

WASHAA RESOURCE GUIDE

Vol. 2 | 2019

UNDERSTANDING
PAIN AND HEALING



Based on the WASHAA
7th Annual Conference

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WASHAA Resources Booklet, Volume 2.

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DISCLAIMER

Please note: this resource booklet was compiled by WASHAA volunteers for the purpose of providing helpful references of interest to the public. WASHAA endeavors to provide accurate information, but we do not provide medical advice nor do we endorse any particular source of information. As always, you should rely on your own providers for medical advice.

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UNDERSTANDING PAIN

Back in Control	YouTube video	Dr. David Hanscom with Barry Kibrick	http://bit.ly/2pS9xQg
How to Release Chronic Pain & Back Pain - For Good!	YouTube video	Dr. David Hanscom	https://www.youtube.com/watch?v=hd9-BjyFWVo
Back in Control: A Surgeon's Roadmap Out of Chronic Pain	2nd Edition (book)	Dr. David Hanscom	https://backincontrol.com/book/back-in-control-a-spine-surgeons-roadmap-out-of-chronic-pain/
Understanding Pain in Less than Five Minutes, and What to Do about It!	This is a great, easy to follow video about chronic pain. It helps you understand what current research has been saying about chronic pain	Credit for the video to http://www.hnehealth.nsw.gov.au/pain	https://youtu.be/C_3phB93rvI
Why Things Hurt	TEDX Talk: Do we actually experience pain, or is it merely illusion? In this video, Lorimer Moseley explores these questions, and posits the pain we feel is our bodies' way of protecting us from damaging tissues further	Lorimer Moseley	http://bit.ly/320g9Kv

UNDERSTANDING PAIN *(continued)*

Getting a Grip on Pain	Successful Aging Seminar: Getting a Grip on Pain and the Brain - July 2013	Lorimer Moseley	https://www.youtube.com/watch?v=5p6sbi_0Lc
Pain Matters	Discovery Channel documentary, explores the realities of chronic pain through the eyes of individuals who live with it	PBS Documentary	https://www.youtube.com/watch?v=N4Hwx99y02k
The Pain Class	An Introduction to Pain Science for Clinicians (Free Online Pain Training Module with CEU credits)	Applied Pain Sciences by Straight Shot Health, LLC	www.ThePainClass.com
Why We Hurt & What to Do About It	Pain Science for Non-Clinicians (Free, online interactive class)	Applied Pain Sciences by Straight Shot Health, LLC	www.WhyWeHurt.com
Pain Reframed	Podcast	International Spine and Pain Institute (ISPI) in partnership with Evidence In Motion (EIM)	http://bit.ly/30XOcSr

TREATMENT OF PAIN

Straightshot Health	Website that focuses on ...What is fact & what is fiction about pain & pain treatments? The difference matters...	Straight Shot Health, LLC is a health information publishing company.	https://straightshothealth.com/about-ssh/
In Pain	A bioethicist's personal struggle with opioids Why is it so difficult to treat pain?	On Kera Think Radio	http://bit.ly/2LYJGir
A Time for Massage	Article in PAIN MEDICINE	Wayne Jonas et al, 2016 Aug; 17(8): 1389–1390. Published online 2016 May 9. doi: 10.1093/pm/pnw086	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4975017/

CANNABINOIDS

Learn About Marijuana	Science-based information for the public	Alcohol & Drug Abuse Institute, University of Washington	http://learnaboutmarijuanawa.org/index.htm
Marijuana as Medicine	Drug facts	National Institute on Drug Abuse	https://www.drugabuse.gov/publications/drugfacts/marijuana-medicine
Marijuana and Cannabinoids	Fact Sheet	National Institute on Drug Abuse	https://nccih.nih.gov/health/marijuana
Medicinal Cannabis and Chronic Pain	Science-based information for the public	Alcohol & Drug Abuse Institute, University of Washington	http://learnaboutmarijuanawa.org/factsheets/medicinalcannabis.htm

OPIOID PAIN MANAGEMENT

Opioid Basics	Opioid Drugs Fact Sheet	Centers for Disease Control and Prevention	https://www.cdc.gov/drugoverdose/opioids/index.html
Opioids: The Elephant in the House of Pain	Video: the problem of opioids, basic opioid pharmacology, legislative guidelines, monitoring risk, and measuring outcomes.	Dr David Tauben	http://bit.ly/2lyjFEs
On Prescribing and Tapering	Quick Reference Guide for Clinicians	Centers for Disease Control and Prevention	https://www.cdc.gov/drugoverdose/pdf/guidelines_factsheet-a.pdf
CDC Guideline for Prescribing Opioids for Chronic Pain United States, 2016	12 recommendations for clinicians in this published report	Debra Dowel Tamara Haegerich, and Roger Chou; Morbidity and Mortality Recomm Rep 65 (No. RR-1) (2016): 1–49. Clinical Trial,” JAMA 319, no. 9 (March 6, 2018): 872–82	https://www.ncbi.nlm.nih.gov/pubmed/26977696
Prevention of Prescription Opioid Abuse: The Role of the Dentist	Clinical article	Journal of the American Dental Association 142, no. 7 (July 2011): 800–10.	https://www.ncbi.nlm.nih.gov/pubmed/21719802

