

SUDBURY DISTRICT NURSE
PRACTITIONER CLINICS:
CHRONIC PAIN PATHWAY

Presenter Disclosure

- **Presenters:** Arro Barry, Jana Carter, Bev Castonguay, Catherine Cervin & Nancy Tripodi
- **Relationships with commercial interests:**
 - **Grants/Research Support:** No financial or personal relationships to disclose
 - **Speakers Bureau/Honoraria:** No financial or personal relationships to disclose
 - **Consulting Fees:** No financial or personal relationships to disclose
 - **Other:** No financial or personal relationships to disclose



Disclosure of Commercial Support



- This program has received no financial support
- This program has received no in-kind support
- **Potential for conflict(s) of interest:**
No potential for conflict of interest

INTRODUCING THE SDNPC

FIRST NP-LED CLINIC IN CANADA!

Committed to advancing patient care and NP practice locally and with community partners



VISION



MISSION

VALUES



THE BURDEN OF CHRONIC PAIN

Affects 1 in 5 Canadians & prevalence increases with age

71% of sufferers are still in pain for 12+hours/day despite having tried an average of 2.4 different treatments

34.6% of patients have considered suicide



\$\$\$ of chronic pain > cancer + heart disease + HIV

\$6 billion/year health care costs

\$37 billion/year in lost productivity



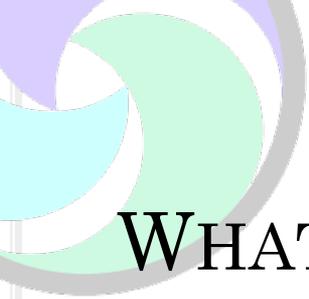
LEARNING OBJECTIVES

Develop an understanding of the motivators that led to the development of the pathway

Leave the presentation with an awareness of the guiding principles and primary objectives that shaped the pathway

Come away with an understanding of the process, the outcomes, and the future direction of the SDNPC Chronic Pain Pathway





WHAT DO OUR PATIENTS LOOK LIKE?

Case Study One

- 42 year old married woman with a history of fibromyalgia and moderate scoliosis. She has had multiple presentations to address chronic back, shoulder and neck pain. She reports a 20 year history of high anxiety following a motor vehicle accident and ongoing struggles with PTSD. She receives LTD following psychiatric admission post MVA.
- Past experience with psychotropic medications, to support mental health recovery, triggered concerns about dependence and a “foggy brain”. For this reason, she is highly adverse to taking any prescribed medications despite struggling with daily pain, anxiety, and depression.
- Pain affects her ability to manage daily iADL’s, but she is independent with ADL’s, and values physical activity.
- Goal focus is to maintain home management, improve sleep, and return to volunteering at a wild life shelter where she is no longer able to volunteer because the physical requirements exacerbate her chronic pain.

Case Study Two

- 55 year old male with chronic axial back pain related to lumbar spondylosis and moderate degenerative changes. Identifies a workplace accident, 22 years ago, as the cause of his chronic pain.
- Diagnosis of Chronic Regional Pain Syndrome
- Married. Pain affecting ADI’s, iADL’s, sleep and social functioning, however remains independent. Mobility is limited because of pain, but the patient is able to walk several blocks. No assistive devices are used.
- Limited engagement in discussions around chronic pain management strategies because he feels he has tried everything and nothing works for long. Acknowledges some depression is likely, but attributes to the effect of daily pain. Effectively utilizes pacing.
- Medications:
 - Statex 10mg every 4-6 hours
 - Lyrica 150mg
 - Cymbalta 60mg
 - Tylenol 1000mg tid
 - Voltaren Emugel 1.16%
- Other Treatments:
 - History of nerve blocks and steroid injections
 - Attended SDNPC Chronic Pain Movement Workshop



WHAT DO OUR PATIENTS LOOK LIKE?

Case Study One



Case Study Two





Rosalind Davis speaks to the Canadian Press
Her partner, Nathan Huggins-Rosenthal died of an overdose
in Calgary Dec. 8, 2016.



