



Pain and Alternative Care Clinics

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Introduction

VA Medical Center Cincinnati

Fort Thomas

Norwood Health Center

CBOCs



Pain, trust, anger, emotion, and behavior are all intertwined

- ▶ The lines between pain, addiction, and mental health frequently intersect in the Pain Clinic
- ▶ The complexities of diagnosis, treatment and the law are nearly always multi-factorial and as such require a team approach that recognizes that there will not be one easy answer.
- ▶ These conditions alone are complex, but veteran status, and the VHA system and resources add additional layers to the equation
- ▶ The Pain Clinic is a sophisticated entity within the VHA with good resource support and many skilled clinicians offering many options to veterans to optimize their care

Organizing Principles of Care

- ▶ Self Care is a necessary element to health
- ▶ Choices should align with veteran's values
- ▶ Repetition and feedback are powerful tools
- ▶ Health drivers are frequently and strongly linked to prevention activities
 - ▶ Diet – Diabetes
 - ▶ Diet – Heart and vascular disease
 - ▶ Exercise and activity – Back pain
 - ▶ Understanding Management options is crucial to regain control of one's health

Control and choices = better healthcare



Choices



Our mandate is to return **control** of veteran's health to the veteran, through choices that align with the veteran's values, and eliminate the natural fears that accompany loss of control



CHOICES

Self Care

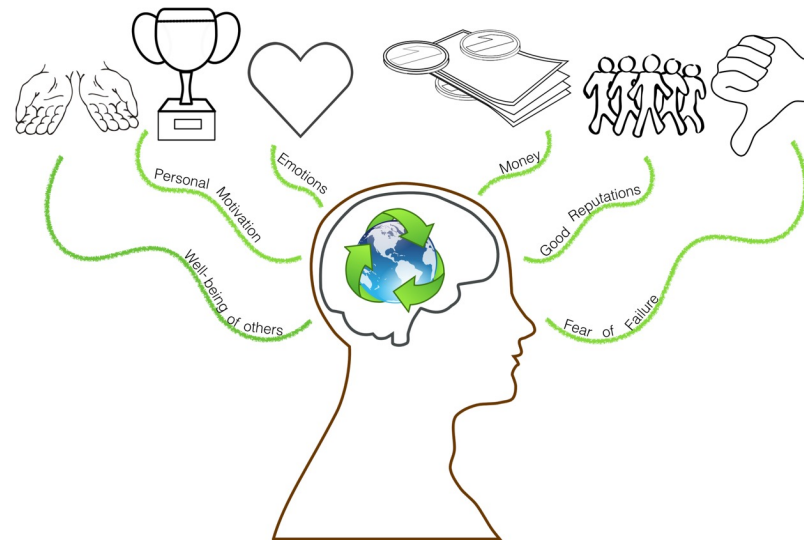
Bio
Psycho
Social Method

Traditional Medical
Alternative Care



Intrinsic Motives

Extrinsic Motives



Bio Psycho Social Model

- ▶ **Bio** – Medication, Physical Therapy, Manipulation, Injections, Yoga, Surgery
- ▶ **Psycho**logical – Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Theory (CBT), Pain Groups, Biofeedback
- ▶ **Social** – Pain groups, Individual Counseling on interpersonal issues, Educational groups, Social Work referrals
- ▶ Inter-disciplinary team evaluations result in a structured plan that touch all 3 aspects of the BioPsychoSocial model

Traditional and Alternative Healthcare as partners, not in opposition to each other

←-----Education and Self Care-----→

- ▶ Medications
- ▶ Injections
- ▶ Procedures
- ▶ Surgery
- ▶ Psychological support
- ▶ Physical Therapy
- ▶ More...



- ▶ Acupuncture
- ▶ Chiropractic
- ▶ Yoga
- ▶ Meditation
- ▶ Tai Chi
- ▶ Yoga
- ▶ More...

Process Steps



Consistent
process, no
matter the
approach



Veterans are given homework
as part of an active care
approach

- ▶ Practice makes permanent, not necessarily perfect
- ▶ Physically
- ▶ Mentally
- ▶ Socially
- ▶ Traditional or Alternative Care

Challenges in the traditional system have driven a move toward alternatives

- ▶ Risk
- ▶ Rules and regulations
- ▶ Safety
- ▶ Stigma
- ▶ Side effects
- ▶ Unintended effects
- ▶ Questions not answered by traditional medicine
- ▶ Gaps in the system

Alternatives And Whole Health

- ▶ Traditional Acupuncture
- ▶ Battlefield Acupuncture (BFA)
- ▶ Chiropractic Manipulation
- ▶ Yoga
- ▶ Meditation
- ▶ Tai Chi
- ▶ Healthy Cooking Kitchen
- ▶ Move
- ▶ Matter of Balance classes
- ▶ Power Hour guide exercises
- ▶ Drumming Circle
- ▶ Peer Health Coach

Offerings



Education

What are my options?
What are the upsides
and downsides?
Why can't you just fix
me?
Why do I have to be
involved?
Do I have to do this
forever?



Self Management





Questions???

► Bring them all, I am ready!!!

Thank you!

- ▶ The ever-evolving nature of health creates a line between prevention, active treatment, and self-care maintenance that requires a vigilant healthcare system willing to meet veterans where they are and one that possesses the knowhow to get them where they need to be.

