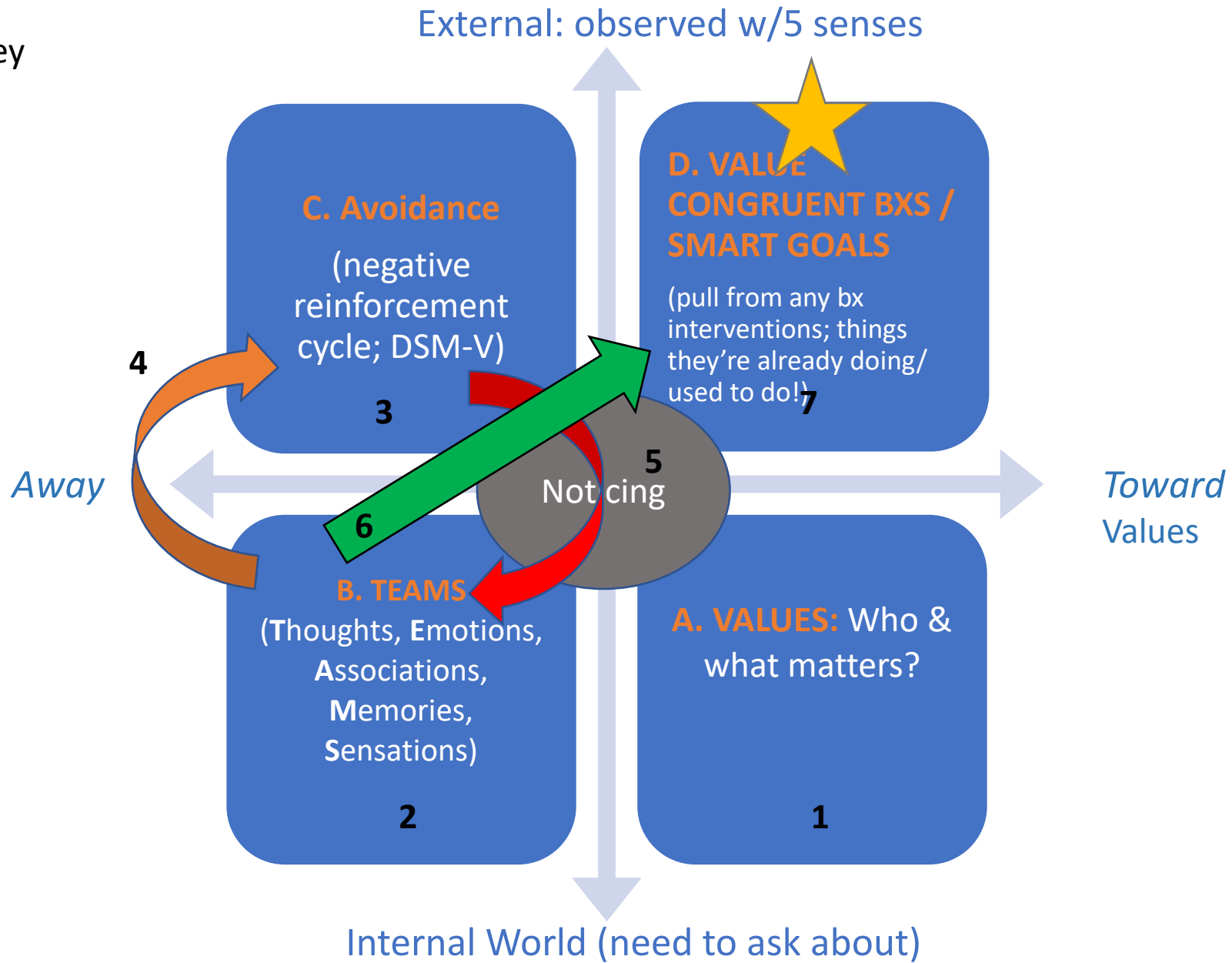
Can chronic pain be a part of
your story?



I have pain AND _____

Main Constructs
(never ending journey
to make it more
digestible)

- A. VALUES
- B. TEAMS
- C. AVOIDANCE
- D. VALUE
CONGRUENT BXS
/SMART GOALS



The Matrix:
https://contextualscience.org/act_matrix

1° changes



Supporting PCPs w/Pain & Contracts

Pain pathway w/BHC

- Initial
- Annual
- As requested by patient or PCP

Assess risk

Assess functioning

Co-creating functional goals

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Bonus Slides

Begin by finding a comfortable position. You might sit in a chair with your feet flat on the floor, sit cross-legged on a cushion, or lie down in a way that feels supported and comforting. Allow your hands to rest gently, perhaps in your lap or on your knees. Soften your gaze or close your eyes if that feels comfortable.

Take a few moments to notice your body settling into the surface beneath you. Feel the support underneath you, holding your body. Allow yourself to release any tension into this support.

Bring your attention to your breath. Take a deep, gentle inhale and a slow, soothing exhale. Let your breathing return to its natural rhythm, feeling each inhale and exhale as it comes and goes. Notice the rhythm without needing to change it.

Now, slowly bring awareness to the areas in your body where you feel pain or discomfort. Instead of turning away from the sensation, see if you can lean into it gently, with curiosity. There's no need to analyze or judge it; just notice it as it is. If this feels too intense, remember it's okay to move your attention back to your breath anytime.

Allow yourself to acknowledge the sensation of pain without fighting it. Imagine the pain as a sensation in your body, like warmth or pressure, rather than something that defines you. Notice its qualities—where it feels strongest, where it's less noticeable.

If judgments or strong emotions arise, observe them with kindness. Perhaps there are thoughts like, "This hurts," or "I wish this would go away." Recognize these thoughts and emotions without judgment, acknowledging that it's okay to feel this way. Gently let go of any need to change or fix the pain. Simply be with it.

If possible, see if you can bring a sense of openness to the pain. Imagine the breath flowing to the area of discomfort. With each inhale, feel a gentle expansion, and with each exhale, soften around the pain, even if just a little. You don't need to make it go away; instead, allow it to be as it is in this moment.

As you continue to breathe, invite a sense of compassion toward yourself. Chronic pain can be challenging, and it's natural to feel frustrated or sad. With each breath, try to bring a bit of warmth, kindness, and patience toward yourself and the pain. Imagine speaking to yourself as you would a close friend: "It's okay. I'm here for you."

Remind yourself that it's okay to feel discomfort. Rather than resisting or pushing away the pain, you're practicing allowing it to be here, even if only for this moment. Allowing doesn't mean you want it or that you'll always feel this way; it simply means you're choosing not to fight it in this moment.

As you stay present, observe any shifts, however small, in your relationship to the pain. You may notice that it changes, that it moves, or that it stays the same. Whatever happens, let it be okay. You're practicing acceptance, not control.

Take a few more breaths, feeling each inhale and exhale as an anchor. Each breath is a reminder that you're here, that you're grounded, and that you're safe in this moment.

When you're ready, gently bring your awareness back to the room. Notice any sounds around you, the feeling of the surface beneath you, the temperature of the air. When it feels right, begin to wiggle your fingers and toes, gently reconnecting with your surroundings.

Open your eyes slowly, taking a moment to acknowledge yourself for practicing acceptance. Remind yourself that you can return to this practice anytime, allowing yourself to experience the moment as it is, with gentleness and patience.