Pain Advocacy: A Social Work Perspective

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First Things First...

THANK YOU!
Incidence of Pain

- >100 million people with chronic pain
- >25 million people with acute pain
- #1 reason for unscheduled doctor visits
- #1 problem reported during hospital admissions

IOM, 2011
Costs of Pain

- Estimated $560-$635 billion annually in lost workdays, medical expenses and other benefit costs.
Untreated/Undertreated Pain

- Causes unnecessary suffering
- Prolongs hospital stays
- Strains resources
- Increases medical costs
Magnitude

- The magnitude of the pain suffered by individuals and the associated costs constitute a crisis for America, both human and economic

Institute of Medicine, 2011
Complex Context of Pain

• Physical
  ▪ Activity
  ▪ Sleep
  ▪ Energy
  ▪ Intimacy

• Psychological
  ▪ Reminder of illness
  ▪ Control
  ▪ Self-esteem
  ▪ Trust in body
  ▪ Independence
  ▪ Anxiety/depression

• Social
  ▪ Family
  ▪ Relationships
  ▪ Intimacy
  ▪ Job
  ▪ Role identities
  ▪ Hobbies

• Spirituality
  ▪ Relationship with higher power
  ▪ Facing mortality
  ▪ “Existential angst”
Response to Pain

- Only $\frac{1}{4} - \frac{1}{2}$ get “decent” pain care
- Children, women, elders, people of color & those whose primary language is anything other than English get worst care
Needs of People with Pain & Their Caregivers

- Education
- Information
- Resources
- Communication skills
- Support
- ADVOCACY
Advocacy *IS* an Intervention
Define Advocacy

• Google: 72,400,000 results (0.52 seconds)
• Active support of an idea or cause
Define Advocacy

- Process of working with/on behalf of clients to
  (1) obtain services or resources for clients that
  would not otherwise be provided,
  (2) to modify extant policies, procedures, or
  practice that adversely impact clients, or
  (3) to promote new legislation or policies that
  will result in the provision of needed resources
  or services

  (Hepworth and Larsen, 1986)
Myths of Advocacy

- It’s complicated
- It’s time-consuming
- It’s intimidating
- It doesn’t really make a difference
Ethical Mandate

DO SOMETHING!
Every Voice Counts

• Amber Alert
• Mothers Against Drunk Driving
• ACT UP
• Adam’s Law
• National Pain Care Policy Act
Create Opportunities

• Types of Advocacy
  • Micro and macro
  • Patient/caregiver
  • Professional
  • Legislative
  • Media
  • Legal
Know Your Allies

- The Pain Community  
  www.paincommunity.org
- State Pain Policy Advocacy Network  
  sppan.aapainmanage.org/
- Pain & Policy Studies Group  
  www.painpolicy.wisc.edu
Key Issues

- Prior Authorization
- Prescription Monitoring Programs
- Access to Integrative Pain Care
- Pain Clinic Regulation/Pill Mill Eradication
Key Issues

- Step Therapy
- Abuse Deterrent Formulations
- Overdose Prevention
- Safe Disposal
Key Issues

- Practitioner Education
- Pain Management Practice Guidelines
- Scope of Practice/Licensing
- Palliative Care & Quality of Life
Substance Abuse Issues

- Appropriate use of language: addiction is not tolerance is not dependence
- Understand differences and similarities between chronic pain patient and substance abuser
- Patient’s rights AND responsibilities
Misuse of Language

Narcotic:

- Term is often used broadly, inaccurately or pejoratively outside medical contexts
- Term belongs in legal, not healthcare, arena
- Medical professionals prefer the more precise term “opioid”
Defining Key Terms in Pain Management

Tolerance

- The need for an increased dosage of a drug to produce the same level of analgesia that previously existed. It also occurs when a reduced effect is observed with constant dose.

Federation of State Medical Boards of the United States, 1998
Defining Key Terms in Pain Management

Pseudotolerance

- The need for an increased dosage not due to tolerance, but to: disease progression, new disease, increased physical activity, change in medication, drug interaction or aberrant behavior.

Federation of State Medical Boards of the United States, 1998
Defining Key Terms in Pain Management

Physical Dependence

- Occurrence of withdrawal symptoms after opioid medication is stopped or quickly decreased.

Federation of State Medical Boards of the United States, 1998
Defining Key Terms in Pain Management

Pseudoaddiction

• Drug-seeking behavior due to unrelieved pain. Behavior stops once the pain is relieved.

Federation of State Medical Boards of the United States, 1998
Defining Key Terms in Pain Management

Addiction

- A psychological dependence on the use of substances for their psychic effects, characterized by compulsive use, despite harm.

Federation of State Medical Boards of the United States, 1998
How to Identify Key Issues

• What issues require improvement in your local community, region or state?
• What issue drives your passion?
• What is your State Grade?
## State Pain Report Cards 2008

<table>
<thead>
<tr>
<th>Grade</th>
<th>States</th>
<th>Population</th>
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<tbody>
<tr>
<td>A</td>
<td>5 states</td>
<td>10% of pop.</td>
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<td>B+</td>
<td>11 states</td>
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<td>17 states</td>
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<td>6 states</td>
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<tr>
<td>A</td>
<td>KS, MI, OR, VA, WI</td>
<td>10% of pop.</td>
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<tr>
<td>B+</td>
<td>AL, AZ, ME, MA, MN, NE, NM</td>
<td>13% of pop.</td>
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<tr>
<td>B</td>
<td>AK, CA, CO, CT, FL, GA, HI, ID, IA</td>
<td>38% of pop.</td>
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<td>AK, DE, DC, IN, MS, MO</td>
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<td>C</td>
<td>IL, LA, NV, NY, TN, TX</td>
<td>10% of pop.</td>
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# State Pain Report Cards 2013

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Why Does Michigan Have an A?

- MI Department of Community Health Pain & Symptom Management Website
  www.michigan.gov/mdch/0,1607,7-132-27417_45947---,00.html
Why Does Michigan Have an A?

- MI Social Work Licensing CE Requirement
- MI Public Health Code & licensing board administrative rules require every licensed MSW and BSW to complete one hour (out of 45 hours) of continuing education in pain management in every three-year licensing period.
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- MI Social Work CE Requirement

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What SWs Bring to Pain Mgmt.

SWs understand:
- Health care in the real world
- Health/mental health and the SW process
- How clients and caregivers experience diagnosis, treatment and beyond
What SWs Bring to Pain Mgmt.

• SWs are exceptional at:
  – Looking at the big picture
  – Educating, teaching, collaborating
  – Problem-solving
  – Building and maintaining good teams
  – Working toward consensus
  – Providing passion and integrity
The best step toward effective advocacy...
Thank You!

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