2017 CANADIAN OPIOID PRESCRIBING GUIDELINE



KEY POINTS

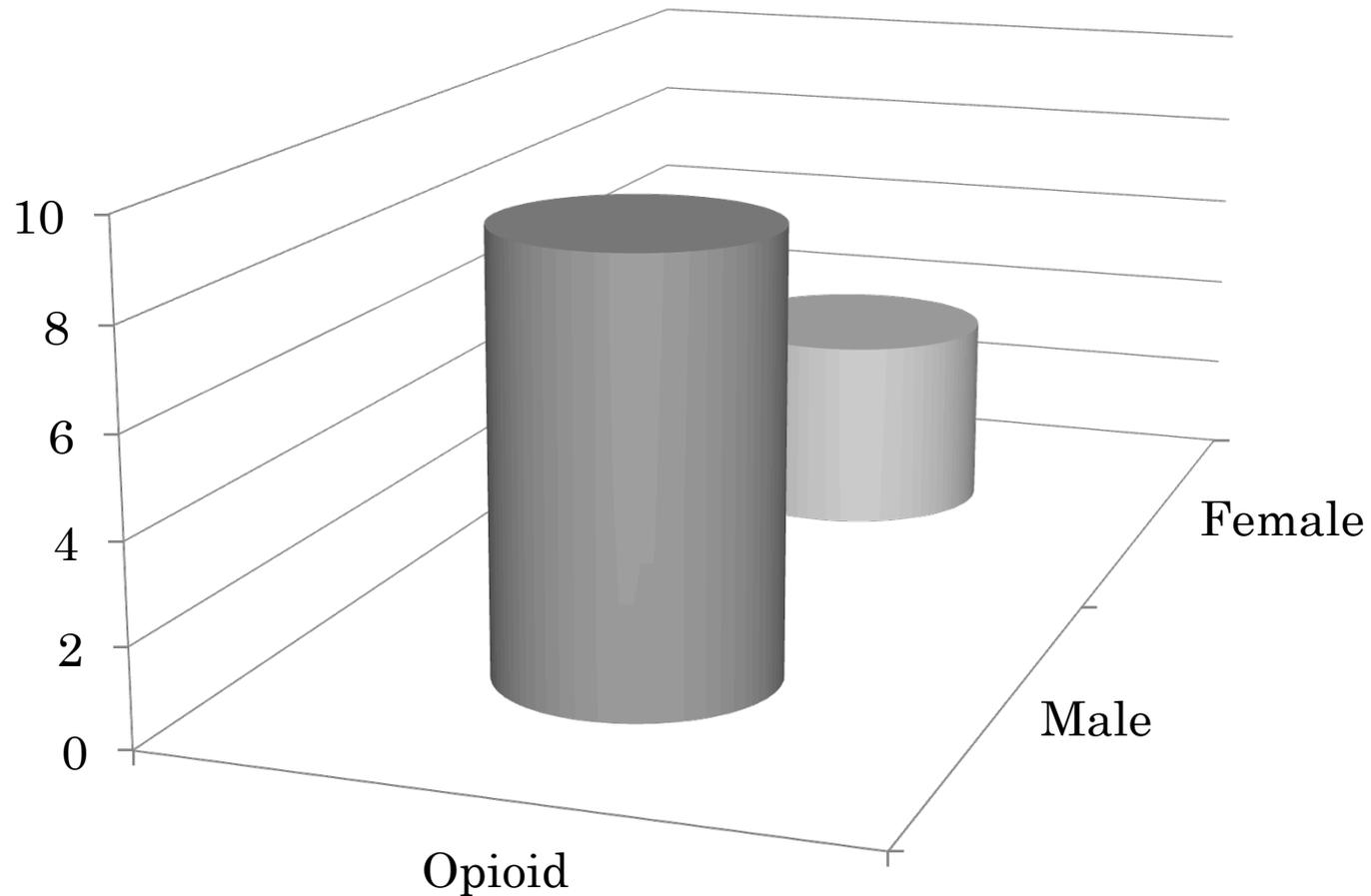


GOOD PRACTICE STATEMENTS





OPIOID PRESCRIBING IN THE CLINIC

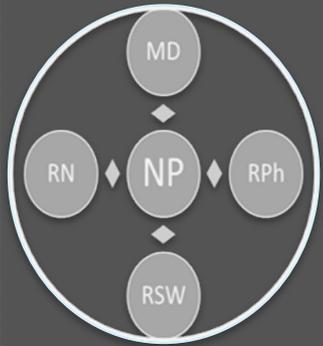


GUIDING PRINCIPLES OF OUR CHRONIC PAIN PATHWAY

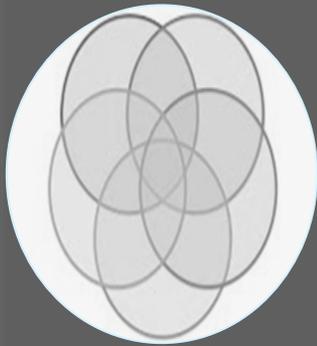
- Validate patient's experience
- Importance of patient participation
- Focus on improvement in function
- Set SMART goals



