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Pain Talk

VOLUME 4 | ISSUE 1 | 2020

Choo Speaks to Alcoa City School System

Dr. James Choo was honored to speak to Alcoa City Schools faculty members during a recent professional development day.

School systems across the nation continue to confront the effects of adverse childhood experiences (ACEs) on their students. His presentation, “Trauma: Opioids, The Brain, and Society”, addressed some of the underlying issues and causes.

Dr. Choo finds it vitally important that educators are informed as they work on the front lines each day. Dr. Choo hopes to speak to additional school systems over the coming year.

A video of his entire presentation can be found online at www.facebook.com/PainConsultantsOfEastTennessee/videos



2020 East Tennessee Opioid Conference

The 3rd Annual East Tennessee Opioid Conference was held on February 27th at The Venue in Lenoir City. More than 300 area medical professionals and community members attended the conference to learn more about how they can combat the opioid epidemic and address underlying causes.

Attendees heard presentations from physicians and academics associated with Pain Consultants of East Tennessee, The University of Tennessee College of Pharmacy, Cigna, Cherokee Health Systems, among others.



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East Tennessee Opioid Conference Continued...

The focus of the opioid epidemic and the conference itself is evolving over time to focus on the underlying causes of the crisis.

As mentioned in the first piece of this newsletter causes like adverse childhood experiences (ACEs) are key to understanding who in our population are most vulnerable and likely to become addicted to opioid medications.

“If we can begin to identify who is most susceptible to addiction at an early age, we can equip those people with tools to help them avoid addictive behaviors throughout the rest of their life,” Dr. James Choo said.



In its third year, the conference continues to grow by roughly 50 new attendees each year.

“Occupational Therapy”: It’s Not What You Think!

If you think “occupational therapy” and your mind immediately goes to working, you’re not the only one. Occupational therapy can be easily misunderstood, as the word “occupation” is often associated with words like “job” or “work”.

Occupational therapy treatment is designed to identify the impact of disability on each individual patient’s life; including daily self-care, activities around the home, leisure, volunteering, child care, attending religious services, sleep hygiene, safely managing one’s environment, participation in physical intimacy, and coping with changes in daily life. Disability can impact individuals of all ages, ethnicity, and cultures. Once the areas disability impacts are identified, occupational therapy will work with the patient to further identify strategies to manage and overcome barriers to participation in these occupations.

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