

Integrated Care Plan for a Chronic Pain Condition

Name _____ Date of Birth ____/____/____

Part 1: Review of the Biology of Chronic Pain

Here are some of the key points that may help you to develop an individualized care plan. Please initial the statements you have read and understand. Ask questions if you don't understand.

_____ Chronic pain is not the same as acute (sudden, short-lived) pain.

Chronic pain is not a new trauma, but is a change in the nervous system, produced by real traumas that occurred in the past.

_____ Chronic pain involves a change in how the nervous system (brain and spinal cord) responds to signals from the body (like signals from muscular activity, digestive function, inflammation/ immune function, or sympathetic "fight or flight" nervous activity).

_____ In chronic pain, the nervous system makes an "emergency response," as though the normal signals are indicating new injury.
We experience the "emergency response" as pain - in the absence of an actual new injury.

_____ It is possible that over time (months, years or decades), the nervous system can re-train itself, let go of its over-reaction, and stop making "emergency responses" to normal body functions.
This can occur if the normal recovery process is not blocked.

_____ Issues that can block recovery include:

- loss of strength, mobility, and self-confidence through isolation and inactivity,
- a hopeless-helpless attitude that says "I know I'll never be free of pain,"
- depression and anxiety, which encourage the nervous system to stay on "red alert,"
- and approaches that directly complicate physical and mental health, including inappropriate surgeries, self-medication with drugs and alcohol, high-dose narcotic painkillers, and neglect of overall physical health (for example, smoking cigarettes, eating poorly, etc.).

_____ The recovery process can be supported by an integrated care plan with 3 goals.

1. The plan should "control pain sensitivity," to reduce the frequency and intensity of the nervous system's "emergency responses,"
2. The plan should "reduce stress," to take the body and mind off of "red alert,"
3. The plan should "support normal function," to keep the body strong while re-training the nervous system.

_____ A good integrated care plan is a flexible set of treatments and activities for the body, the mind (psychology), and the emotions (spirit).

All three must be involved to be effective.

_____ A good plan restores a good quality of life. If the plan is not restoring a good quality of life after a fair trial, the plan needs to change.

_____ A good plan should be written down, followed, and reviewed with your doctor periodically. Measurable goals should be established, in order to tell whether the plan is working.

Sign/print name _____ Today's date ____/____/____

Part 2: Integrated Care Plan

Name _____ Date of Birth ____/____/____

*Please check boxes and fill in blanks that you want to incorporate into your plan.
Discuss these with your doctor.*

1. Control Pain Sensitivity

Oral analgesics:

- NSAIDs (non-steroidal anti-inflammatory drugs; work on inflammatory system; example: ibuprofen).
- APAP (acetaminophen, works on endocannabinoid system; example: Tylenol).
- Medical marijuana (oral tincture or oil; works on endocannabinoid system; use is limited by law).
- Opioids (block acute pain sensors in the brain; use is limited by law; example: morphine).
- TCAs (tricyclic antidepressants; reduce pain sensitivity; example: amitriptyline/Elavil).
- AEDs (antiepileptic drugs; reduce nervous system hyperactivity; example: gabapentin/Neurontin).

Topical analgesics:

- Creams, gels, and patches containing any of the above, made individually by compounding pharmacy.
Example: BAK (baclofen antispasmodic, amitriptyline analgesic, ketoprofen antiinflammatory)
Example: Gaba-clon (gabapentin and clonidine "nerve depressants")
Example: Diclofenac gel (antiinflammatory)
- Herbal salve/liniment - from health food store or made at home from natural ingredients.
Example: Arnica oil (soft-tissue analgesic/vasodilator)
Example: Menthol-capsaicin salve (peppermint oil & cayenne pepper, for joints and muscles)
Example: St Johnswort oil/salve ("nerve depressant")
Example: Medical marijuana liniment for arthritis

Energy-based analgesics:

- TENS (transcutaneous electrical nerve stimulation)
- Acupuncture and related therapies

Natural medicines:

- Fish oil (2000-4000mg DHA/EPA daily)
- Turmeric (with black pepper/piperine)
- SAM-e (S-adenyl methionine)
- Glucosamine/chondroitin
- Magnesium +/- calcium
- Cat's Claw, Skullcap, Elephanthead (Pedicularis)

2. Support normal functioning

Eliminate harmful substances (alcohol, nicotine, other): _____

Treat other conditions that may interfere with normal function and recovery:

1. _____
2. _____
3. _____
4. _____
5. _____

Therapeutic bodywork, given by practitioner

- Physical therapy
- Massage therapy
- Chiropractic care
- Watsu/therapy pool
- Other: _____

Rest and sleep

- Herbal sleep meds (passionflower, hops, valerian, lemon balm, chamomile, etc.)
- Sleep hygiene program +/- dream journal
- Graded activity program (to distribute activities throughout day/week)
- Nap/ power-nap daily

3. Reduce Stress

Stress reduction requires **4 elements to be successful:**
nutrition, exercise, creativity/sensuality, and spiritual/psychological support.

