



Understanding & Managing Chronic Pain: A Comprehensive Approach

Presented by
Dennis C. Turk, Ph.D.

Objectives

- After this seminar, you will be able to describe
- Perspectives on chronic pain and chronic pain patients
 - A comprehensive assessment of chronic pain
 - An integrated biopsychosocial, rehabilitation approach to the treatment of chronic pain patients
 - Cognitive-behavioral perspective and principles of patients with chronic pain

- Evidence-based cognitive and behavioral techniques
- How to overcome challenges in treating patients with chronic pain
- Comparisons of clinical and cost-effectiveness of treatments for diverse chronic pain syndromes
- The future of rehabilitation of patients with chronic pain

J&K Seminars Home Study Program - 12 hours CE credit

Chronic Pain: Magnitude of the Problem

- Number seeking treatment , cost of treatment
- Impact on lives

Perspectives on chronic pain

- Biomedical, psychiatric, behavioral (operant)
- Motivational (third-party payer)
- Subjective (patient's)
- Multidimensional/Interdisciplinary

Effectiveness of Treatments – Some Surprises

- Medication, surgery, spinal cord stimulators
- Implantable drug delivery systems, somatic treatments
- Complementary and Alternative Medicine (CAM)
- Alternative

Multidimensional Assessment

- Case example
- Core assessment questions
- Screening - ACT-UP
- Comprehensive interview
- Assessment of pain, emotional functioning, physical functioning, behavior
- Monitoring, goal setting
- Patient subgroups

Biopsychosocial & Cognitive-Behavioral Rehabilitation

- Assumptions, objectives, stages, characteristics
- Case examples

Cognitive Techniques

- Restructuring, coping skills training, relaxation and controlled breathing
- Cognitive coping strategies (attention diversion, imagery)
- Communication skills training
- Problem solving
- Pleasant activities planning
- Role reversal

Behavioral Methods

- Self-monitoring, paced mastery (shaping)
- Self-reinforcement, participant modeling
- Homework, goal setting
- Involvement of significant others
- Maintenance and generalization
- Relapse prevention
- Communications with referral sources

Comparative Treatment Effectiveness

- Pain reduction
- Medication reduction
- Reduction in health care utilization
- Increased activity
- Return to work

Applying All We Have Learned

- Assessment
- Treatment
- Future of pain management

Dennis C. Turk, Ph.D

Dr. Turk is Professor of Anesthesiology and Pain Research and Director of the Center for Pain Research on Impact, Measurement, & Effectiveness (C-PRIME) at the University of Washington School of Medicine. He was previously Assoc. Prof. of Psychology at Yale University and Professor of Psychiatry and Anesthesiology at the University of Pittsburgh School of Medicine. He is past president of the American Pain Society and was a member of the Council of the International Association for the Study of Pain.

Dr. Turk has conducted research on a wide range of chronic pain conditions including fibromyalgia, whiplash, headache, and temporomandibular disorders.

Dr Turk has contributed over 500 publications to the health care literature and authored or edited 16 volumes in the areas of pain, chronic illness, and clinical decision-making, including *The Pain Survival Guide: How to Reclaim Your Life* (with Frits Winter), the 4th edition of *Raj's Practical Management of Pain* (with H. Benzon, J. Rathmell, C. Wu, and C. Argoff), and the 3rd edition of the *Handbook of Pain Assessment* (with R. Melzack). He is also the current Editor-in-Chief of *The Clinical Journal of Pain*.

He has received numerous awards including Outstanding Scientific Contributions to Health Psychology from APA and the John C. Liebeskind Award for Career Contribution to Pain Research from the American Academy of Pain Management. Dr. Turk has been cited as one of the 10 leading contributors in the field of pain.

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