

## Practice the Acute vs. Chronic Pain Grid

Begin by sharing a blank grid with the patient and fill it in together. At the end, emphasize the need for a multimodal approach to treating chronic pain.

	Acute Pain	Chronic Pain
<b>Time course</b>		
<b>Quality of Pain</b>		
<b>Location</b>		
<b>Cause</b>		
<b>Treatment</b>		

Example answers:

	Acute Pain	Chronic Pain
<b>Time course</b>		
<b>Quality of Pain</b>	Often sharp, sometimes aching	Often aching, burning, tingling, shooting
<b>Location</b>	Often focal, easy to point to	Often vague, moving
<b>Cause</b>	Usually known cause	Often unknown or multiple causes
<b>Treatment</b>	Medication works great	Medication is not enough. Need a multi-modal approach

## The Multimodal Approach to Pain

Begin by drawing the following blank grid and asking the patient what they have already tried in each of the quadrants.

<b>Pharmacologic</b>	<b>Physical</b>
<b>Complementary and Alternative Medicine</b>	<b>Thoughts, feelings, and activities</b>

Then brainstorm together about what you could add in each quadrant to your pain treatment plan.

Options to jog your memories:

<p><b>Pharmacologic</b></p> <ul style="list-style-type: none"> <li>• Neuroleptics</li> <li>• Antidepressants</li> <li>• Anesthetics (lidocaine patch)</li> <li>• Muscle relaxants</li> <li>• Topicals (capsaicin)</li> <li>• Opioid medications/Tramadol</li> <li>• Buprenorphine</li> <li>• Naloxone</li> <li>• Implants</li> </ul>	<p><b>Physical</b></p> <ul style="list-style-type: none"> <li>• Physical Therapy/Physiatry consults</li> <li>• Joint injections</li> <li>• Spine injections</li> <li>• Surgery</li> <li>• Exercise</li> <li>• Stretching</li> <li>• Pacing</li> <li>• Heat or ice</li> <li>• Trigger point injections</li> </ul>
<p><b>Complementary and Alternative Medicine</b></p> <ul style="list-style-type: none"> <li>• Acupuncture</li> <li>• Mindfulness Based Stress Reduction and meditation</li> <li>• Yoga Classes</li> <li>• Tai-chi classes</li> <li>• Massage</li> <li>• Manual Medicine</li> <li>• Anti-inflammatory diets and herbs</li> <li>• Supplements</li> <li>• Guided imagery</li> </ul>	<p><b>Thoughts, feelings, and activities</b></p> <ul style="list-style-type: none"> <li>• Pain Group</li> <li>• Individual therapy</li> <li>• Brief cognitive and behavioral interventions in clinic</li> <li>• Visualization, deep breathing, meditation</li> <li>• Sleep hygiene</li> <li>• Gardening, being outdoors, going to church, spending time with friends and family, etc.</li> </ul>

## Loeser’s Onion

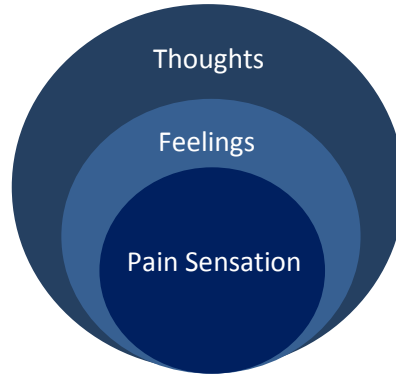
Draw Loeser’s Onion, explaining each level and how it interacts with the others.



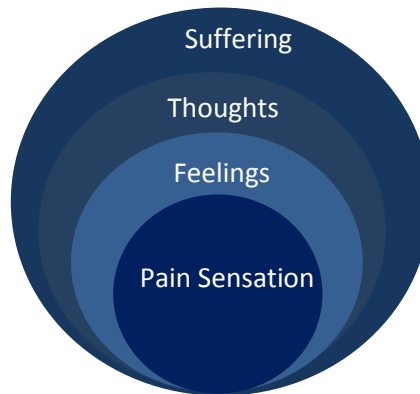
Pain begins with the simple sensation of pain.



The sensation of pain causes emotions, like fear, anger, and sadness. Some of the suffering that we experience when we have pain is because of these feelings.



These emotions also lead to beliefs and thoughts, like “This pain will never go away.” and “this isn’t fair, why does it keep happening to me?”. These thoughts also lead to suffering.



The size of your suffering depends not just on the size of your pain, but also on the size of your feelings about the pain and the size of your thoughts about the pain. If we can shrink any one of those, we can reduce your suffering.



# Pain Gates

Explain how some things in our lives increase our experience of pain and other things in our lives decrease our experience of pain. Once we know this, we can find ways to pen or close our own pain gates. Below are some examples of things that open or close some people's pain gates.



## Things that Open pain gates

### Emotions/Feelings

1. Sadness
2. Anger
3. Anxiety
4. Fear
5. Stress

### Physical Events

1. Not enough sleep
2. Too much activity/too little activity
3. New injury

### Thoughts

1. Too much focus on the pain
2. Blaming yourself
3. Self-critical or self-defeating ideas

### People/Your surroundings

1. Isolation/Loneliness
2. Money, family, friends or housing stress
3. No enjoyable hobbies, work, activities



## Things that Close pain gates

### Emotions/Feelings

1. Relaxation
2. Happiness
3. Safety
4. Gratitude/Thankfulness
5. Contentment

### Physical Events

1. Medications and other medical treatments
2. Counter stimulation (heat, ice, massage)
3. Good sleep

### Thoughts

1. Intense concentration
2. Helpful thoughts
3. Hopeful thoughts

### People/Your surroundings

1. Healthy relationships/support
2. Work, money and housing stability
3. Enjoyable activities, work, and hobbies

Once the patient understands the concept, invite them to keep track at home of things that open or close their pain gates. When they identify something that decreases their pain from any of these four categories, they can start to put that into practice in their lives. Have them bring their reflections back to clinic the next time they see you so that you can discuss them.

## Pain Gates Homework

This week, pay attention to things that are opening and closing your pain gates. Make note of at least one thing in each category that opens or closes your gates.



### Things that Open pain gates

Emotions/Feelings

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Physical(Body) Events

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Thoughts

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

People/Your surroundings

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Things that Close pain gates

Emotions/Feelings

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Physical (Body)Events

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Thoughts

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

People/Your surroundings

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_