Clinical Pearls
clinical tips for daily practice

Support for patients with chronic pain
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Clinical question
What support is available at Kaiser Permanente Washington to help my patients live better with chronic pain?

Why did we choose this topic?
There is evidence supporting non-pharmacologic approaches for the improvement of chronic pain, function, general activity, and quality of life. This evidence is reflected in two recently updated KPWA guidelines that focus on pain management—the Non-specific Back Pain Guideline and the Safety Guideline for Patients on Chronic Opioid Therapy for Chronic Non-Cancer Pain.

How could this change my practice?
By providing non-pharmacologic management options and support, we enhance care and quality of life for Kaiser Permanente patients with chronic pain.

Recommendations: workshops, videos, books and websites

New! Living Well with Chronic Pain Workshops
Like the other Living Well programs developed by Stanford University, which we've been offering to our members since the late 1990s, Living Well with Chronic Pain is evidence-based and designed to enhance participants' sense of self-efficacy in managing their chronic condition.

The small-group workshop series meets once a week for 2.5 hours, for 6 weeks. It is free of charge to participants and a friend or family member they bring to support them. The workshops are led by two specially trained lay leaders who have personal experience managing chronic pain.

The series is designed to help people living with chronic pain build skills, share ideas, and learn self-management techniques to manage their pain. Topics include:
- Strategies for dealing with frustration, fatigue, isolation, and poor sleep
- Exercises designed to help people with chronic pain move more freely and maintain and improve strength, flexibility, and endurance
- Appropriate use of pain medicines
- Ways to communicate about pain to family, friends, and health professionals
- Tips to pace activity and rest
- Guidelines for evaluating new treatments

How to let your patients know about the workshops
- Give them a brochure. Available from KPWA Print Services (order number GP0002251-50-17).
- Send them a link to the Living Well Workshops page at http://www.kp.org/wa/livingwell. From this page, patients can watch a short video and hear from participants who are now leaders for the programs
Videos for Kaiser Permanente members
The following decision aids—along with many others—are accessible through the Videos About Treatment Options page on the member website, at https://www.kp.org/wa/decisions. Users will be prompted to sign on to the site to access the materials. The sign-on prompt includes instructions for members who have yet to register for access.

Living Better with Chronic Pain
This decision aid includes an online video and booklet with information about treatment options.

Acute Low Back Pain: Managing Your Pain Through Self-Care
This video can be viewed online or ordered for mail delivery by typing "DVD" into the order field and selecting the title.

Chronic Low Back Pain: Managing Your Pain and Your Life
This video can be viewed online or ordered for mail delivery by typing "DVD" into the order field and selecting the title.

Online videos

Understanding Pain in less than 5 minutes, and what to do about it!

Why Things Hurt

Books


Websites
• American Chronic Pain Association: https://theacpa.org
• American Pain Foundation: http://americanpainsociety.org
• Arthritis Foundation: http://www.arthritis.org
• National Center for Complementary and Alternative Medicine: https://nccih.nih.gov/
• National Library of Medicine tutorial for evaluating Internet health information: https://medlineplus.gov/evaluatinghealthinformation.html
• Neighborhood Health Link: https://www.neighborhoodhealthlink.org/ Use the search tool to find tai chi, yoga, and other classes.

References: Chronic pain self-management programs


List of additional references supporting the Chronic Pain Self-Management Program: