

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.

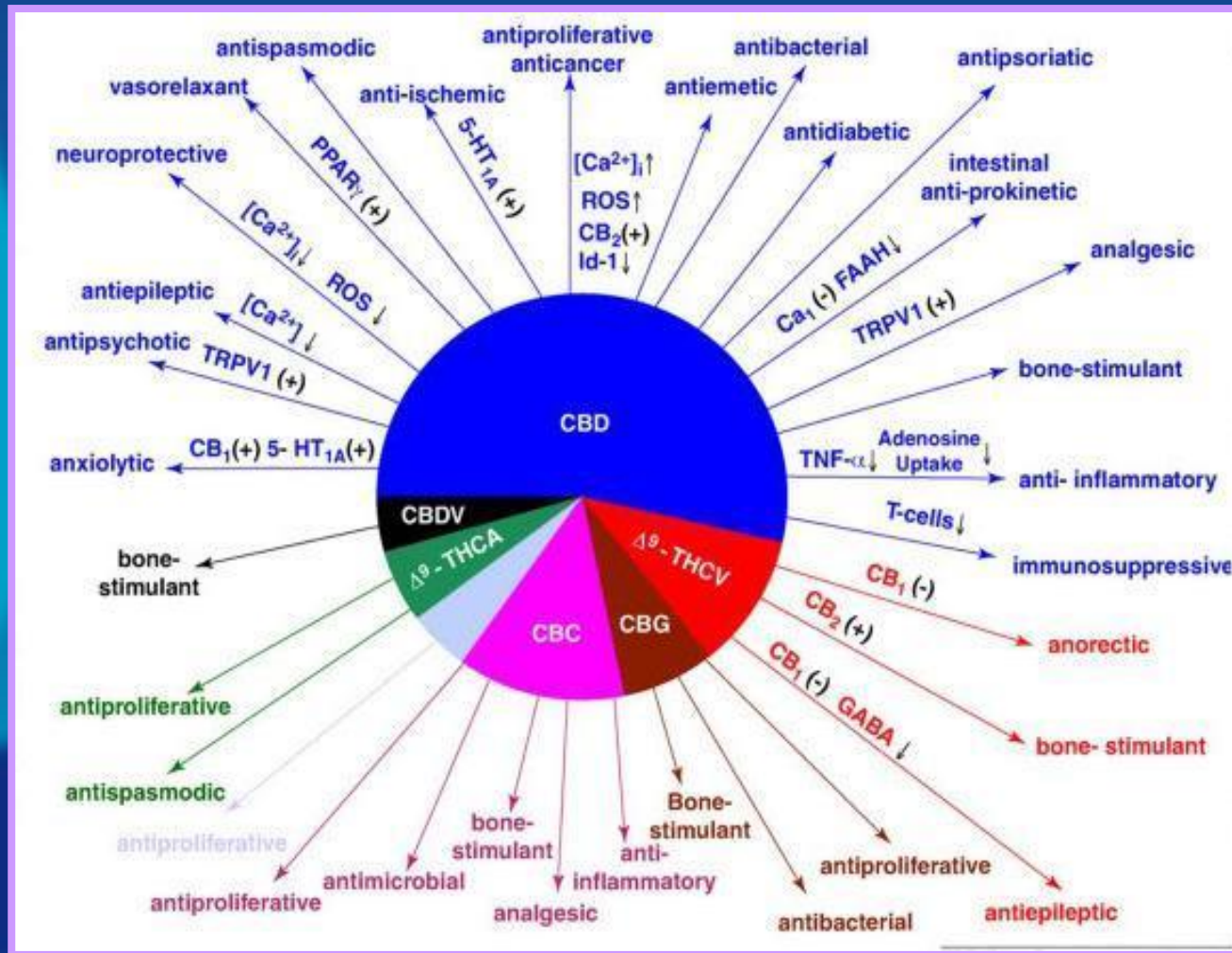
The True Tale of America's Opiate Epidemic