OPIOID PAIN MANAGEMENT *(continued)*

<p>CDC Guideline for Prescribing Opioids for Chronic Pain — United States 2016</p>	<p>This guideline provides recommendations for primary care clinicians who are prescribing opioids for chronic pain outside of active cancer treatment, palliative care, and end-of-life care.</p>	<p>Centers for Disease Control and Prevention</p>	<p>https://www.cdc.gov/mmwr/volumes/65/rr/rr6501e1.htm?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fmmwr%2Fvolumes%2F65%2Frr%2Frr6501e1er.htm</p> <p>Revisions/edits can be found here: https://www.cdc.gov/mmwr/volumes/65/wr/mm6511a6.htm?s_cid=mm6511a6_w.htm</p>
<p>Responsible, Safe, and Effective Prescription of Opioids for Chronic Non-Cancer Pain</p>	<p>Guidelines for pain physicians to provide guidance for the prescription of opioids for the management of chronic non-cancer pain, to develop a consistent philosophy among the many diverse groups with an interest in opioid use as to how appropriately prescribe opioids, to improve the treatment of chronic non-cancer pain and to reduce the likelihood of drug abuse and diversion.</p>	<p>American Society of Interventional Pain Physicians (ASIPP)</p>	<p>https://www.ncbi.nlm.nih.gov/pubmed/28226332</p>
<p>The Joint Commission's Pain Standards: Origins and Evolution</p>	<p>Report for clinicians that reviews pain standards</p>	<p>JACHO pain standards - David W. Baker, Oakbrook Terrace, IL: Joint Commission, 2017</p>	<p>https://www.jointcommission.org/assets/1/16/Pain_Std_History_Web_Version_05122017.pdf</p>

SUPPORTING WITHDRAWAL FROM OPIOIDS

The Agony Of Opioid Withdrawal	What doctors should tell patients about it	Travis Rieder	https://www.youtube.com/watch?v=WhpAYw9kCt8
In Opioid Withdrawal, with No Help in Sight	An article about how a patient receives prescription opioids after an accident—and no support from his physicians as he weans himself off.	<i>Health Affairs</i> , 36(1): 182-185. Travis N. Rieder 2017	https://pdfs.semanticscholar.org/3ab9/527933dc80fbcf0f3b774fbeatd4c90c62f6.pdf
In Pain	What One Bioethicist Learned From Becoming Dependent On Opioids — And Weaning Himself Off	NPR audio story available online	https://wbur.fm/33jnXHL
In Pain	A Bioethicist Struggle with Pain	Travis N. Reider (book)	https://amzn.to/2MlrU7E
Pocket Guide For Tapering Opioids For Chronic Pain	A visual guide	The Centers for Disease Control and Prevention	https://www.cdc.gov/drugoverdose/pdf/clinical_pocket_guide_tapering-a.pdf

PREVENTING OVERDOSE

Washington's Consumer Friendly Naloxone Law	Overview of how to obtain Naloxone (the opioid overdose medication)	Seattle Times	http://bit.ly/2VrnCjC
Surgeon General Releases Advisory on Naloxone, an Opioid Overdose-Reversing Drug," April 5, 2018	Health and Human Services news release	Surgeon General Jerome M. Adams: Department of Health and Human Services	http://bit.ly/35IG3uj

CURRENT ISSUES IN THE OPIOID EPIDEMIC

Dopesick: Dealers, Doctors, and the Drug Company that Addicted America	An instant New York Times bestseller, Dopesick is the only book to tell the full story of the opioid crisis, from the board-room to the court-room and into the living rooms of Americans	Beth Macy (book)	https://www.amazon.com/Dopesick-Dealers-Doctors-Company-Addicted/dp/0316551309/ref=sr_1_1?keywords=dopesick&qid=1569168081&s=gateway&sr=8-1
First Do No Harm: Marshaling Clinician Leadership to Counter the Opioid Epidemic	White paper	National Academy of Medicine, Wash, DC: 2017	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5494184/
Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education, and Research	383 page report	Institute of Medicine, Wash, DC: 2011	https://www.uspainfoundation.org/wp-content/uploads/2016/01/1OM-Full-Report.pdf

