Interdisciplinary Pain Management

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Concept of Total Pain - Dame Dr. Cecily Saunders

Physical Pain

- Doctors and Nurses
  - Chronic versus acute pain
  - Correct underlying cause if possible
  - Use medications appropriate to the WHO Stepladder
    - Time release medications
    - With PRN meds available for breakthrough pain
  - Use adjuvent medications when appropriate
  - Refer to other disciplines when other sources of pain are suspected

Social/Emotional & Physical Pain

- Hospice Massage Therapy
  - Physical pain often has an emotional component
  - Massage Therapy can create a "safe place," for awareness & release of pain.

Hospice Massage Therapy

- NOT your Mama’s "spa day massage!"

What do Hospice Massage Therapists do?

- **ASSESS** physical pain, edemas, skin integrity, mobility & range of motion
- **DESIGN** individualized visits that will address needs for:
  - Reducing pain & discomfort
  - Reducing inflammation, swelling & edema
  - Increasing circulation
  - Increased sense of Relaxation, Well-being & Comfort
- **APPLY** appropriate Massage/Manual /Energetic Therapies
Therapies used by Hospice Massage Therapists

- Pain Management & Orthopedic Massage
- Oncology Massage
- Reflexology
- CranioSacral Therapy
- Lymph Drainage Therapy
- Reiki
- Polarity Therapy
- Myofascial Release Therapy
- And many Medical Massage Therapy Techniques...

Hospice Massage Therapists

- Have completed hundreds of classroom hours
- Passed both written & practical state exams
- Licensed by individual states
- Required to complete CEU's yearly
- Advanced modalities require additional training, testing, certifications

Lymph Drainage Therapy

Before LDT

After LDT

Reflexology

- Effective in decreasing visceral pain, constipation/diarrhea, etc., etc.

Reiki & Polarity Therapy

- Energetic Therapies focus on the "Total Pain"/person:
**Physical/Emotional Pain - Acupuncture**

- Acupuncture is defined as the insertion of fine needles into specific areas of the body (‘acupoints’) for therapeutic purposes.
- Developed over 3,000 years ago in China, acupuncture came to the USA in the early 1970's.

**Physical/Emotional Pain - Acupuncture**

- What can acupuncture treat?
  - Just about every physical complaint, from pain to nausea to edema.
  - Emotional aspects as well: anxiety, fear, depression, anger, sadness.
  - For example, recent studies have shown acupuncture to be just as effective or better than anti-depression meds.

**Physical/Emotional Pain - Acupuncture**

- Acupuncture is used in hospice primarily for pain not responding fully to medication.
  - Pain related to the disease, i.e. cancer pain
  - Pain which may not be related to the disease, such as headache, neck pain, back pain, sinus pain, constipation

**Acupuncturist Credentials**

- L.Ac. = Licensed Acupuncturist
- Education: 3-year Master’s degree program, including clinical internship
- Licensure: In Texas, graduation from an accredited school and passing grades on 6 national exams required for license
- Continuing education: 17 hours required annually in Texas

**Physical/Social/Emotional Pain - Music Therapy**

- Music Therapy is an established healthcare profession that uses music to address physical, emotional, cognitive, and social needs of individuals of all ages.
- Music is the tool used by the therapist to effect therapeutic change
- Board-certified music therapists have completed at least a 4-year Music Therapy degree and are required to participate in ongoing education
What do Music Therapists do?

- **ASSESS** emotional well-being, social functioning, communication abilities, cognitive skills, music preferences and past musical experiences

- **DESIGN** music therapy sessions for individuals and families based on patient needs and ongoing responses within the session

- **PARTICIPATE** in treatment planning (IDT/IDG) and ongoing evaluation within the team

Why Music Therapy?

- Music is familiar, non-threatening

- Can be adapted to patient’s specific cultural perspectives or personal history

- Provided by the therapist to reflect “in-the-moment” mood, affect, respiration, and pain levels and changes in ways that recorded music cannot

How can Music Therapy address pain?

- Gate Theory of Pain Control: Providing an alternate focus can decrease perception of pain

- Musical Entrainment: Therapist matches the current state of pain or respiratory distress musically (tempo, intensity, etc.) before gradually moving to a more relaxed state. Can be directed by patient or through observation of non-verbal responses. (Bradt, 2010)

How can Music Therapy address pain?

- Addresses multiple needs simultaneously: Physical, social, spiritual, emotional, cognitive

- Provides additional control over the environment: Patient has opportunity to choose preferred musical genre, instrument or songs, etc.

- Patient’s experience may be passive/receptive or more active/expressive

Also of note- Music Therapy

- Empirical research exists but further research is needed to provide information on specific effects of music therapy on physiological and neurological function.

- Music therapists work within the patient’s plan of care in conjunction with other treatments, not to replace them.

Social & Emotional Pain- Social Workers or other Counselors

- Tension makes physical pain worse

- Relationship issues
  - Physical pain exacerbated by relationship pain
  - Patients who “can’t die” because of unresolved issues

- Fear
  - Of the unknown
  - Of abandonment
  - Of loss of control

- Anger
  - At situation
  - Doctors
  - God – Refer to chaplain
Spirituality & Pain

Man is not destroyed by suffering; he is destroyed by suffering without meaning.

Viktor Frankl

Spirituality – that which gives meaning and purpose to life

- Spiritual frameworks & religious traditions affect interpretation of physical pain
- Spiritual practices affect management of physical pain

Social/Emotional/Physical Pain - Pet Therapy

- Pet Therapy (Animal Assisted Therapy) Studies
  - Pain Management Clinic: “Clinically meaningful pain relief (≥ 2 points) in 23% [of patients] after the therapy dog visits and 4% in the waiting room control.”
  - “Presented at the 2009 annual conference of the International Society of Anthrozoology...adults recovering from total joint-replacement surgery and getting pet therapy needed 50% less pain medication than those not getting pet therapy.”
  - Dawn Marcus, MD- Pittsburgh pain clinic with fibromyalgia patients: “...pain severity was significantly reduced after a brief therapy dog visit...” and fatigue, stress level, calmness and cheerfulness also improved.

How could this NOT help?

Summary

- Hospice is by regulation required to be holistic
- Holism requires us to “push the envelope” and look beyond traditional medical models to find therapies that will most help our patients truly achieve the best quality of life possible for the days they have.
- Dame Dr. Cecily Saunders also said, “You matter because you are you. You matter to the last moment of your life, and we will do all we can not only to help you die peacefully but to LIVE until you die.”

References

References