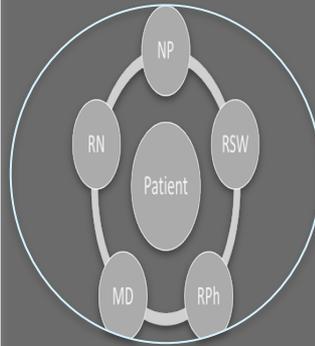
SDNPC CHRONIC PAIN PATHWAY



Individual
Professional
Assessment



Professional
Care
Conference



Patient
Care
Conference



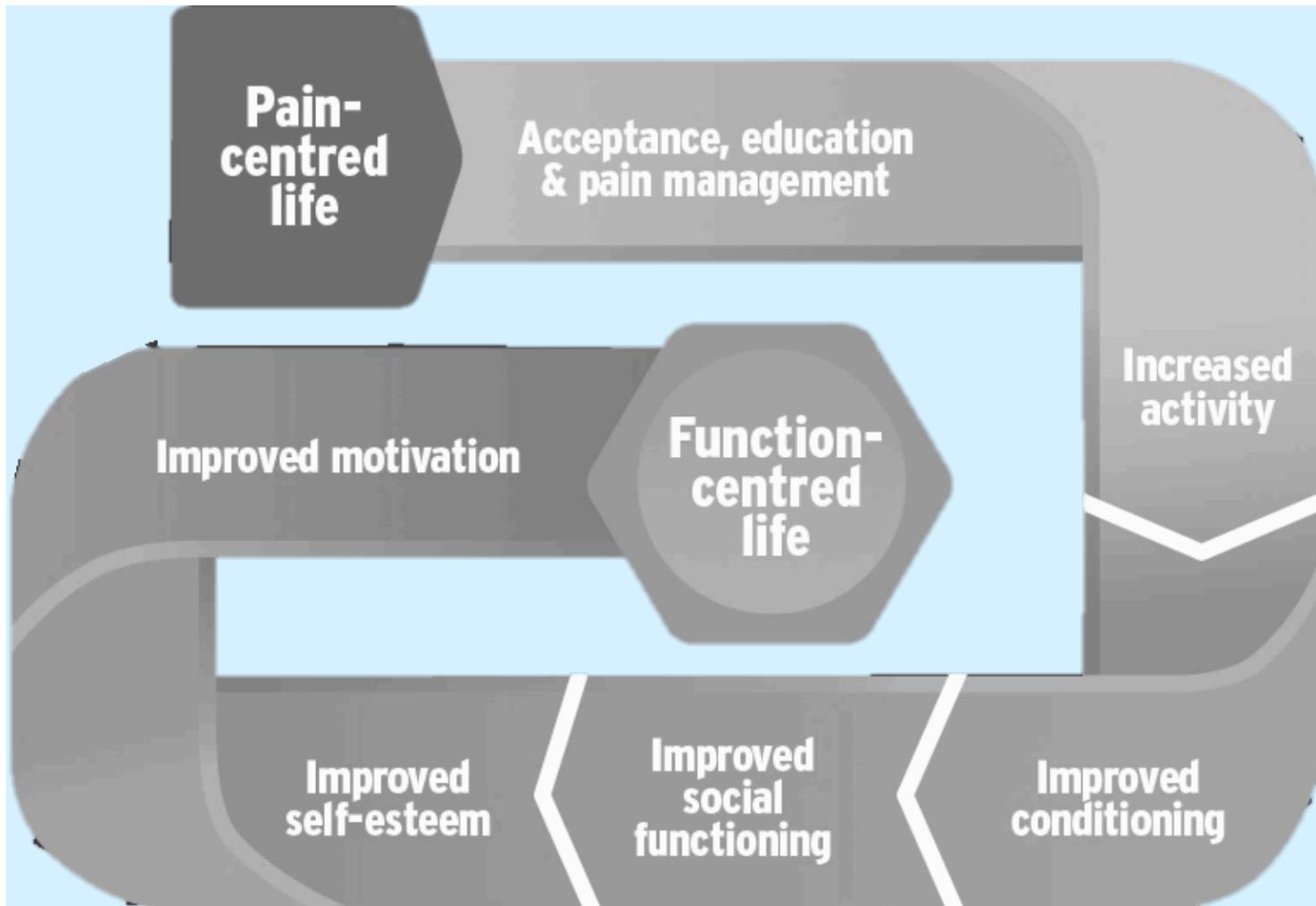
Follow Up



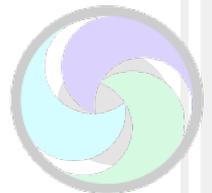
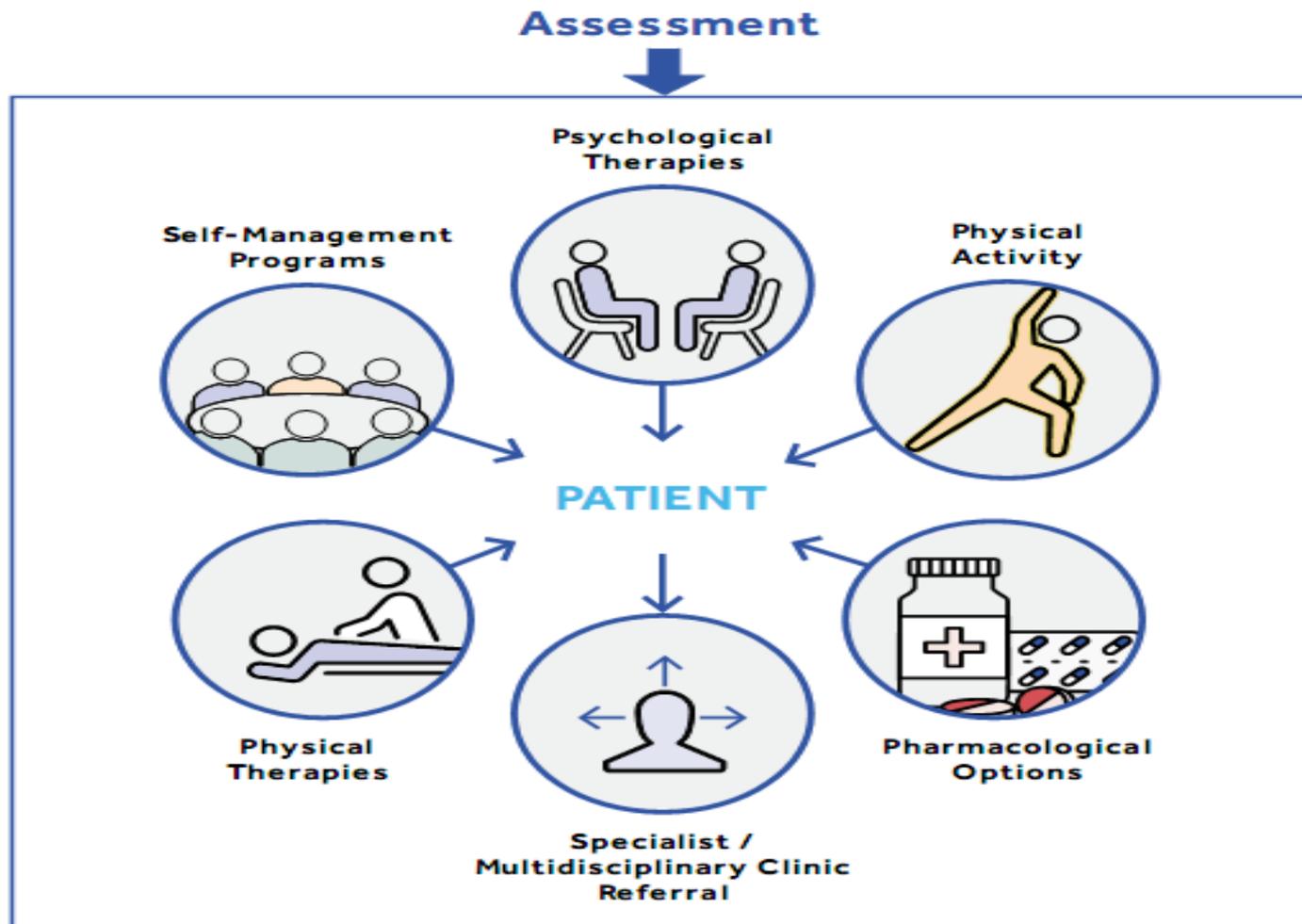
External
Referral



CHRONIC PAIN – WHAT DO WE KNOW?



CHRONIC PAIN – HOW DO WE TREAT IT?



WE CREATED TOOLS TO SUPPORT OUR PROGRAMS

S- Specific (ex. **Riding a bike**)

State exactly what you want to achieve. Can you break a larger task down into smaller items?

M- Measureable (ex. **3 days a week**)

Establish clear definitions to help you measure if you're reaching your goal

A- Action-oriented (ex. Every morning I will ride a bike, **slowly**)

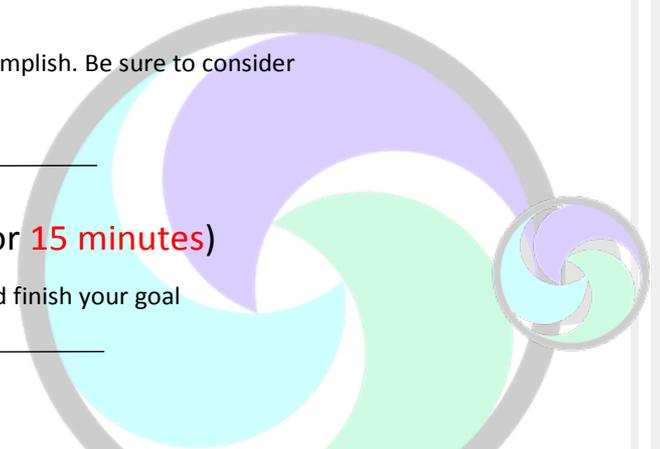
Describe your goals using action verbs, and outline the exact steps you will take to accomplish your goal

