RESILIENCE IN PAIN

Rick Acland
Anesthetic days

(acute aneurysm)
MY EXPERIENCE

(knee, stone, tooth)
I’m an Outlier
“I’ve come close to killing myself, several times.

I’ve clutched a fistful of lollies behind my white knuckles- the orange nortriptyline, green temazepam, imovane, neurontin, voltaren and a few others for good measure- then flushed them down the toilet. I can’t sleep, I can’t concentrate, and I’m not a very nice person to be around.

That’s when my pain is at its worse.

I’m a T11 complete paraplegic after a road accident 15 years ago.

I believe my life would be pretty good - except for the pain”
Pain Challenges our Resilience “C’s the reality of pain”

- Confirm diagnosis
- Cure not always possible
- Complex
- Consider Central mechanisms
- Coordinated Care
MEASUREMENT
The use of the Visual Analogue Scale (VAS) 0-5-10

What does it mean?
CHRONIC PAIN is associated with:

- Reduced cognitive/functional activity
- Suffering
- Depression
- Anxiety
COMMENT ON THE PSYCHOSOCIAL APPROACH TO PAIN?

“As regards any associated psychological factors, I am a Neurosurgeon and it is not within my province to explore the patient’s psyche or reaction to his predicament, although you could contact the Pain Clinic and I am sure that the Psychologists there could give you voluminous and almost unreadable amplification on the psychosocial factors that have coloured his current problem.”
HOPE:

‘My hopes are not always realised, but I always hope.’

Ovid
PAIN TREATMENT OPTIONS

- Surgical: excision/replacement/decompress
- Pharmacological: prescriptions and alternatives
- Physical: ‘hands on’ therapy
- Psychological: ‘hands off’ therapy
SURGERY

So how good are:

Joint replacements?

Back surgery?
ANALGESIC PRESCRIBING

- The use of ‘the ladder’ ??
Paracetamol
The Opioid/Opiate/Narcotic Choice/Decision/Controversy!
The relentless marketing of pain pills. Crews from one small Mexican town selling heroin like pizza. The collision has led to America's greatest drug scourge.

The True Tale of America's Opiate Epidemic

DREAMLAND

SAM QUINONES
Therapeutic Effects of Cannabinoids
‘It's done me well’
So what do I like doing??
NEUROMODULATION

- Spinal Cord Stimulation
- Intrathecal Drug Administration
- Other
Spinal Cord Stimulators
Spinal Cord Stimulation

Angina
Failed Back Surgery Syndrome
Phantom pain
Stump pain
Brachial plexus injury
Complex Regional Pain Syndrome (CRPS)
ANGINA
Cost Effectiveness Study

- Green Lane Hospital, Auckland.
- 14 patients, pre and post-implant comparison.
- Dramatic reduction in use of resources/admissions.
- Cost (approx $25,000) recouped within 15 months.

Self-reported QOL before and after SCS
n = 11, mean improvement = 56mm
(Mean before implant = 27mm. Mean after implant = 83mm)

Sandom (2005) Neuromodulation for Angina:
Quality of Life Survey; Thesis University of Otago
Did SCS live up to expectations for pain control?

n = 17

“Very much so. In fact it exceeds all my expectations.”
Angina Outcomes

- Improves patient quality of life
- Is a cost-effective therapy option
- Is a safe and efficacious therapy
SO WHAT IS RESILIENCE?

Maintaining your emotional quotient
Pushing the boundaries of advocacy
Putting up with bullshit
Nga mihi nui