DREAM LAND



SAM QUINONES

Therapeutic Effects of Cannabinoids

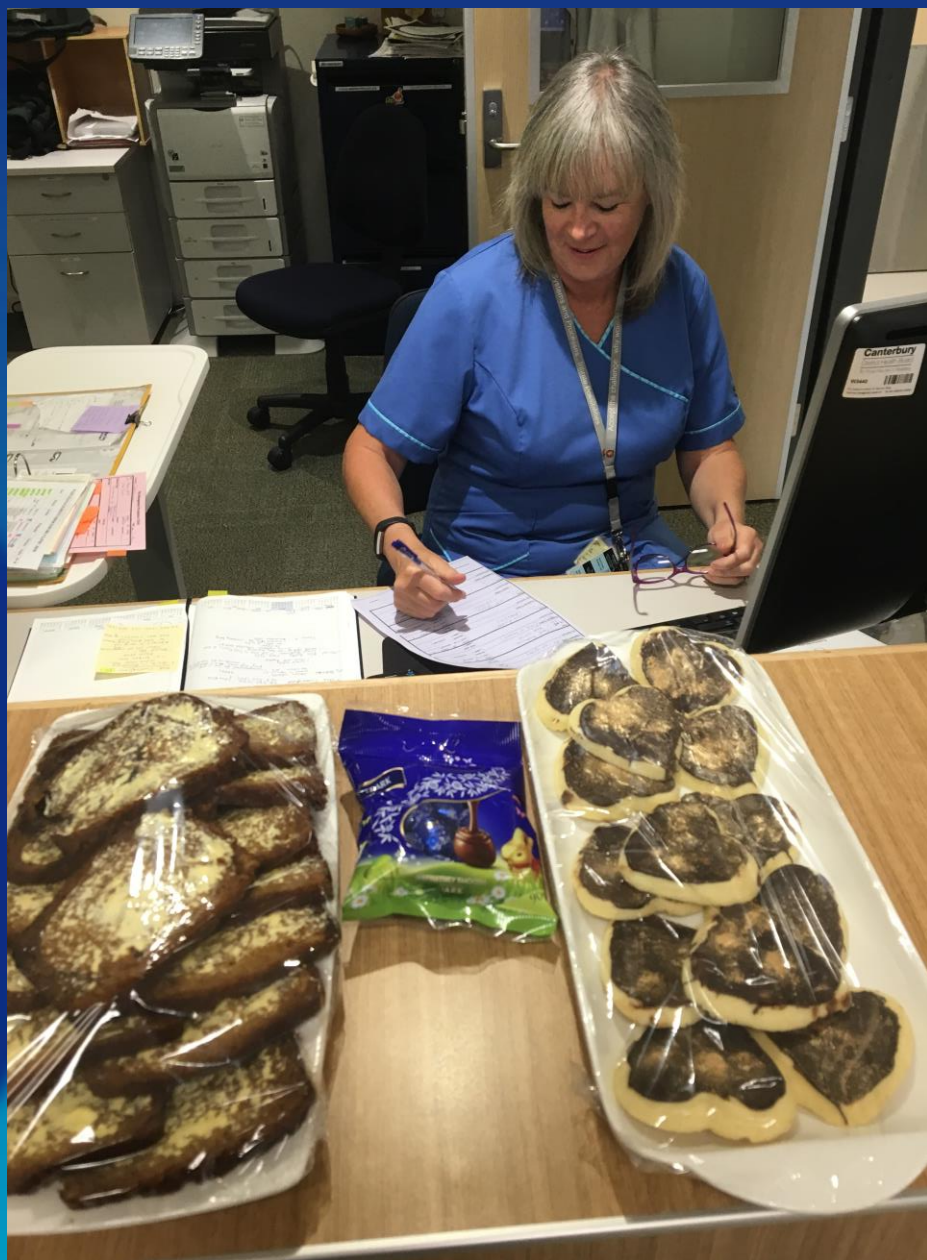


'Its done me well'



So what do I like doing??





NEUROMODULATION

- ☐ **Spinal Cord Stimulation**
- ☐ **Intrathecal Drug Administration**
- ☐ **Other**





