



# Help Hope Learning



*American Chronic Pain Association®*

# Impact of Science on Real Life Experiences



# ACPA Mission Statement

**Since 1980 our mission has remained the same.**

- ☪ To facilitate peer support and education for individuals with chronic pain and their families so that these individuals may live more fully in spite of their pain.
- ☪ To raise awareness among the health care community, policy makers, and the public at large about issues of living with chronic pain



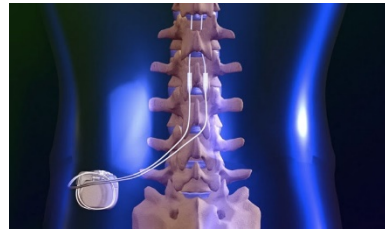
# Timeline of Pain Management

The journey of how to treat pain  
over the past 40 years



**1978**

No opioids  
Integrative  
Approach



**Late 80's**

Interventions



**Late 90's**

Opioids



**2021**

Integrative  
Approach





# CDC Guidelines

- March 18, 2016, released Guidelines for Primary Care
- This guideline is intended for primary care clinicians
- Who read the complete Guidelines?
- Media reported on the recommendations
- Providers feared prescribing
- Many suffered



GUIDELINE FOR  
PRESCRIBING OPIOIDS  
FOR CHRONIC PAIN

[www.cdc.gov](http://www.cdc.gov)



# Impact on People with Pain

## Survey of 1000 with pain after CDC Guidelines Barriers with HCP

- 56% had difficulty obtaining a prescription for their pain medications
- 39% physician no longer prescribes pain medication
- 63% pharmacy carries only a limited supply of medication
- 28% said the pharmacy does not carry their medication
- **47% of respondents have contemplated suicide because they cannot find relief from their pain.**



# Impact on People with Pain

## Survey of 1000 with pain after CDC Guidelines Barriers at Pharmacy

7% were asked to produce complete medical records  
15% were simply refused a refill with no reason given  
18% pharmacist was concerned over the prescription



# Impact on People with Pain

So, what do people do when they cannot get the medications, they want and need to live a more normal life.

- Some simply suffer.
- Some hoard medication, taking less than the prescribed amount so they will not run out.
- Many go to the emergency room seeking relief.
- Others self-medicate with alcohol and marijuana.
- And some are desperate enough to turn to street drugs.





# Impact on People with Pain

*I started using illegal opiates after I was not able to get medication.*

*I will have no choice but to commit suicide when I am no longer able to travel out of state every three months to get a prescription.*

*I have fraudulently called in prescriptions and bought them off the street. The amount of guilt I feel is extraordinary. I have now ruined my life.*

*I take meds to make me sleep as much as possible. I lie on the couch and watch TV and cry. I vomit a lot. When I can't handle it anymore, I tell my wife to take me to the ER.*

*I suffer in immense pain. This tears my family apart.*

*I stay in bed in agony, weeping, depressed, can't work, eat, sleep function. No quality of life. I feel lost, scared, and alone. Pain takes over my whole body and all aspects of my life.*