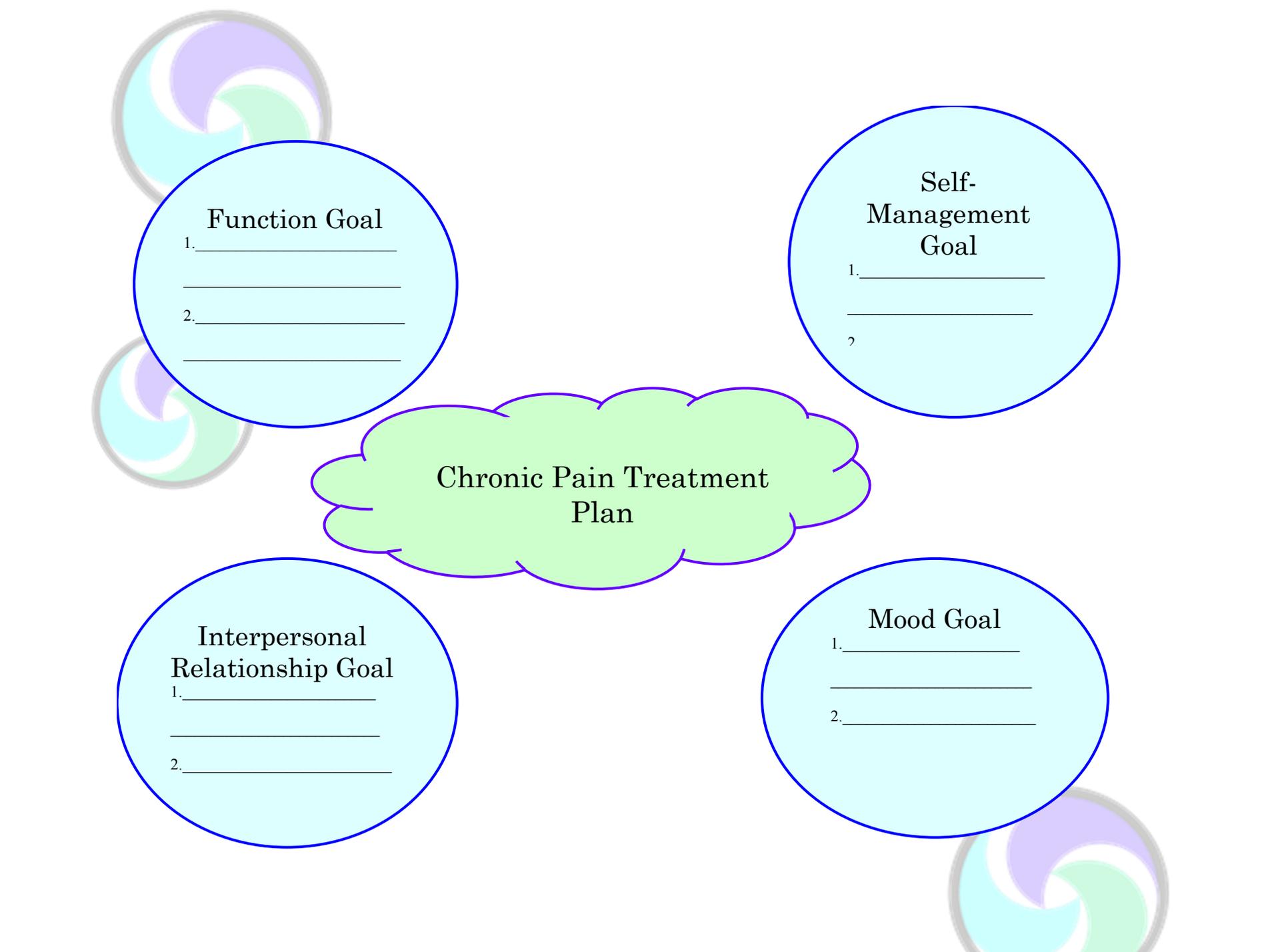
R- Realistic (are you able to **accomplish** this goal?)

Give yourself the opportunity to succeed by setting goals you'll actually be able to accomplish. Be sure to consider obstacles you may need to overcome

T- Time-bound (3 days a week before work I will ride my bike for **15 minutes**)

How much time do you have to complete the task? Decide exactly when you'll start and finish your goal



A central green cloud-shaped box contains the text "Chronic Pain Treatment Plan". Surrounding this central box are four light blue circular boxes, each with a title and two numbered lines for text entry. The circles are arranged in a square pattern around the central cloud. In the corners of the page, there are decorative circular graphics with swirling patterns in shades of purple, green, and cyan.

Chronic Pain Treatment
Plan

Function Goal

1. _____

2. _____

Self-
Management
Goal

1. _____

2. _____

Interpersonal
Relationship Goal

1. _____

2. _____

Mood Goal

1. _____

2. _____

• **SUDBURY DISTRICT NURSE PRACTITIONER CLINICS**

- 623 Main Street
Lively, ON
P3Y 1M9
705-692-1667
- Sudbury, ON
P3E 1H5
- 359 Riverside Drive
705-671-1667

• We can help you make a plan to **live a better life**, in spite of your pain. This is important and deserves time and effort. It will include:

- *A full review of your pain, including how it affects your life*
- *Setting goals for how you would like your life to improve*
- *Talking with different members of our team to see how we can help you achieve these goals*

- **Please book an appointment to get started!**



Sudbury District Nurse Practitioner Clinics

359 Riverside Drive, Suite 107, Sudbury, ON P3E 1H5
Phone 705-671-1661 Fax 705-671-0177
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623 Main Street, Lively, ON P3Y 1M9
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Treatment Plan for Managing Chronic Pain

Chronic pain is a condition that you have been diagnosed with. Chronic Pain affects you in many ways. Along with having to cope with pain, it can lead to problems with fatigue, trouble sleeping, changes in appetite, and it can affect your mood. Pain may also limit your movements, which can reduce flexibility, strength, and stamina.

You and your Health Care Team have decided to develop a plan to address your chronic pain. One of the main goals is to increase your daily functioning and improve your ability to cope with pain. Here is some information that may be helpful to know while starting on your chronic pain journey.