Spinal Cord Stimulators



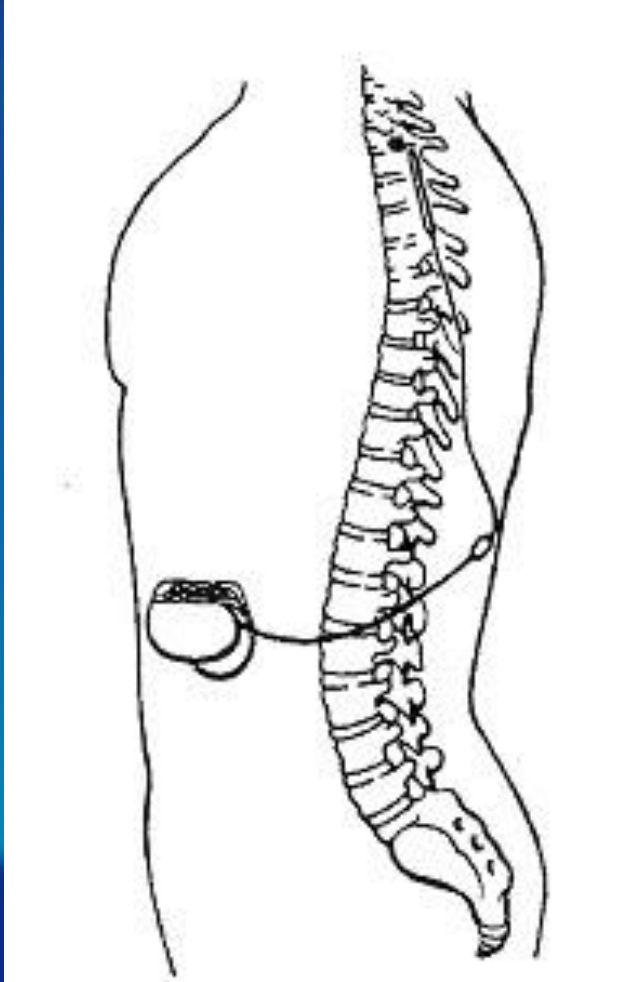
GE Medical Systems 4:40



GE Medical Systems



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.

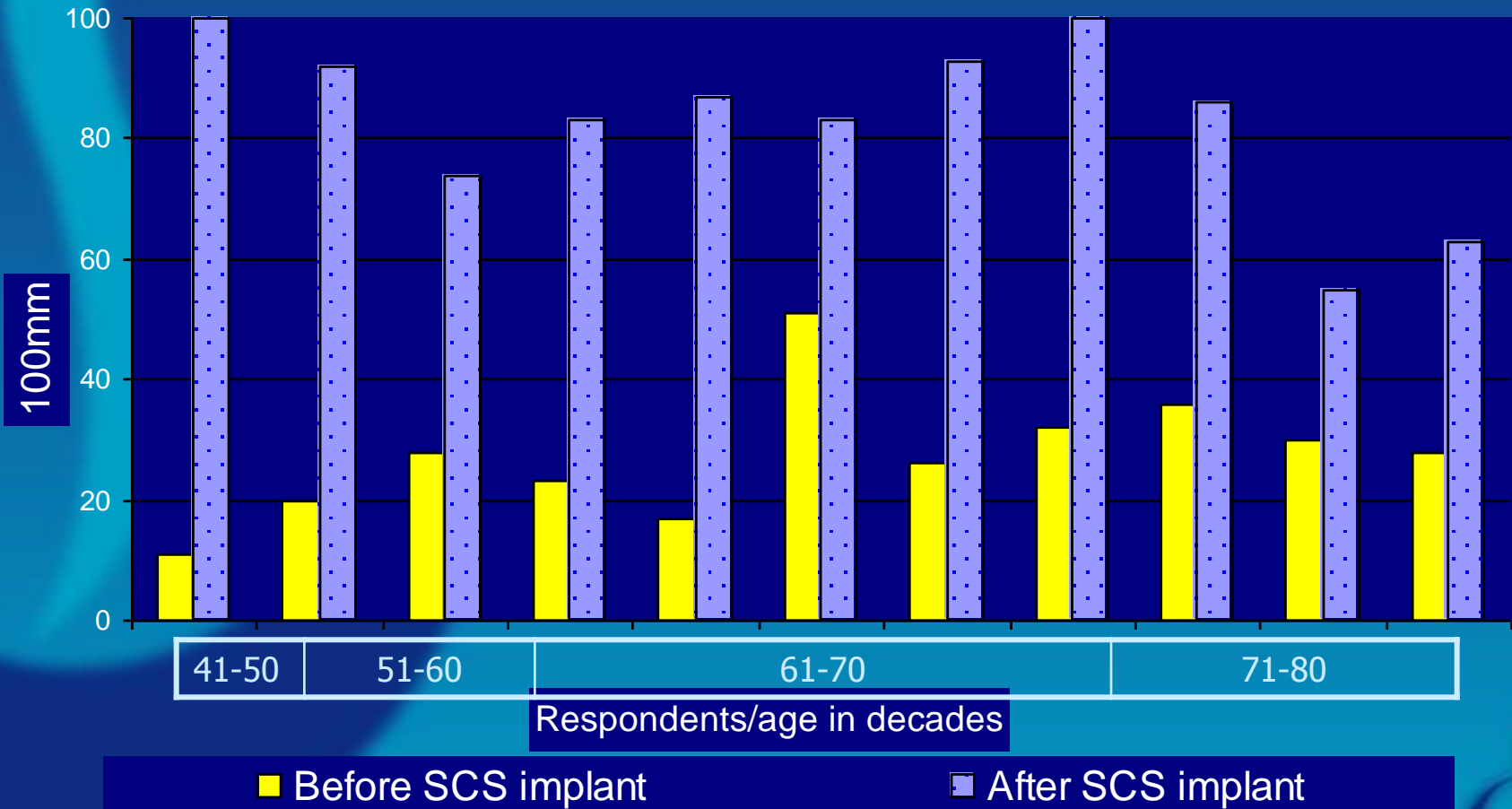
Merry A, Smith W, Anderson D, Emmens D and Choong C.
Cost effectiveness of SCS in Patients with Intractable angina.
New Zealand Medical Journal 2001, 114 p. 179-181



