

# PAIN MANAGEMENT

## SPECIAL INTEREST GROUP

### PRESIDENT'S MESSAGE

The Combined Sections Meeting this year was another attendance record breaker with a projected 12,000 people attending. The programming was excellent, as usual, and I want to again personally thank Beth Jones and the Education Committee for their fine work. Also Terri DeFlorian and Tara Fredrickson at the Section office, as well as the Orthopedic Section BOD always go above and beyond to continue to make this meeting a huge success.

The SIG business meeting minutes can be found below.

Our program, "Chronic Pain: Myths, Measures, and Management" presented by Dana Dailey and Kathleen Sluka was well received by the 600+ attendees. I thank Dana and Kathleen for their informative presentation that will add to our knowledge of how to best understand and treat our patients who have persistent pain.

The following article describes an innovated program that one of our members is using to address the often overlooked aspect of persistent pain. I am happy to have Carolyn McManus describe her program.

I hope you have a wonderful spring.

*John Garzione  
PMSIG President*

### PAIN SIG MEETING MINUTES CSM 2012 CHICAGO, IL

**Friday February 10, 2012**

The meeting was called to order at 11:40 AM by John Garzione, President.

Last years' minutes were published in *OPTP* and approved.

All involved with SIG activities were thanked for their participation over the past year. Continued thanks go to Joel Bialosky, Research Chair, for his contributions to the quarterly E-mail blasts. The members of the ISP task force, Marie Hoeger Bement, Kathleen Sluka, Laura Frey-Law, John Ware, and Neena Sharma, were also thanked.

It is not too early for members to think about running for office in the SIG. The President's position ends at the end of CSM 2013 and the Vice President ends in 2014. Interested people can contact the Nominating Committee, Neena Sharma or Bernadette Jaros.

We still need more articles for the *OPTP* newsletter, which can be E-mailed to [johngarzione@frontiernet.net](mailto:johngarzione@frontiernet.net) for submission. The SIG must have at least two articles per year published in *OPTP*.

Discussion was held about the revised ISP topics and John G. will arrange for another conference call with the task force to finalize topics, authors, and readers to be submitted. Many

members expressed an interest in getting involved with the ISP.

The PMSIG will help sponsor member Anita Davis to the CARF International Standards Advisory Committee.

#### NEW BUSINESS:

1. We will try to re-vamp our Web page to include member's area of interest, location, etc. Unfortunately the Web site is not set-up to allow us to search by region.
2. The PMSIG will be investigating entry level curriculum for pain education. Marie Hoeger Bement will look into a survey to determine what is being taught.

A suggestion was made to adopt the term "persistent pain" instead of "chronic pain" for our patients.

There was discussion about our educational programming in the future. The group expressed an interest in having two hours of regular programming with an additional hour for presentations of treatments and investigations from different clinicians with an interactive session.

The meeting was adjourned at 12:35.

*Respectfully submitted,  
John Garzione, President*

### TEACHING PATIENTS ABOUT PAIN IN AN INNOVATIVE CLASS FORMAT

Carolyn McManus, PT, MS, MA

In the fall of 2010, the medical director of pain service at Swedish Medical Center in Seattle asked me to develop a pain neurophysiology patient education class for our patients with chronic pain. As I already knew that educating patients during individual treatment sessions reduced fear and increased motivation, teaching this material in a group seemed like a great next step. Having also taught many types of patient education groups in the past, I knew the power of getting people together to share stories and ideas.

After a review of the current literature, I developed a program that meets once a week for 2.5 hours for two consecutive weeks. I teach the program once a month and have enrollment of 12 to 16 patients. The class is billed as a group physical therapy visit.

The topics covered in the first class are the anatomy of the nervous system, how nerves communicate, and categories of pain based on a model by Clifford Woolf, MD, a leading pain researcher at Harvard.<sup>1</sup> I introduce sensitization and the potential role of stress-induced hyperalgesia in chronic pain.<sup>2-4</sup> Relaxation exercises and aerobic exercise are covered as strategies to reduce sensitization. I guide diaphragmatic breathing and progressive relaxation exercises. Patients are invited to pair up and share with their partner what they would like to do differently in the coming week based on what they learned.

The second class begins with an invitation to participants