

International Conference and Exhibition on

Pain Medicine

June 08-10, 2015 Chicago, USA

Pain relief transformed

Peter Abaci

Bay Area Pain & Wellness Center, USA

Chronic pain now affects an estimated 100 million Americans at a cost of over \$600 billion in treatment and lost productivity. This means that more people suffer from chronic pain, than heart disease, diabetes, and cancer combined. The impact this has had on our society has been huge. For a number of years now, opioids have been the mainstay treatment for complex, debilitating chronic pain problems. Unfortunately, recent reports have also found significant problems with the misuse of opioids as they have become more readily available, and they have now become a significant source of accidental overdose deaths. At the same time, there are few comprehensive interdisciplinary pain treatment programs available across the country despite their significant need and strong support based from evidence-based outcome measures. Barriers to delivery of care include cost, a lack of insurance coverage for bundled care, and a lack of adequately trained doctors and practitioners to provide treatment. We have developed a novel approach to functional restoration that includes multiple disciplines and a structured curriculum while individualizing specific rehabilitation needs. We also offer methods to concurrently diminish over-dependence on opioids. We present outcome data based on our functional restoration program showing significant gains of objective and subjective factors by our patient population. A number of different measures of physical function, activities of daily living, and psychological well-being are used to measure progress. We discuss the various disciplines utilized and coordinated to achieve reliable positive outcomes in a complex chronic pain population.

Peter.Abaci@prospirapc.com

Pain: Going upstream

Richmond Stace

Pain Physio Clinics LLP, UK

Traditionally the location of the pain was thought of as the seat of the problem and hence the target for treatment. Pain science has developed our thinking so that now we must consider pain as an emergent property of the whole person, involving many body systems—nervous, autonomic, endocrine and immune. The body systems do not work in isolation to each other, but rather, they function in an integrated manner, responding to actual and potential threats. In this talk, Richmond will explore the current understanding of pain and how it is embedded within the functioning of the body systems, the individual and their life. Illustrating this with clinical examples, Richmond will describe how the biology manifests in chronic pain states, including the influence of stress, cognition, the environment, beliefs, prior experience, attention and expectations. Despite the complexities of pain, Richmond will argue that patients need to understand their pain to form a foundation from where they can move forward. Both the biology of pain and the range of influences must be elucidated and then explained to the patient—these are the beginnings of the treatment programme. Examples of modern approaches will be given with rationale. The overall aim of the talk is to highlight what we know about pain and how we can use modern pain science to change the thinking on pain to start changing what is the largest global health burden.

richmondstace@me.com