These all suffer when stress is high, so they all must be restored.
 Check the boxes you think you could start with.

<p style="text-align: center;"><u>Nutrition:</u></p> <input type="checkbox"/> Early breakfast (or glass of milk + piece of fruit) daily <input type="checkbox"/> 1-3 vegetarian meals daily (eat meat/ poultry/ fish <i>once daily or less</i> - to reduce inflammation) <input type="checkbox"/> 1-2 cups green tea daily (antioxidant) <input type="checkbox"/> 2 liters plain water daily <input type="checkbox"/> 2 green & 1 orange colored fruit or vegetable daily <input type="checkbox"/> Whole grains, not refined (100% whole wheat bread, oatmeal, brown rice, whole wheat pasta, etc.) <input type="checkbox"/> Handful of raw tree nuts daily (walnut, almond, etc.) <input type="checkbox"/> Vitamin supplement (multi with minerals, incl. iron; 1000 mg vitamin D twice daily)	<p style="text-align: center;"><u>Spiritual/psychological support:</u></p> <p style="text-align: center;"><u>Daily:</u></p> <input type="checkbox"/> Meditation/prayer (10-30 minutes) <input type="checkbox"/> Writing in a journal <input type="checkbox"/> Self-help workbook exercises
<p style="text-align: center;"><u>Strengthening/flexibility (exercise):</u></p> <p style="text-align: center;"><u>Daily:</u></p> <input type="checkbox"/> Walking (10-30 minutes) <input type="checkbox"/> Stretching (10-30 minutes: upper limbs; lower limbs; hands and feet; face and neck; spinal twist) <input type="checkbox"/> Crunches (head lifts, knee lifts, obliques) <input type="checkbox"/> Balance ball (sit on for routine activities) <p style="text-align: center;"><u>AND 2-3 times per week:</u></p> <input type="checkbox"/> Yoga, in class or at home <input type="checkbox"/> T'ai chi, in class or at home <input type="checkbox"/> Weights, at gym or at home <input type="checkbox"/> Gym equipment workout, at gym or at home <input type="checkbox"/> Mall walk (20-60 minutes) <input type="checkbox"/> Exercise DVD or Wii-fit type routine at home <p style="text-align: center;"><u>AND Weekly:</u></p> <input type="checkbox"/> Nature walk <input type="checkbox"/> Dancing, in private or with others <input type="checkbox"/> Play a game (catch, tag, frisbee, team sport, etc.) <input type="checkbox"/> Make bread by hand (mix, knead, bake, enjoy)	<p style="text-align: center;"><u>2-3 times per week:</u></p> <input type="checkbox"/> 12 Step meeting <input type="checkbox"/> Class or study group
	<p style="text-align: center;"><u>Weekly:</u></p> <input type="checkbox"/> Counselor/therapist visit <input type="checkbox"/> Church or ritual group <input type="checkbox"/> Support group meeting
	<p style="text-align: center;"><u>Creativity/sensuality:</u></p> <input type="checkbox"/> Listen to music daily (and/or play it) <input type="checkbox"/> Sing daily (alone or not) <input type="checkbox"/> Skin lotion with self-massage, 2-3 times per week (includes face, hands, feet) <input type="checkbox"/> Companion animal grooming, 2-3 times per week <input type="checkbox"/> Intimate play/ massage/ sex, weekly (alone or not) <input type="checkbox"/> Water therapy/ therapeutic salt bath, weekly <input type="checkbox"/> Art work weekly (drawing, coloring, collage, paint, etc.) <input type="checkbox"/> Mold clay, dough, or wax, weekly <input type="checkbox"/> Manicure or hairstyling weekly (with hand/scalp massage)
	<p style="text-align: center;"><u>Other:</u></p> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

There is no one medicine for a healthy, happy life. There is only life.