

# THE PATH TO SUCCESSFUL CHRONIC PAIN MANAGEMENT

Starting treatment at the Chronic Pain Management Program has never been easier. We accept self referrals, as well as physician referrals. All new patients undergo a thorough screening evaluation and consultation with members of the Chronic Pain Management Program to determine if they are a candidate for treatment in the program or other interventions. We also assist patients with the insurance authorization process.



## Physical Therapy and Physical Reactivation

The primary goal of this part of the program is to improve physical functioning to a level consistent with a patient's age, medical and physical status. The emphasis is on teaching people how to function best in their home, work and leisure activities. Physical therapy interventions include flexibility programs, cardiovascular exercise and manual therapy. Participants also attend seminars on topics related to physical pain management such as pacing, improving stamina, retraining over-active nerve tissue and appropriate home exercise.

## Medication Management

At the beginning of treatment, the effectiveness and potential side effects of each patient's pain medications are thoroughly evaluated. Medication treatment protocols will be designed and implemented with a goal of reducing pain and any medication-related functional issues. Medications taken for other medical problems, such as high blood pressure or diabetes, are not altered while in the program and are managed by the patient's primary doctor.

## Psychological and Social Considerations

All psychology services are provided by licensed psychologists or psychology interns working under their supervision. Treatment is provided individually and in groups. Psychologists address pain and stress management, family relationships, interpersonal communication and emotional issues related to chronic pain. Participants are taught to identify sources of stress related to their pain, as well as adaptive thinking skills and relaxation techniques. Psychologists work with each patient's family to teach them supportive ways to encourage healthy and active behavior in those with chronic pain. Because many individuals with chronic pain become depressed or anxious, individual sessions in psychology are also designed to help improve the patient's mood.

# DOES IT REALLY WORK?

Research consistently supports the effectiveness and economic value of interdisciplinary chronic pain management, illustrating why it should be the treatment of choice for patients seeking a long-term solution for their pain. Our patients consistently complete the program with substantial reductions in their pain levels while improving their ability to function in various important life activities. For each patient, we systematically measure pain levels, interference of pain in daily activities, mood, and other variables when patients begin and complete the program. Year after year we find that:

- Average pain severity decreases more than 33%
- Average pain interference in daily activities decreases more than 33%
- Average depression ratings improve more than 60%

And our patients tell us how satisfied they are after completing the program. On a scale of 1 to 10, patients' average overall satisfaction rating is consistently above a 9.





## PROGRAM PHILOSOPHY

The Chronic Pain Management Program is an interdisciplinary treatment program designed to help individuals successfully manage chronic pain and improve their quality of life. Our team of health care providers have been helping people manage their pain for more than 40 years, combining tried and true approaches with cutting-edge pain rehabilitation strategies.

The program is the second longest, continuously running interdisciplinary chronic pain management program in the country and the only such program in the region. We accept patients from all referral sources. The staff has experience working with all types of pain conditions. Treatment is tailored to the needs of each patient and promotes overall wellness and functioning. Since each patient is different, a variety of treatment options and levels of intensity are offered.

## Program Options

Chronic pain management is provided in a comprehensive and integrated format by clinical psychologists, physical therapists, nurses and doctors. A team approach is utilized throughout the patient's care, with the patient being a valued and instrumental member of the team.

The primary focus of the program is to reduce the suffering and disability associated with pain, and help patients cope more effectively with pain-related problems. Treatment involves three components occurring simultaneously:

- Physical therapy and physical reactivation
- Medication management offered as part of the four-week pain program
- Psychological and social considerations



### Three program options

Three program choices are offered. All include physical therapy and pain psychology services:

- Four-week program: hours are Monday through Friday, 8 a.m. to 4:30 p.m.
- One-week Spinal Cord Stimulator Rehabilitation: designed to maximize daily function and pain coping after spinal cord stimulator implantation. Hours are Monday through Friday, 8 a.m. to 4:30 p.m.
- Coordinated outpatient care

## Contact Us

### Location

Nebraska Medical Center  
Specialty Services Pavilion, Level five  
4350 Emile St.  
Omaha, NE 68105

### Hours

Monday through Friday  
8 a.m. to 4:30 p.m.

### Parking

Complimentary valet parking is available in the Durham Outpatient Center circle drive, or you may self park in the Green patient parking structure.

For appointments:  
**800.922.0000**

[NebraskaMed.com/Pain/Management-program](https://www.NebraskaMed.com/Pain/Management-program)



## CHRONIC PAIN MANAGEMENT PROGRAM

**Interdisciplinary Treatment of Chronic Pain**

