

MOMENTUM 2022 Annual Conference and Trade Show - August 30 - September 1, 2022 *LeadingAge Ohio*

Mind Body Approaches to Innovative Pain Management


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- Understand the role of the nervous system in chronic pain conditions
- Introduce mind body approaches to pain management
- Address psychosocial and physical needs for holistic management
- Explore opportunities to create an integrative approach to pain management



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Pain is NOT a normal part of aging.
Prevalence statistics for persistent pain in older adults range from 25 to 80%

Nursing home residents	45-80%
Community dwelling elders	25-50%

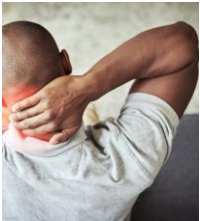
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<p>Acute</p> <p>Begins suddenly, sharp, prickly feeling that can range from mild to severe</p> <p>Typically, doesn't last for longer than 6 months</p> <p>Resolves when underlying cause of pain is identified and treated</p>	<p>Chronic</p> <p>Usually persists over an extended period of time</p> <p>Accompanies an injury or disease process that hasn't resolved in an expected frame of time</p> <p>Can persist even though the underlying injury has been healed</p> <p>Common symptoms may include tense muscles, limited mobility, persistent fatigue, change in energy level and appetite, depression, anxiety, and anger.</p>
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<p>Your health</p> <p>The health of your clients</p>	
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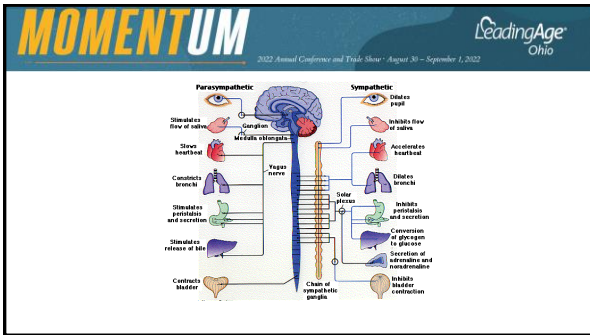
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Autonomic Nervous System

<p>Parasympathetic</p> <ul style="list-style-type: none"> The parasympathetic nervous system controls homeostasis, or the maintenance of the body's systems. It controls the "rest and digest" functions of the body. 	<p>Sympathetic</p> <p>The sympathetic nervous system directs the body's rapid involuntary response to dangerous or stressful situations. A flash flood of hormones boosts the body's alertness and heart rate, sending extra blood to the muscles</p>
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Acute	Chronic
Fracture management	?
Surgery	
Pain Medications	
Nursing	
Elevation	
Thermal agents	
Skilled therapy services	
Time is on your side	

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- Pain Assessment in Dementia Scale (PAINAD)
- Beck's Anxiety and Depression Inventory
- BCAT Brief Anxiety and Depression Scale (BADs)
- Geriatric Depression Scale
- Boston Pain Scale

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THE PAIN SCALE

- 1 **Non-Disabling**
Mild, intermittent pain that does not prevent completion of daily activities.
- 2 **Mild**
Mild, intermittent pain that does not prevent completion of daily activities.
- 3 **Intermittent Disabling**
Intermittent pain that prevents completion of certain daily activities.
- 4 **Moderate**
Moderate pain that prevents completion of most daily activities.
- 5 **Disabling**
Disabling pain that prevents completion of most daily activities.
- 6 **Severe**
Severe pain that prevents completion of most daily activities.
- 7 **Very Severe**
Very severe pain that prevents completion of most daily activities.
- 8 **Extremely Disabling**
Extremely disabling pain that prevents completion of most daily activities.
- 9 **Unbearable and Unmanageable**
Unbearable and unmanageable pain that prevents completion of most daily activities.
- 10 **Constant, Unbearable**
Constant, unbearable pain that prevents completion of most daily activities.
- 0 **No Pain**

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- Complementary and integrative medicine provides a comprehensive basis for pain management
- Merges western and eastern medicine
- Growing body of knowledge demonstrates the effectiveness of these approaches

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- National Institute of Health
 - National Center for Complementary and Integrative Health
- Mayo Clinic
 - Integrative Medicine and Health Research
- Harvard
 - Osher Center for Integrative Health

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Life Energy

Qigong and chi gung are Romanized words for two Chinese characters.

Primarily means air, gas or breath but is often translated as a metaphysical concept of "vital energy" referring to the flow circulating through the body.

Chi can be raised and lowered through a variety of techniques.



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Body Mind Approaches

Treating persistent pain is complex. It can be hard to find the right combination of therapies to help patients feel their best. Pain was once thought to be an indicator of injury to body tissue; it is now known that pain also can be a warning signal designed to alert us to potential damage and to protect us from injury. As a result of this new understanding, we now know that feeling pain does not necessarily mean a physical injury has occurred.

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Body Mind Approaches

Medicines are common but only reduce pain by about 30% on average. Including multiple treatment approaches in the patient's routine can help find as much relief as possible. Research consistently demonstrates that pain is closely tied to, and is influenced by, psychological factors such as fear, anxiety, and depression. Addressing these factors has been shown to help reduce the amount of pain a person is experiencing.



