Laguna Beach Community Clinic’s Pain to Gain Program
Creating Innovations in Community-Based Treatment for Patients with Chronic Pain

Team Building

- Voluntary participation by Laguna Beach Community Clinic medical, nursing and administration staff
- Investment of multidisciplinary community experts in medical management of pain, Family Medicine, Clinical psychology, physical therapy, and pharmacology
- Liaisons round both local hospitals and in a mentoring practice specializing in pain management
- Professional knowledge shared through focused discussion and informal presentations
- Teams generate a common body of knowledge along with genuine enthusiasm for the project
- Teams formed to further research in areas of expertise in common practice
- Teams includes folks from local Pain to Gain programs based on pooled multidisciplinary and interprofessional knowledge

Key Features of the Model

- Develops guiding principles from the body of peer-reviewed research both in pain management and Mindfulness Training and Mindfulness Based Stress Reduction
- Reduces reliance on opioids in pain management wherever appropriate
- Improves identification and diagnosis of patients with pain
- Emphasizes holistic, humanistic approach to improved service for chronic pain patients
- Program based on pooled interdisciplinary and interprofessional knowledge
- Team members do further research in their areas of expertise on current best practices

Team Building

- Survey chronic pain patients for Tension Myoneural/Myositis Syndrome (TMS) and utilize the approach developed by Dr. Schechter
- Team Training

- Implementation of the EPIC Electronic Medical Record allows Clinic to use a diagnosis of “chronic pain” and establish a patient registry
- Recognition that many patients seen for other medical conditions are also coping with undiagnosed, stress-producing, ongoing pain

Interventions & Innovations

- Opioids as Antidepressants
- Utilization of CURES 2.0
- Integrative Pain Treatment: A New Paradigm (presented by David Schechter, MD)
- The Psychology of Pain
- Basics of understanding pathophysiology of chronic pain and approaching patients

Building an enthusiastic, highly-skilled interdisciplinary team of volunteers

Developing a holistic, humanistic approach to improved care for chronic pain patients

Utilizing adjunctive pain management modalities (Mindfulness and Meditation)

Promoting patient understanding of the difference between “pain” and “suffering”

Website portal featuring skills training for the self-management of chronic pain

Assessing the TMS (Tension Myositis Syndrome) diagnosis and treatment of unexplained chronic pain pilot program

Reducing use of opioids for pain as appropriate

Training Clinic staff to encourage and reinforce positive patient pain management efforts

Dissemination of the model to other health-care facilities

Successes & Lessons Learned

- Time Building

  Here we will take a function at each—Very soft, collaboration key
  Here we are concerned—Common goal of concern for our chronic pain patients and interest in providing better care and improving our patients' lives
  Here we will do each other's jobs and/or in some areas we are not eager to learn from others
  Why do we do this?... Why do we do this?... Why do we do this?
  Here we have our patients/personal experiences changed in search of our participation—... Others do a different view of patients with pain
  Here is a great deal more behind the complaint of pain desired to be the pain or something else

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In Process

Patient website with educational videos developed by the team as well as patient stories and resources

Medical and radiation treatments to patients

Sustainability & Spread

- Medical Assistants and Operations Support Staff were surveyed at the start of Pain to Gain and at the end of the initial educational series
  - The results of the surveys show that 85.5% of respondents reported a change in treatment practices due to the Pain to Gain initiative
  - Pain to Gain also resulted in a reduction in opioid use by 30.5% among chronic pain patients

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