



Defense Health Agency (DHA) Clinical Communities Speaker Series

Resource List – May 2020

Review of Current Trends and Best Practices in Primary Care

Identifying and Managing Persistent Pain: All Pain is Not Equal

The Centers for Disease Control and Prevention offer education to individuals regarding the risk of prescription opioids to manage pain. The [Rx Awareness](#) campaign is a resource to educate people about how opioid use is highly addictive and dangerous. It includes cautionary stories regarding people who have fallen victim to its dangerous side effects. The target audience is adults between the ages of 25-54 with a focus on communicating the risk and to encourage individuals to reduce their use of opioids.

A newly proposed concept to define chronic pain and its impact on individuals takes in to account the duration of pain and its resultant disability. The National Center for Complementary and Integrative Health and National Institutes of Health reviewed this concept in the study [Prevalence and Profile of High-Impact Chronic Pain in the United States](#). Through analysis of the National Health Interview Survey from 2011, consistent (almost daily) chronic pain over the period of three months had a strong relationship to disability. Individuals with high impact chronic pain (HICP) were more likely to be disabled than individuals with kidney disease, stroke, or other chronic conditions.

Pain is the most common reason that people seek medical attention. In 2016 the Institute of Medicine (IOM) released its landmark report on pain in America. [Future Directions for Pain Management: Lessons from the Institute of Medicine Pain Report and National Pain Strategy](#) is an article that analyzed the report. The costs associated with pain management were discussed in this article, which supports the call to target prevention of chronic pain and further develop interdisciplinary approaches to address persistent pain problems. Certain biomarkers of chronic pain need to be explored further to augment current treatment protocols.

Chronic, persistent pain does not target only one area of the population, however certain groups are at higher risk. The Veterans Health Administration organized a state-of-the-art (SOTA) conference to delve into the impact of chronic pain among Veterans. The article [A Research Agenda for Advanced Non-Pharmacological Management of Chronic Musculoskeletal Pain: Findings from a Veterans Health Administration State-of-the-Art Conference](#) explores the recommendations and research outcomes and priorities that came from the SOTA. Four main domains were targeted within this conference.

Within the article [Care for Low Back Pain: Can Health Systems Deliver?](#) there is a review of the findings by *Lancet* Low Back Pain Working Group. Universal mismanagement of low back pain was strikingly common. Low back pain is the most common cause for individuals to report disability, however, health care practices are not conducted in accordance with international guidelines. Unnecessary care measures were frequently noted, including complex pain medication management, spinal imaging tests and injections, as well as hospitalizations and surgical intervention.



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