OPIOID EPIDEMIC HISTORY

A Brief History of Opiates, Opioid Peptides, and Opioid Receptors	Basic history and science of opioids	M. J. Brownstein; Proceedings of the National Academy of Sciences 90 No. 12 (June 15, 1993): 5391–93	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC46725/
From Teddy Roosevelt to Trump: How Drug Companies Triggered an Opioid Crisis a Century Ago	Consumer article	Nick Miroff Washington Post October 17, 2017	https://wapo.st/2nsxugb
How Aspirin Turned Hero	General historical article	Richard Askwith Sunday Times (London) September 13, 1998	https://www.opioids.com/heroin/heroinhistory.html
The Ongoing Opioid Prescription Epidemic: Historical Context	General article	Marcia L. Meldrum American Journal of Public Health 106, No. 8 (August 2016): 1365–66	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4940677/

PAIN/STRESS MANAGEMENT BOOKS

You Don't Look Sick!: Living Well with Chronic Invisible Illness	Co-author Steven Overman, MD
Feeling Good	David Burns
Full Catastrophe Living	Jon Kabat-Zinn
The Opioid-Free Pain Relief Kit: 10 Simple Steps to Ease Your Pain	Beth Darnall, PhD
Managing Pain Before it Manages You	Margaret A. Caudill
Manage Your Pain	Jill Fancher
Mindset	Carol Dweck
The Pain Survival Guide	Dennis Turk
The Relaxation Revolution	Herbert Benson and William Proctor

FREE GUIDED MEDITATIONS

Guided Meditations	Downloadable free guided meditations	Brad Lichtenstein, The Breath Space	http://thebreathspace.com/meditations#guided-meditations
Mindfulness Meditations	Free guided meditations and transcripts to download in English and Spanish.	UCLA	https://www.uclahealth.org/marc/mindful-meditations
Meditations for Pain	Free guided meditations	KAISER Permanente	http://74.62.111.169/kaiser/download/download_easePain.asp
Montefiore's Relaxation Hotline at 718-920-CALM (2256)	24 hour hotline with gentle music and guided relaxation in English and Spanish.	Montefiore Medical Center	http://bit.ly/2Vnl30y

FREE APPS FOR PAIN/STRESS AND RELAXATION

Curable	Curable is an online pain psychology program (fees apply)	Curable Health	https://www.curablehealth.com/
Calm	Introduces you to mindfulness with five- minute instructions	Calm	https://www.calm.com/
Headspace	Hundreds of themed sessions on everything from stress and sleep to focus and anxiety	Headspace	https://www.headspace.com/

ADDITIONAL RESOURCES

Breathing Into Life	Ted talk from 2013	Brad Lichtenstein, ND, BCB at TEDxSeattle	https://www.youtube.com/watch?v=KiyikxA29ck
Why Stress Matters to Pain	Audio programs with straightforward and honest answers to pain-related topics	Dr. Kevin Cuccaro	https://straightshothealth.com
Supporting Self Care	Strategies for Youth	Sharna Prasad, DPT	https://www.selfcaretransformshealthcare.com
SPIRA Power Yoga	A mindfulness based philosophy and training methodology, the backbone of Spira Power Yoga®	Dora Gyramati, Owner of Spira Power Yoga® Studios, Inventor of M3B Method®, CEO of Spira Mindful Wellness™	https://www.spirapoweryoga.com/meet-the-owners
Back in Control	Website is based on the book, <i>Back in Control</i> and focused on a self-directed approach called Direct Your Own Care (as it Relates to Pain)	Dr. David Hanscom	https://backincontrol.com/
Opioids for Back Pain: Potential for Abuse, Assessment Tools, and Addiction Treatment	Article	Dr. Steven Stanos, Swedish Health System Pain Medicine and Services in Seattle, WA	https://www.spine-health.com/treatment/pain-medication/opioids-back-pain-potential-abuse-assessment-tools-and-addiction-treatment

ADDITIONAL RESOURCES *(continued)*

Escape Fire: The Fight to Rescue American Healthcare	Film	Los Angeles: Roadside Attractions, 2012	Available through AMAZON prime or through iTunes
PainACTION Website	Website: The goal of painACTION is to help people improve their self-management of their pain condition. Written with the help of health educators, pain experts, and people dealing with pain, this site is a resource to come back to repeatedly		https://www.painaction.com/
American Pain Association Website	Offering a variety of resources, including connection to local support groups	American Pain Association	https://theacpa.org/
Retrain Pain	A science-based approach to overcome chronic pain – online courses for patients and clinicians	Retrain Pain was founded by three New York based physical therapists (Elan Schneider, Rob DiLillo, and Greg Hullstrung)	https://www.retrainpain.org/

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VISION

We seek to revolutionize how people view
their health by transforming patients into
empowered and active participants in their health.