SDNPC Chronic Pain Guiding Principles

- The goal is to improve your functional status. Total absence of all your pain may not be a realistic goal.
- Your medication needs will only be a part of your pain management plan.
- Activity will be part of your treatment plan. The purpose of activity is to improve your physical strength and stop further losses.
- Your participation in self management is key. This means engaging in problem-solving, pacing, decision-making, and taking actions to manage your pain. This means helping yourself to learn to think, feel, and do different despite the persistence of pain.
- We will address your emotional coping equally along with your physical and pharmacological issues. Working in all these areas leads to greater success.

Treatment of your pain issues may involve seeing other team members including your Nurse Practitioner, a Registered Nurse, Pharmacist, Social Worker, Dietician or consulting Physician. These team members will assist in both the assessment and treatment options to help you meet your pain management goals. The team will work together with you to establish realistic goals, try different treatment options and monitor for changes.

We will be setting concrete goals together that may involve trying new types of activities and/or medications as part of a plan to improve your daily abilities.

My goals:

- 1.
- 2.
- 3.

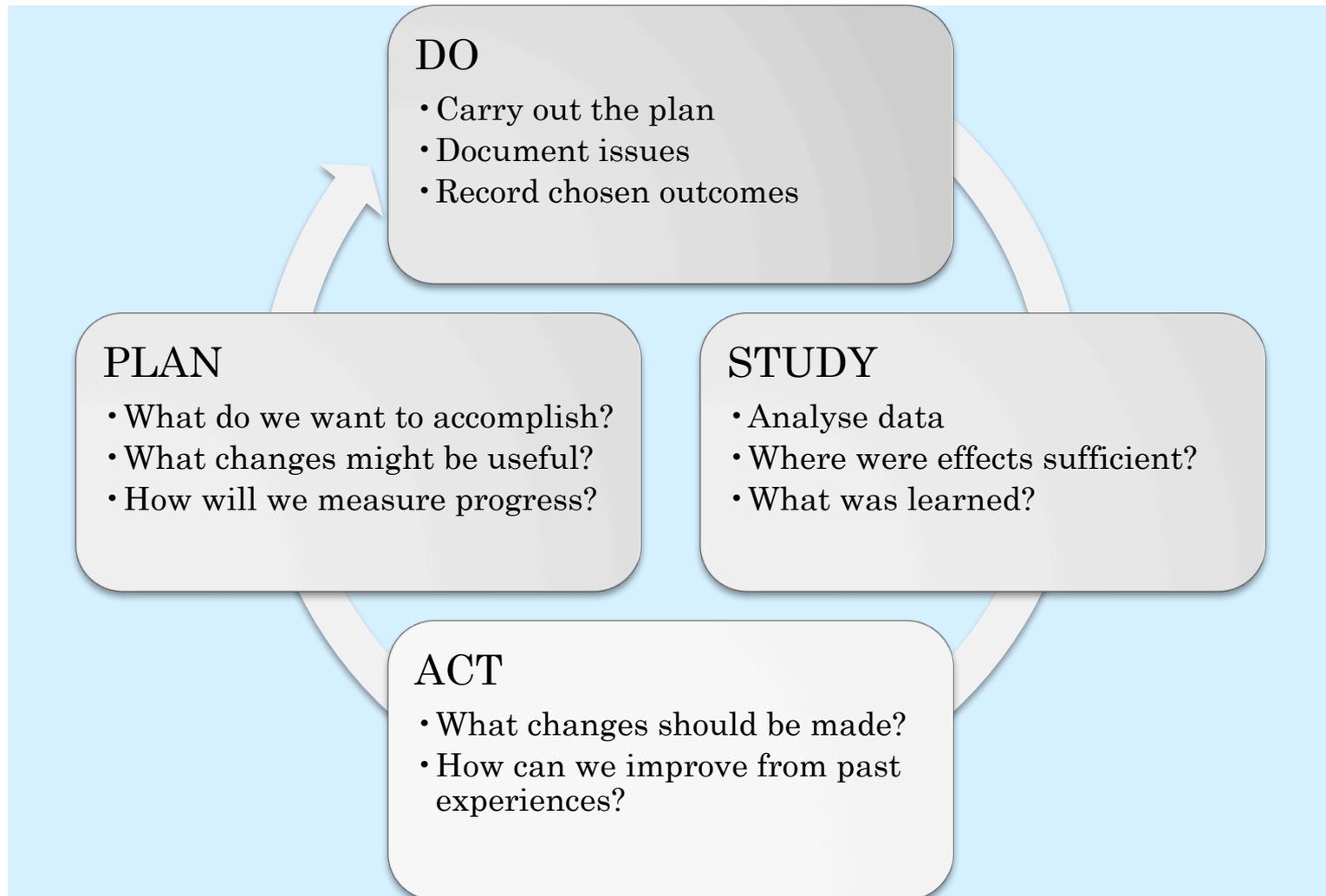
My Provider's goals:

- 1.
- 2.
- 3.

Patient Signature _____
Date _____

Provider Signature _____

THEN WE STARTED TO ASK OURSELVES “HOW IS THIS WORKING?”



PLAN

Questions

Are we promoting or achieving change?

Is the Chronic Pain Pathway being utilized? Are we effectively utilizing staff and community resources? What aspects of the program are being utilized?

What are staff's impressions of the program? Is it useful and how so?