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Mindful Meditation


Shown to reduce blood pressure, cortisol levels, and immune system functioning. Regular mindfulness meditation has also been shown to increase self-esteem and self-acceptance. People can train their brain to become more mindful during everything they do and experience, including pain. There are both formal and informal ways to practice mindfulness.



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Mindfulness is the act of intentionally focusing on the present moment. When in pain, this can be difficult to do. It is normal for patients to feel tense, sore, frustrated, or to have negative thoughts such as, "This is horrible," or "I hate this." Negative reactions can make pain worse. That is because there are two components to pain which include the unpleasant physical sensation and the person's reaction to it.



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We cannot control the sensation of pain, but we can educate patients that they can control their reactions to pain. This is where mindfulness can help. Mindfulness helps separate the person from their negative thoughts, feelings, and sensations to relate to pain differently. The goal is to get the patient to approach experiences with openness, curiosity, and acceptance.


Practicing mindfulness requires switching out of autopilot and purposefully paying attention to surroundings, thoughts, feelings, and sensations without judgment - including paying attention to pain. Mindfulness can help reduce pain, stress, and depression. Improve quality of life and sleep. Promote self-awareness. It can also enhance brain activity in different regions of the brain - working memory, flexible thinking, self-control, and concentration

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Mindful Meditation

Formal Mindfulness Meditation: Involves setting aside time to focus on awareness. This could be breathing or a sensory experience. Even when determined to keep attention focused, it is normal for the mind to wander off. When this happens, notice that mind has wandered and gently return attention to the point of focus. Avoid judging or criticizing. Just observe and accept the experience as it is without needing to change or improve it. Have the patient try practicing formal mindfulness for five minutes every day, or even one minute to start. As it gets easier, the patient may wish to extend it to ten, twenty, or thirty minutes.




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Mindful Meditation

Informal Practice: Involves focusing on the present moment during daily activities. This can be done with anything such as: while eating, notice the taste, texture, and smell of the food. While spending time with loved ones, bring your full attention to the conversation or activity. Notice thoughts and feelings in each moment. It takes no extra time to practice mindfulness in this way.




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Progressive Muscle Relaxation


Progressive muscle relaxation is a simple exercise to reduce muscle tension. It involves gently tensing then relaxing major muscles in the body one at a time in a particular order. A common progression is to start at the top of the body and work your way down. One-by-one tense and relax head, face, neck, shoulders, arms, hands, back, stomach, buttocks, legs, and feet.



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In guided imagery, use your imagination to focus on pleasant images to replace negative or stressful feelings. The scene visualized should incorporate all of the senses - the sights, sounds, smells, tastes, sensations, thoughts, and emotions associated with the scene you are imagining.




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Deep Breathing: Practicing deep breathing for at least two minutes, once or twice a day, can help calm the body and mind.

Diaphragmatic Breathing: Place one hand on abdomen and other hand on chest. Take a deep breath in through the nose, so the abdomen expands into the hand. Breathe out and feel abdomen flatten. The chest should not move during the breathing.



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- Tai Chi:** Research from leading institutions including Harvard and the National Institute of Health demonstrate the many health benefits of Tai Chi. Based on an ancient form of soft martial arts, the practice is being integrated into many physical and occupational therapy interventions. Tai Chi can be used in both individual and group settings. The practice includes gentle warm-up exercises, basic movements of Tai Chi and a cool down and relaxation phase. Throughout the session, deep breathing, and visual imagery is encouraged while listening to relaxing music.
- Ai Chi:** Ai Chi is a form of aquatic exercise used for recreation, relaxation, fitness, and physical rehabilitation. Clinical Ai Chi is distinguished as a specialized active form of aquatic therapy designed as pain management approach using the principles of Tai Chi in water.



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Research has demonstrated that music can reduce opioid requirements, and that postoperative pain may be lessened. In a Cochrane Review conducted by Cepeda et al., investigators examined the effect of music on acute, chronic, or cancer pain intensity, pain relief, and analgesic requirements. Of the studies evaluated, four studies reported that subjects exposed to music had a 70% higher likelihood of having pain relief than unexposed subjects.



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Benefits of Incorporating Music into Skilled Treatment:

- Causes the body to release endorphins. Endorphins are hormones that interact with receptors in the human body to interrupt pain signals. This relieves pain and provides a sense of wellbeing. They work in a similar way to opioids, but without the side effects and risk for chemical dependency. Think of endorphins as nature's pain killer!
- Helps activate self-repair mechanisms throughout the body and brain promoting healing and mental health
- Functional and holistic way to reduce anxiety, stress and pain
- Helps engage the brain actively so the perception of pain is overcome by multiple levels of engagement
- Can easily be incorporated into a skilled therapy session or wellness activity; it is low cost and safe
- Create a beat to follow during to enhance rhythmic activity such as rehabilitative Tai Chi or aquatic flow yoga

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