# How did we get to this point?

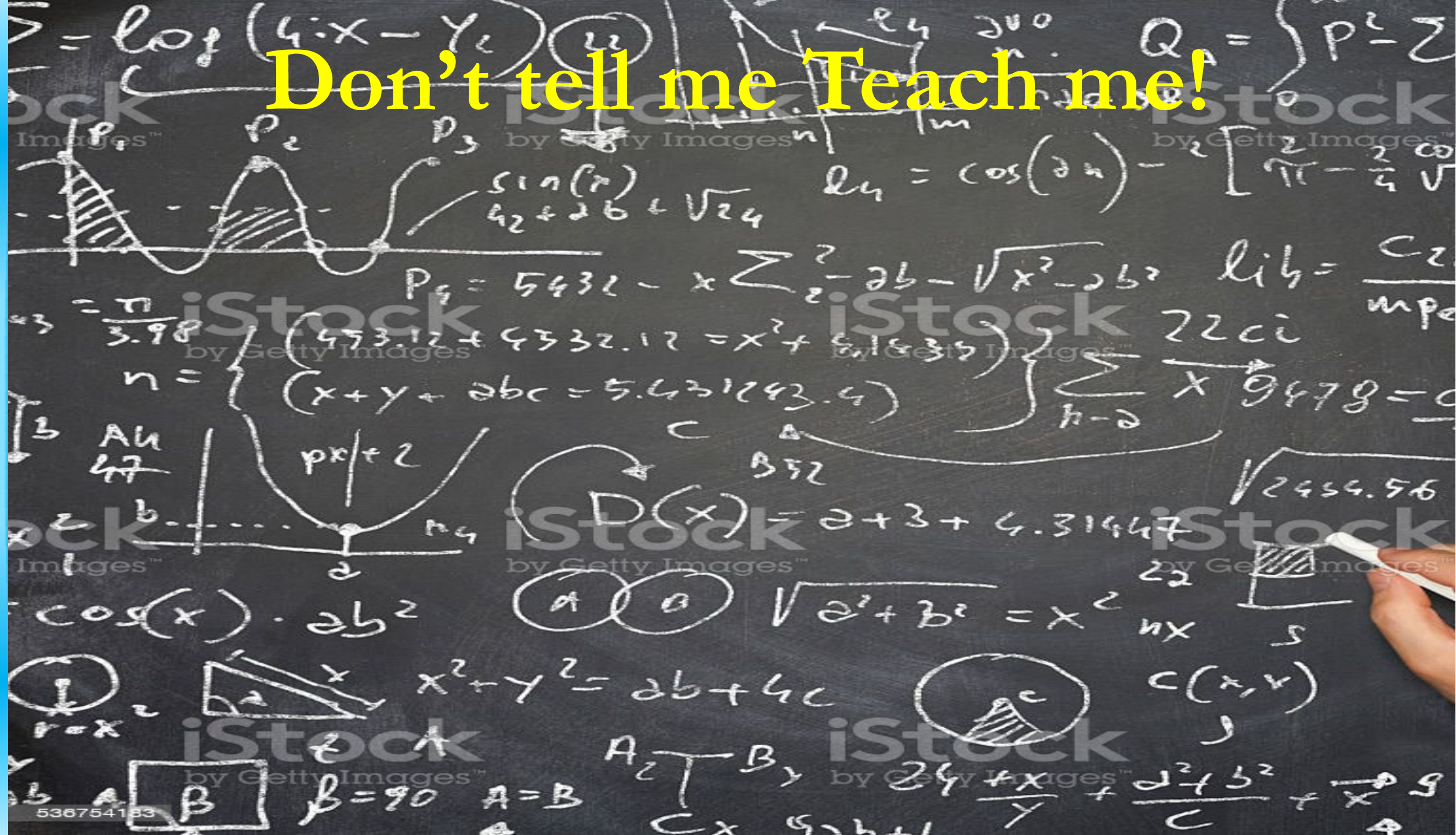
- Expectation of person with pain and health care professionals
- Payers don't reimburse for many treatments and therapies
- PWP were tapered too fast or simply cut off without any other pain management interventions
- **Learn to live with it!**

expectations





Don't tell me Teach me!





# How did we get to this point?

- Lack of education for HCP
- HCP are not paid for time to do a complete assessment



# What is being done?

PCORI has funded grants to help reduce opioid prescribing

- Many focused tapering or stopping opioids
- Some include CBT, PT or shared decision making
- A few looked at a combination of therapies
- The problem is that none have combined a number of therapies and treatments to help a person manage their pain long term