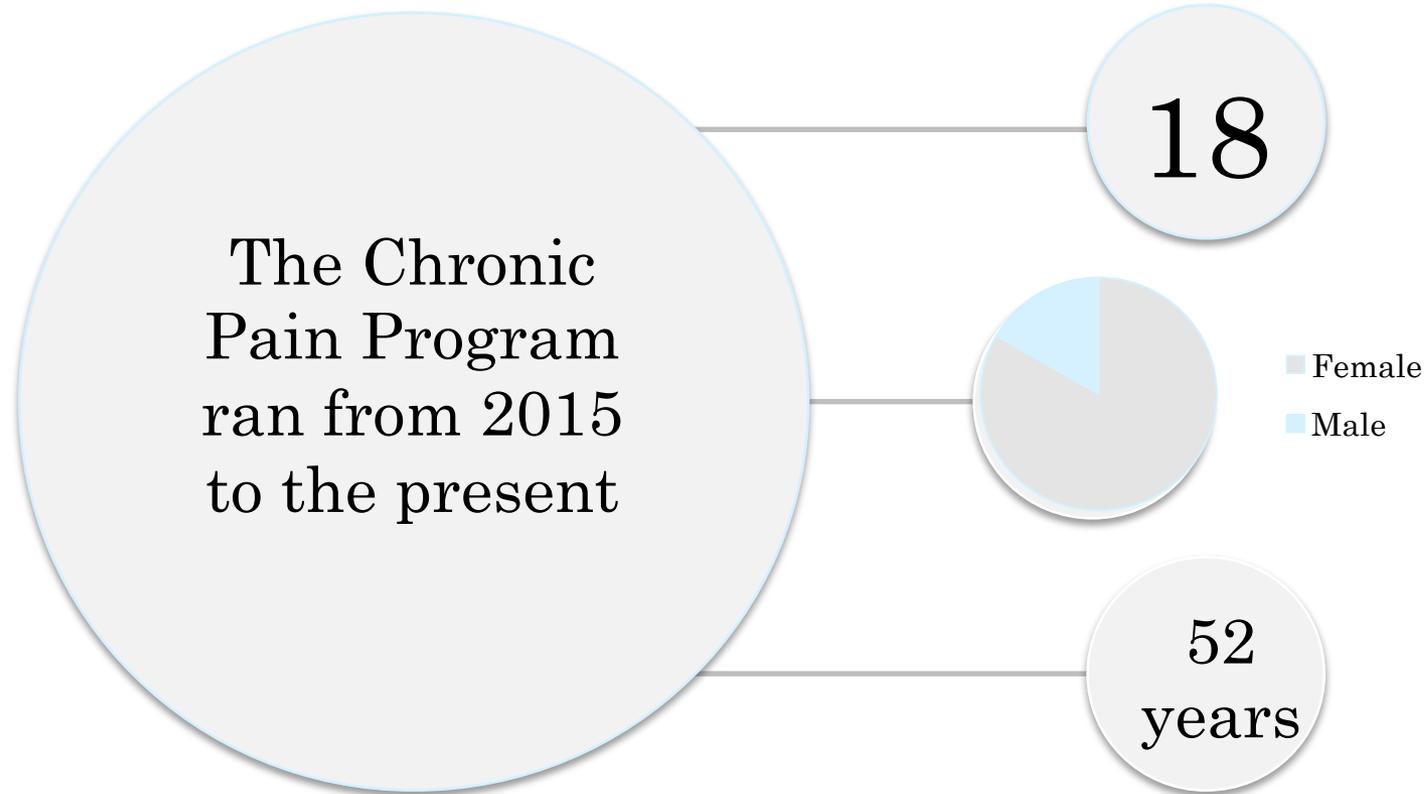


DO/STUDY

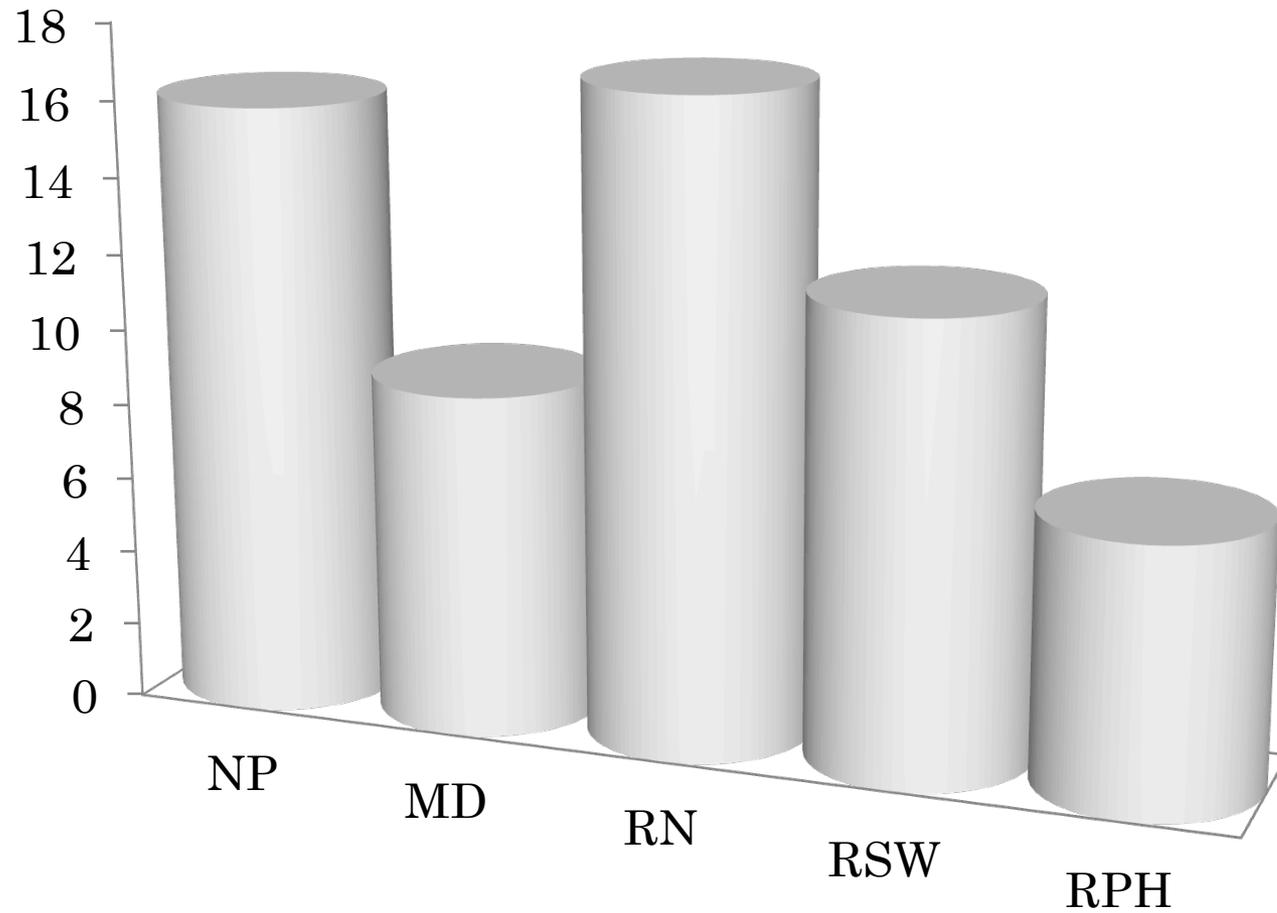
- ❖ Chart audits
- ❖ Program feedback
- ❖ Attendance
- ❖ Staff feedback
- ❖ Literature review



