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# *Pain Talk*

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## PainTalks Video Series and New Podcast

Pain Consultants of East Tennessee launched our popular Pain Talks video series in 2018 and we've recently added new episodes. Pain Talks tackles commonly asked questions about our practice and pain management.

The new episodes feature topics that include: Trauma and Its Impact on Pain, Why Our Patients Visit with a Psychologist, Most Common Treatments and Procedures, and "Catastrophizing". In each of these episodes, our physicians and clinicians provide insight about these topics that can be helpful to our patients and their families.

These episodes can be found on our website at <https://painconsultants.com/pain-talks/>. In addition, you can find previous episodes of Pain Talks on the same page. Some of the additional topics discussed include: Stress Management, New Technologies to Assist with Pain, The Role of Psychology in Treating Pain, The Relationship Between Addiction and Prescribed Opioid Medication, How to Accept Pain, Explaining Narcan, and Conditions Often Treated at PCET.



We've also converted the video series to podcast format for those who prefer to listen to podcasts instead of watching videos. The podcast version of the series can be found on our site at <https://painconsultants.com/pain-talks-podcast/> and will be available in October 2020 on the following podcasting platforms: Apple Podcast, Spotify, Stitcher, TuneIn, and SoundCloud.

## PCET Holiday Schedule

Pain Consultants of East Tennessee will be closed on the following dates in observances of holidays through the end of 2020.

We will be closed on November 25th through November 27th in observance of the Thanksgiving holiday. We will also be closed on December 23rd through December 25th in observance of the Christmas holiday.

# PCET Patient Satisfaction Surveys

Recently, Pain Consultants of East Tennessee began emailing satisfaction surveys to patients. Be on the lookout for these in your inbox.

Patient Satisfaction Surveys are emailed at the beginning of each month and will arrive via SurveyMonkey from the email address: PainConsultantsET@gmail.com. Please consider taking a moment to answer the survey and let us know how your experience has been with our practice.



## COVID-19 Practices and Procedures

Pain Consultants of East Tennessee's first priority is the safety of our patients and our staff. Since the beginning of the COVID-19 pandemic, we have been focused on mitigation efforts to ensure the safety of those in both of our practice facilities as well as the PCET Surgery Center.

Recommendations regarding mitigation efforts from the CDC, Tennessee Department of Health, and Knox County Health Department are still being enforced for our staff and all patients. The donning of face masks by patients is mandatory.

More information about our mitigation efforts can be found on our COVID-19 Concerns and Recommendations page on our website at <https://painconsultants.com/covid-19-response-and-resources/>.



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