Self-reported QOL before and after SCS

n = 11, mean improvement = 56mm

(Mean before implant = 27mm. Mean after implant = 83mm)

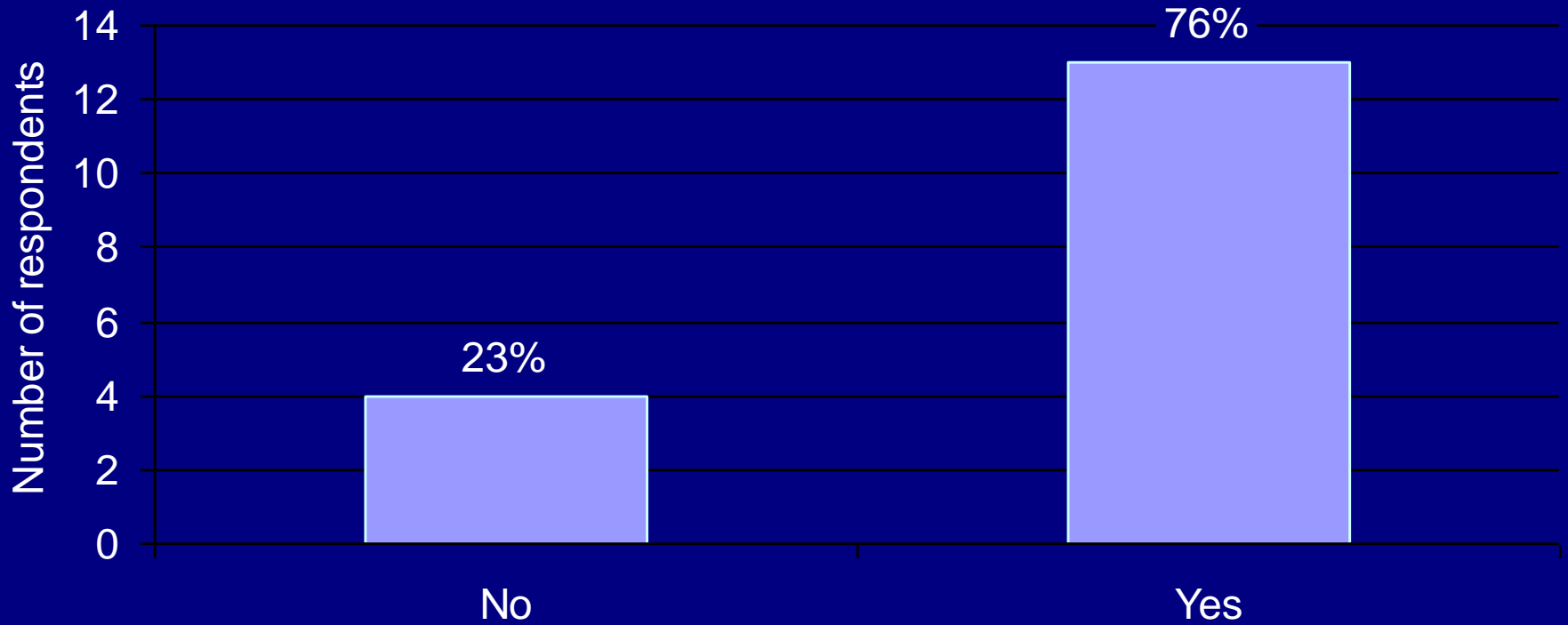


Sandom (2005) Neuromodulation for Angina:
Quality of Life Survey; Thesis University of Otago



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