# What is needed

- They still have pain
- Need more than tapers
- Need to know how to manage pain





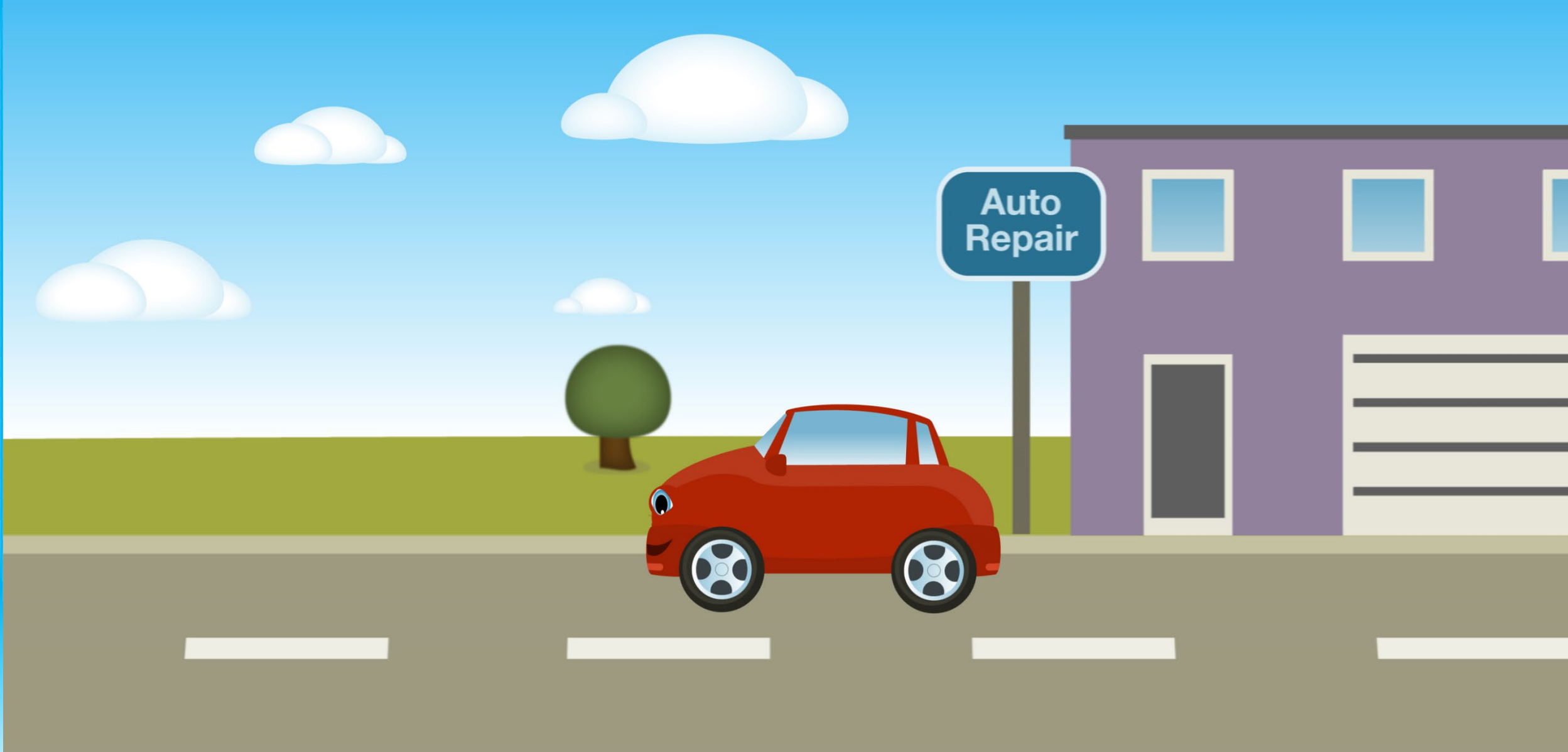
# What is needed

An elephant is shown in profile, balancing on a beach ball on a sandy beach. The elephant's front legs are on the sand, while its back legs are lifted and resting on the beach ball. The background is a soft-focus view of the ocean and a cloudy sky.

**A balanced approach**



# Balanced Approach





*American Chronic Pain Association*

[www.theacpa.org](http://www.theacpa.org)





# *Thank You*



# Q & A

