

Managing Chronic Pain: How To Work With Your Health Care Provider

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Credentials & Disclaimer

DISCLAIMER

THIS PRESENTATION IS INTENDED TO PROVIDE INFORMATION THAT IS EDUCATIONAL IN CONTENT AND IS NOT INTENDED TO PROVIDE PATIENT SPECIFIC INFORMATION FOR DIAGNOSIS OR TREATMENT OF ANY HEALTH CARE CONDITION. DISCUSS ANY HEALTHCARE CONCERNS WITH A QUALIFIED HEALTHCARE PROVIDER

CREDENTIALS

DOCTOR OF PHARMACY
BACHELORS IN PHARMACY
RESIDENCY

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COLUMBIA UNIVERSITY NYC
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CO-FOUNDER CHAIR & CHAIR-EMERITUS - MEN'S HEALTH SECTION - AMERICAN PUBLIC HEALTH ASSOC.
CERTIFIED COMMUNITY MEN'S HEALTH EDUCATOR
PRACTICING PHARMACIST FOR 50 YEARS INCLUDING PAIN MANAGEMENT SUPPORT FOR TRICARE FOR LIFE VETERANS

TOPICS

OBSERVATIONS & TIPS FROM 50 YEARS OF PRACTICE

About Pain & Associated Conditions

Men Are From Mars—Women Are From Venus: Even In Pain Management

Working With Your Provider

Helping To Get The Correct Diagnosis – Help Your Provider Help You
Pain Management Protocols

Prescription Medications

The Prescription Process
Formularies and Protocols
The need for new approaches to pain medications
Rx Medication The Options
Getting Safe/Good Quality Rx Medications

Self-Care Tips

Don't Let Pain Get Ahead Of You
Non-Rx Medications
Non-Medication Treatments

ABOUT PAIN & ASSOCIATED CONDITIONS

- ▶ Acute Pain: Sudden onset – defined as usually **less than 6 months** duration
- ▶ Chronic Pain: Generally builds up – defined as more than 6 months and frequently a life-time event of lesser or greater intensity
- ▶ Estimated 20+ Americans (66 Million Of Us) have chronic pain, most say it is not well managed.
- ▶ Not just about The Pain – Associated Conditions:
 - ▶ Depression & sleep disorders
 - ▶ Increase in metabolic conditions
 - ▶ Decreased quality of life
 - ▶ Adverse impact on work, family life and ability to self-care
 - ▶ Concerns about medication side effects and addiction liability
 - ▶ The opioid crisis came from a well-intentioned effort to help patients manage chronic pain*.
 - ▶ And MORE....

The Bottom Line –

IT IS NOT A TRIVIAL CONDITION AND BETTER TREATMENTS AND APPROACHES ARE NEEDED

MEN ARE FROM MARS—WOMEN ARE FROM VENUS: EVEN IN PAIN MANAGEMENT

- ▶ Men and Women vary dramatically in:
 - ▶ Verbal, behavioral, emotional and physical expressions of pain
 - ▶ Overall impact on quality of life
 - ▶ When they seek treatment
 - ▶ Types of treatments sought
 - ▶ Circumstances of living (work, recreation, age)
 - ▶ Long term compliance with treatment

The Bottom Line: What works for women is not what works for men and treatment plans must be customized in terms of modalities and supportive management

WORKING WITH YOUR PROVIDER

▶ Don't Let Pain Get Ahead Of You

Learn To PREVENT Injury/Pain

Weekend Athlete/Do-It-Yourselfer

The Coach Was Right --- Stretching & Muscle Warm-Ups #1 Most Effective Way

Listen To Your Body - Recognize pain is a signal

Doctor! Doctor! It Hurts When I Do That....

Hear Ye Hear Ye Guys - Don't Wait To Get-'Er-Done!

▶ Help Your Provider Help - Getting The Correct Diagnosis

Be a good "Historian"

Situational Awareness

Location... Location... Location...

Pain-Diary May Help

▶ Pain Management Protocols

A Process & Rules To Insure Potentially Addicting Meds Are Used Properly

No One Likes Them But...

NOT Something Your Doc. Just Made Up To Hassel You...