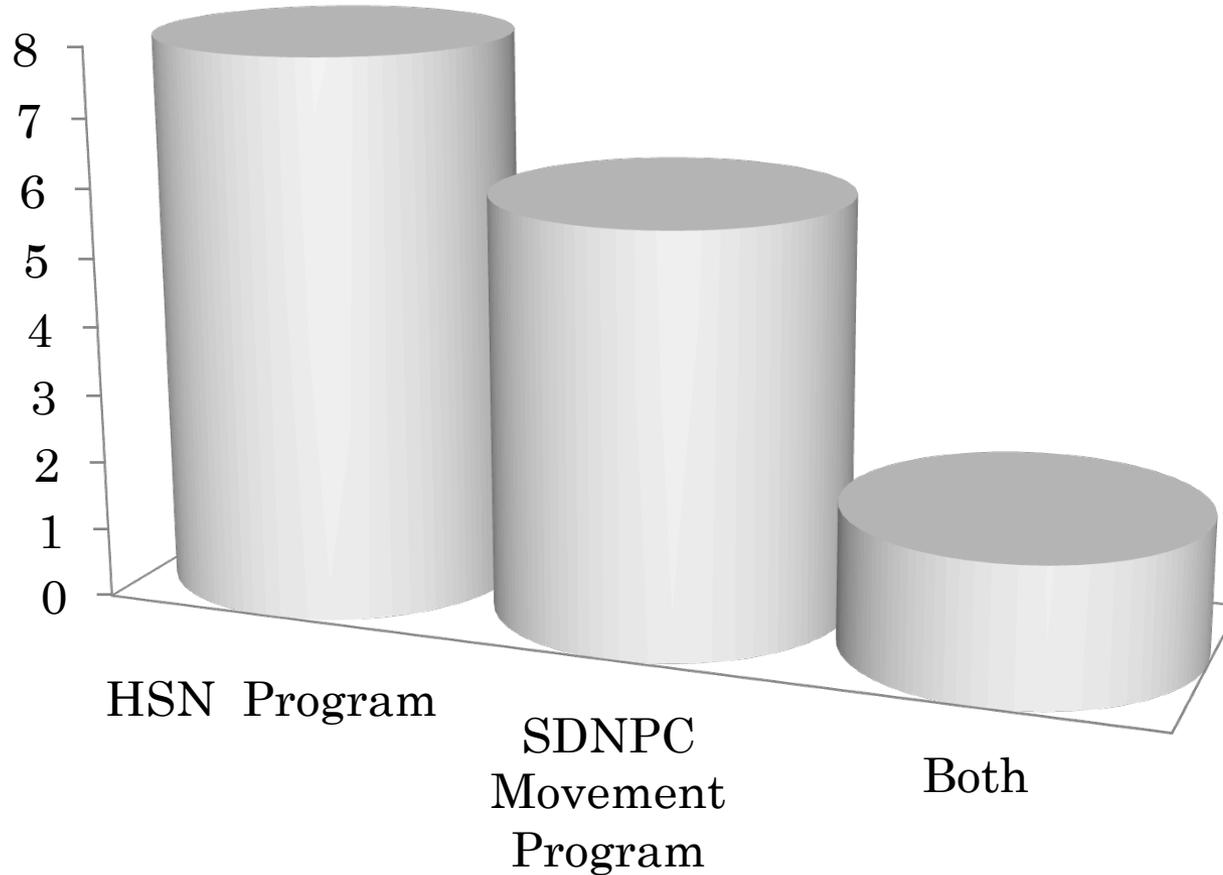
HERE'S WHAT WE FOUND OUT



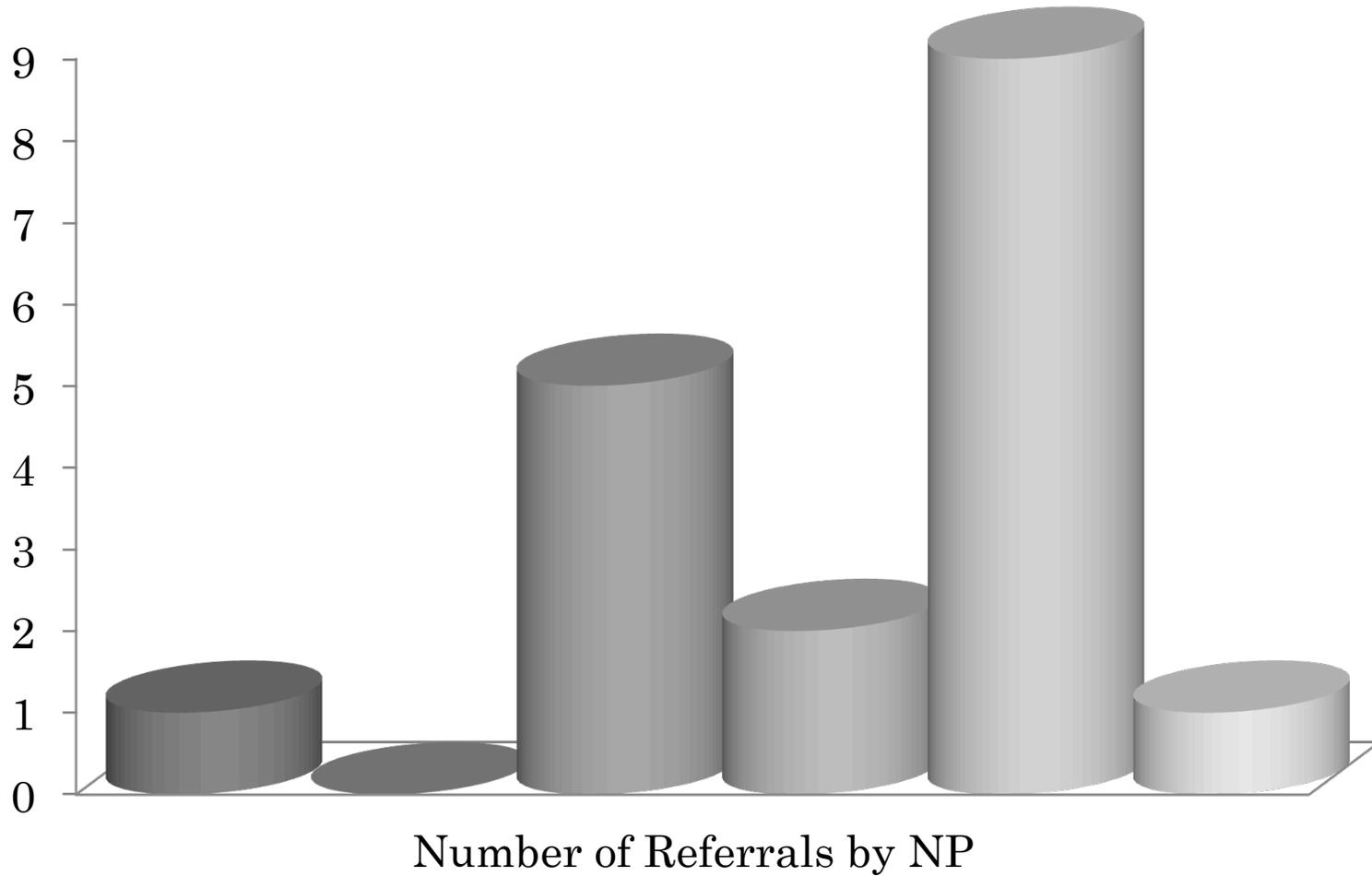
MULTIDISCIPLINARY USE



SELF MANAGEMENT OPPORTUNITIES PARTICIPANTS TOOK ADVANTAGE OF...



STAFF UTILIZATION



AND THE STAFF SAID...

Tools

Not aware of existing tools

Existing tools were not meeting the needs of providers

Staff

Future benefit

Value of multi disciplinary perspectives

Requires a maintenance program

Requires greater staff orientation

Value and purpose of the program is not clear to all staff

