Introduction of Clinical Practice Issue: Definition of Chronic Pain

- Chronic pain is any pain condition lasting more than 12 weeks, and is generally defined as continuing pain and pain that is significantly affected by fear and anxiety.
- Chronic pain can account for more than 80% of all medical visits and is associated with major psychosocial disorders and emotional suffering.
- 116 million Americans suffer from chronic pain, costing the U.S. up to $560 billion each year in medical treatment and lost productivity.

Many of chronic pain patients receive insufficient pain treatment because of the complex interplay of pain management strategies. This is partly due to a lack of knowledge among primary care providers (PCPs), limited pain management resources, and regulatory barriers that prevent eligible patients from getting adequate treatment.

Practice Question: Investigate the Concept of Chronic Pain as a Primary Care and Explore Effective Interventions

- A multidisciplinary approach, including conventional medicine, complementary and alternative medicine (CAM) treatment options, and behavioral strategies, is needed to treat chronic pain and improve quality of life.
- Self-report pain. One patient has a self-report score of 7 on a 100-mm visual analog scale (VAS). This score indicates significant pain.
- Group B: A group of patients with similar health outcomes from a multidisciplinary approach, including conventional medicine, complementary and alternative medicine (CAM) treatment options, and behavioral strategies.

Project Aim: Understanding and Treating Chronic Pain Using the Biopsychosocial Model

- Understanding the concept of chronic pain is vitally important in allowing providers to make meaningful contributions to patient care. This knowledge is essential to providing effective care and improving quality of life for chronic pain patients.
- The psychosocial factors that influence chronic pain include emotional, social, and environmental factors. These factors can exacerbate pain and affect quality of life.

Case Study: A Group of Patients with Diabetes and Pain: A grant received from Care Oregon Chronic Pain Care Collaborative

- Oregon City Medical is a primary care clinic in Oregon, providing services to patients with chronic pain who are enrolled in the collaborative. The clinic provides education, counseling, and other services to help manage pain.
- It targets patients with diabetes and pain who may benefit from the collaborative's multidisciplinary approach.

Treatment Options: A Collaborative Model

- The collaborative approach allows the patient to feel more in control by making informed decisions about treatment options.
- The collaborative approach also allows patients to feel more in control by making informed decisions about treatment options.
- The concept of chronic pain is a biopsychosocial phenomenon, with biological, psychological, and social factors interacting with each other, and outcomes influenced by the interaction with the provider.
- The collaborative model aims to address the multifaceted nature of chronic pain by involving all stakeholders in the treatment process.