Important Patient Safeguard to Help Insure Appropriate Access To Potentially Addicting Drugs

The Bottom Line: You Are Responsible For Your Care As Much As Your Health Care Provider...Be An Informed & Active Participant...

PRESCRIPTION MEDICATIONS

Major Types Of Medications Use: Lots Of Options

Analgesics – Pain Relievers

Anti-Inflammatories – Reduce Inflammation

Pain Perception – Anesthetics/Nerve Calmers

The Prescription Process & Protocols

Every Clinician Has Their Own Protocols To Manage Pain

In A Logical Step-Wise Process...

Understand What's Being Done, Why Its Being Done, How Long To Expect Results

Pain Management Specialists Are Helpful for Poorly Managed Pain

If you are prescribed opiates become knowledgeable about them...

discuss with your physician ... used properly they are important medicine

Formularies and Protocols

Many 3-Party Providers Require Step-Wise-Approach To Care & Rx

Pharmacists can help you navigate these Step-Therapies

Understand How Your Plan Works

Don't Be Discouraged...

Talk Candidly About Your Responses To Treatments

Prescription Medication Use

PROPER USE OF MEDICATIONS

IF IT IS A NEW MEDICATION:

- READ UP ON WHAT IS PRESCRIBED – USE RELIABLE SOURCES
- SUCH PATIENT INFO SHEET THAT MUST COME WITH EACH RX OR WEBMD OR CLEVELAND CLINIC ON-LINE:
NOT WIKIPEDIA OR “PATIENT DRIVEN COMMENT SITES”
- ASK TO TALK WITH THE PHARMACIST ABOUT IT
- UNDERSTAND SIDE EFFECTS AND LIMITATIONS
- ASK HOW OFTEN IT CAN BE REFILLED AND FOR HOW LONG
- MEDICATIONS ALONE ARE GENERALLY NOT ENOUGH—

ASK THE PRESCRIBER WHAT ELSE YOU MUST DO TO MANAGE THE PAIN

NARCAN

IF YOU ARE ON AN OPIATE FOR CHRONIC PAIN SHOULD TALK WITH PRESCRIBER ABOUT HAVING NARCAN RESCUE AGENT ON HAND

THE BOTTOM LINE: BECOME KNOWLEDGEABLE USING VALID RESOURCES TALK WITH PRESCRIBER AND PHARMACIST ABOUT WHAT-WHY-HOW TO USE MEDS --- YOU ARE RESPONSIBLE FOR YOU

ADDITIONAL APPROACHES

Rx Meds Are Not THE ONLY Way To Deal With Pain

Learn about other modalities:

Get To The Root Cause

The Big-Four

Osteopathic Manipulation By a Doctor of Osteopathy (DO)

Chiropractic Manipulation By a Doctor of Chiropractic (DC)

Physical Therapy By a Doctor of Physical Therapy (DPT)

Surgical Intervention

Other Approaches:

NOT A SUBSTITUTE FOR MEDICAL CARE BUT CAN BE HELPFUL ADD-ONS

Acupuncture By a Licensed Acupuncturist

Electronic Pulse Devices Proper use of warmth and cold Braces & Supports

Essential Oils & Herbals – *Be Thoughtful—Lots of Hype*

Massage Therapy Yoga and Tai Chi Medical Marijuana

Exercise Weight Management Life Style Modification

The Bottom Line: Always check with you DO/MD or health care provider before beginning ancillary approaches.

THE NEED FOR NEW RX APPROACHES TO PAIN

- Lots of approaches, yet, patients prefer oral medications
- Development of newer analgesics to control pain has been hampered by the concerns from Opiate Epidemic
- FDA has been reluctant to encourage development of new opiate or opiate like compounds More Of The Same is not needed at this juncture
- Bio-Pharmaceutical companies have been in discussion with experts and regulators on acceptable new approaches
- Non-opiate, non-addictive approaches are now in mid-stage of development and FDA is receptive to these compounds
- Novel non-Opiate agents that target the process of pain development important lines of research and development

The Bottom Line: Consumers and Patient Advocacy Groups need to encourage Pharmaceutical Companies and FDA to develop Non-Opiate approaches to pain particularly chronic pain with novel-Rx's