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Pain Talk

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A New Offering to Help with Pain: Toolbox

Here at PCET we are finding that more and more people are coming to us asking for ways to help with pain that don't involve being prescribed opioids (narcotics). They also don't work as well as we would all like. They don't take the pain away – and the side effects can be numerous and problematic. So patients and doctors alike are searching for non-opioid alternatives in the treatment of chronic pain.

To help with this, PCET is offering a pain psychology group to help people find alternatives (or supplements) to help with pain. The group is called “Toolbox” and it will offer just what it sounds like: a handful of different tools to help deal with pain.



Toolbox meets every Monday from 10:30 to noon. In each group we have a session (lecture and discussion) on a pain topic. There are five major lecture topics so the curriculum is covered in five weeks. The group also offers the opportunity to continue and repeat the sessions again if you like (and your insurance agrees). Not only do we have lecture and discussion on five pain topics, we offer “centers” (if you're sure what that is, ask your grandchildren about “centers”). There are two virtual reality (VR) centers where people can experience VR for about 15 minutes. Our studies have shown that VR cuts pain by about two thirds and has some analgesia even after the session is over. Another center is a relaxation center using relaxation audio. There is also a biofeedback center. We give participants a CD or download link to take home to listen to that uses binaural sound to enhance the relaxation experience. If that is not enough, we give each participant a free copy of the book “The Opioid-Free Pain Relief Kit: Ten Simple Steps to Ease Your Pain” by Stanford pain psychologist Beth Darnall. This book supplements what we cover in our sessions and can offer you as much homework as you care to do to learn more skills to deal with your pain.

So Toolbox offers a time to learn about ways to cope with pain, a chance to use some new pain coping tools here in the office and a free book to take home and learn even more. The motto of Toolbox is “High Teach, High Tech.”

So if you are a patient at PCET, call or ask your practitioner about entering the Toolbox group. (This is a psychology group service and will be billed to your insurance).

WBIR and WATE Focus on Opioid Abuse

WBIR Channel 10 NBC dedicated the month of July to reporting about East Tennessee's opioid crisis. WATE Channel 6 ABC focused a July report on the removal of oxycodone from the market.

Physicians and practitioners from Pain Consultants of East Tennessee were called on a number of times throughout the month to provide viewers with information regarding the current state of pain management, legitimate pain management practices, and alternative approaches to treating chronic pain.



We encourage you to visit our website to watch these interviews. You can find them by visiting www.painconsultants.com/in-the-news.

PCET OT Professionals Present to Tennessee Health Care Association

Recently, Pain Consultants of East Tennessee occupational therapy (OT) professionals taught others how OT can help to manage chronic pain for patients in different healthcare settings.

Kim Breeden, MS, OTR/L and Niccole Rowe, BA, COTA/L presented at the Tennessee Health Care Association Conference in Nashville. Advocating for patients who have chronic pain, Breeden and Rowe educated administrators of long-term care and assisted living facilities regarding evidence-based treatments and the biopsychosocial approach which recommends self-management of pain. An emphasis was also placed on how occupational therapy can play a key role in those treatments.



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