Difficult to keep the focus on the pathway with competing demands

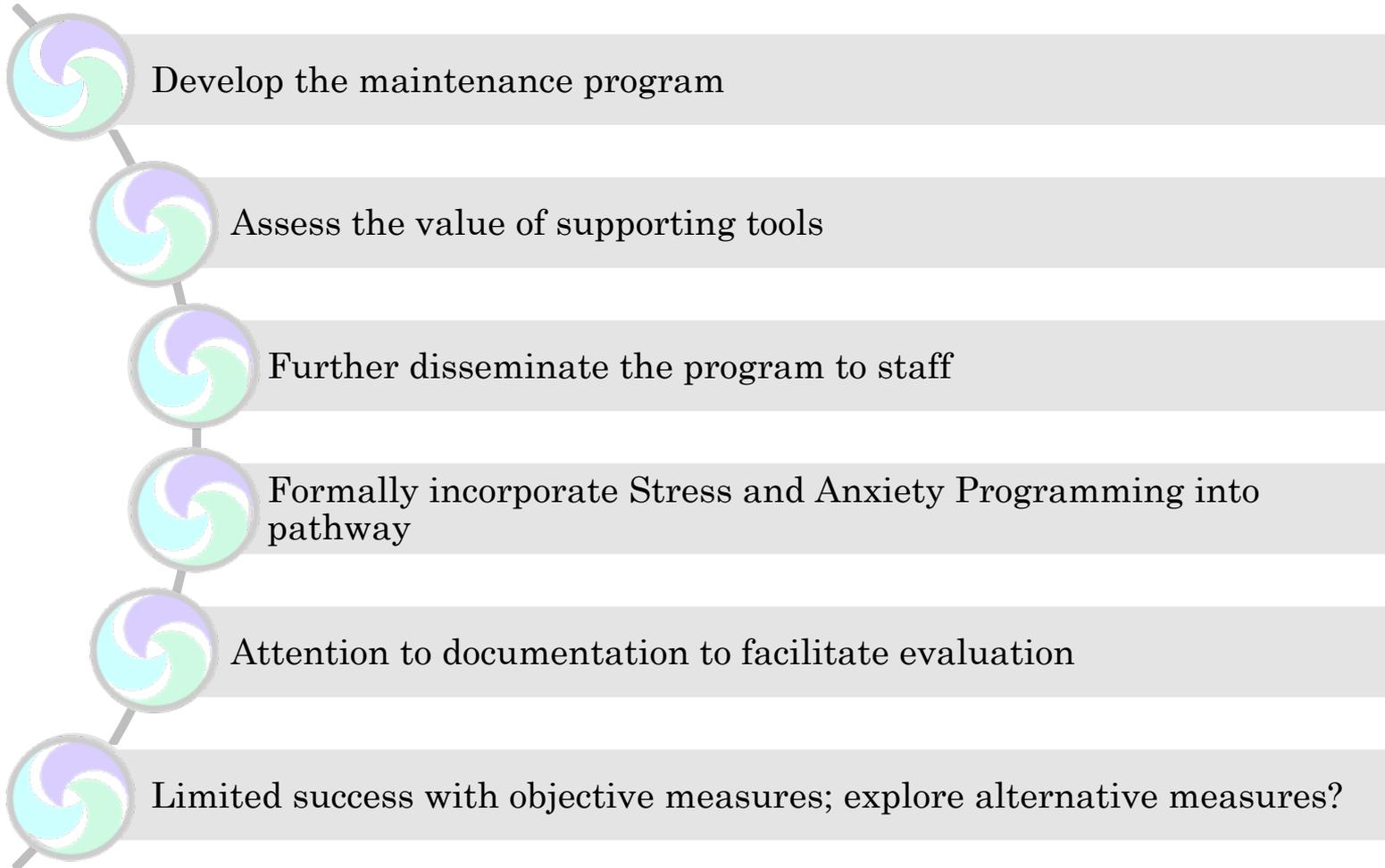
Patients

Felt cared for

Too much commitment

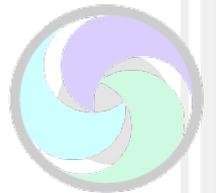


ACT



TAKE HOME MESSAGES

- Developing the pathway was worthwhile, feasible, and sustainable
- Put the power to make change back in the patient's hands.
- Utilize a diverse group to provide holistic, patient-centered care
- Get a champion



QUESTIONS?????



RESOURCES

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